



RICK WARREN

# UNSHAKABLE

THRIVING NO MATTER WHAT HITS YOU





## **UNSHAKABLE: THRIVING NO MATTER WHAT HITS YOU**

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## HOW TO USE THIS VIDEO CURRICULUM

Here is a brief explanation of the features of this study guide.

### CHECKING IN:

You will open each meeting with an opportunity for everyone to check in with each other about how you are doing with the weekly assignments. Accountability is a key to success in this study!

### KEY VERSE:

Each week you will find a key verse or Scripture passage for your group to read together. If someone in the group has a different translation, ask them to read it aloud so the group can get a bigger picture of the meaning of the passage.

### VIDEO LESSON:

There is a video lesson for the group to watch together each week. Fill in the blanks in the lesson outlines as you watch the video, and be sure to refer back to these outlines during your discussion time.

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## DISCOVERY QUESTIONS:

Each video segment is complemented by several questions for group discussion. Please don't feel pressured to discuss every single question. There is no reason to rush through the answers. Give everyone ample opportunity to share their thoughts. If you don't get through all of the discussion questions, that's okay.

## PUTTING IT INTO PRACTICE:

This is where the rubber meets the road. We don't want to be just hearers of the Word. We also need to be doers of the Word (James 1:22). These assignments are application exercises that will help you put into practice the truths you have discussed in the lesson.

## PRAYER DIRECTION:

At the end of each session you will find suggestions for your group prayer time. Praying together is one of the greatest privileges of small group life. Please don't take it for granted.

## A TIP FOR THE HOST:

The study guide material is meant to be your servant, not your master. The point is not to race through the sessions; the point is to take time to let God work in your lives. Nor is it necessary to "go around the circle" before you move on to the next question. Give people the freedom to speak, but don't insist on it. Your group will enjoy deeper, more open sharing and discussion if people don't feel pressured to speak up.



## 6 HOW TO USE THIS VIDEO CURRICULUM





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## SESSION 1: WHEN YOU'RE PRESSURED TO CONFORM

We're beginning a study of how God tested Daniel through every stage of his life, from his teenage years all the way into retirement. And the practical lessons from Daniel's story will help every one of us to stand firm in our beliefs and develop a greater trust in God.

### CHECKING IN:

If this is your first time meeting as a group, or if you have any new group members, be sure to introduce yourselves.

This week we're going to learn how to develop an unshakeable faith for those times when you feel pressured to conform.

### KEY VERSE:

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."*

**2 CHRONICLES 7:14 (NIV)**

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*“Fire tests the purity  
of silver and gold,  
but the Lord tests  
the heart.”*

**PROVERBS 17:3 (NLT)**



**SESSION ONE**







**BEFORE EVERY BLESSING, THERE'S A \_\_\_\_\_ .**

**GOD TESTS US WITH \_\_\_\_\_ BEFORE HE  
TRUSTS US WITH \_\_\_\_\_ .**

*The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service . . . But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.*

**DANIEL 1:5, 8 (NIV)**

## **4 QUALITIES GOD LOOKS FOR IN YOUR LIFE**

**1.) \_\_\_\_\_ — Daniel never forgot who he was.**

*Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God . . .*

**ROMANS 12:2 (GNT)**

**2.) \_\_\_\_\_ — Daniel controlled his ego and his appetite.**

*Daniel made up his mind not to eat the food and wine given to them by the king.*

**DANIEL 1:8A (TLB)**

*Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.*

**ROMANS 6:13 (NLT)**

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**3.) ~~~~~ — Daniel was willing to stand alone.**

*“Never follow the crowd in doing wrong, and don’t be swayed in your testimony by the mood of the majority.”*

**EXODUS 23:2 (GW/TLB)**

*Be on guard. Stand firm in the faith.  
Be courageous. Be strong.*

**1 CORINTHIANS 16:13 (NLT)**

**4.) ~~~~~ — Daniel was tactful with authority.**

*But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and compassion to Daniel, but the official told Daniel, “I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.”*

*Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days.*

*At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead . . . At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king’s service.*



**SESSION ONE**

**DANIEL 1:8B-16, 18-19 (NIV)**





# HOW TO MAKE A CASE TO AN AUTHORITY

1.) **Develop a reputation for** \_\_\_\_\_ .

*Do you know a hard-working man? He shall be successful  
and stand before kings!*

**PROVERBS 22:29 (TLB)**

2.) **Be** \_\_\_\_\_ , **not** \_\_\_\_\_ .

*When you stand before the king, don't try to impress him  
and pretend to be important.*

**PROVERBS 25:6 (GNT)**

3.) **Don't be** \_\_\_\_\_ **or** \_\_\_\_\_ .

*We reject all shameful and underhanded methods.  
We do not try to trick anyone, and we do not distort the  
word of God. We tell the truth before God,  
and all who are honest know that.*

**2 CORINTHIANS 4:2 (NLT 1996)**

4.) **Appeal to their** \_\_\_\_\_ **and** \_\_\_\_\_ .

5.) **Choose the right** \_\_\_\_\_ , \_\_\_\_\_ , **and** \_\_\_\_\_ .

*A wise, mature person is known for this understanding.  
The more pleasant his words, the more persuasive he is.*

**PROVERBS 16:21 (GNT)**





6.) ~~~~~ **if they reject your appeal.**

*"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*

**ROMANS 8:28 (NIV)**

*Don't become partners with those who reject God. How can you make a partnership out of right and wrong? That's not partnership; that's war. Is light best friends with dark? Does Christ go strolling with the Devil? Do trust and mistrust hold hands? Who would think of setting up pagan idols in God's holy Temple? But that is exactly what we are, each of us a temple in whom God lives. God himself put it this way:*

*"I'll live in them, and move into them; I'll be their God and they'll be my people. So leave the corruption and compromise . . . I'll be a Father to you; you'll be my sons and daughters!" . . . With promises like this to pull us on, dear friends, let's make a clean break with everything that defiles or distracts us, both within and without. Let's make our entire lives fit and holy temples for the worship of God!*

**2 CORINTHIANS 6:14-7:1 (THE MESSAGE)**



**SESSION ONE**







## DISCOVERY QUESTIONS:

- 1.) God's Word teaches us that before every blessing, there's a testing. How have you experienced this in your own life? What's an example of a time that God tested you with stress before he trusted you with success? How did going through that stressful situation affect the way you handled your success?

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- 2.) Of the "4 Qualities That God Looks for in Your Life" (integrity, discipline, courage, and humility), which one do you struggle with the most? What might help you get stronger in this area? How is your struggle related to your trust in God?

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- 3.) Have you ever needed to make an appeal to an authority, asking for a decision to be changed? How did it go? How might you do it differently now that you have learned the way Daniel made an appeal?

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## PUTTING IT INTO PRACTICE:

Exodus 23:2 teaches us to “*Never follow the crowd in doing wrong*” (GW). What crowds in your life may tempt you to do the wrong thing? Why are you tempted to follow them?

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How will this lesson help you to stand firm on God’s truth? How can you apply what you’ve learned in this lesson to situations where you are tempted to follow the crowd?

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## PRAYER DIRECTION:

In your group prayer time and then on your own:

- Ask God to help you develop into a Daniel in your world, trusting in God no matter what your situation, no matter how much pressure you are under.
- Tell God you want him to develop each of these characteristics in you: integrity, humility, discipline, and courage. Take time to pray about each of these specifically and individually.
- Tell God you give him permission to do whatever it takes to help you become unafraid and unashamed, submitted to do whatever he asks you to do.

