

THE

CONFIDENCE

FACTOR

The Key to Developing the Winning Edge in Life

Discussion Guide

Chapter One

Living in the Zone

- Have you ever watched an athlete who was “in the zone”? What was it like watching them in that moment?
- Coach Tom writes that Paul’s source of confidence was Jesus, no matter what he faced. When was a time in your life that Jesus gave you confidence to overcome something?

Chapter Two

Your Journey Matters

- Have you ever been going somewhere new and gotten lost on the way? What was that like?
- What do you believe Jesus means when He says “I am the truth”?

Chapter Three

Huddle Up with God

- When has been a time when you were unprepared for something?
- Which of the 5 benefits Coach Tom writes about do you most relate to and want when you “huddle up with God”?

Chapter Four

The Confidence of a Champion

- What is something that you have a lot of confidence in? Where did this confidence come from?
- What does it look like in our lives day-to-day when we trust Jesus?

Chapter Five

Hang With Champions

- Who is the best teammate (in sports, business, ect.) you have ever had? What made them such a great teammate?
- Do you find that it is easy to surround yourself with champions of the faith? How can you make sure you are surrounding yourself with the right people?

Chapter Six

Get Tough

- Have you ever quit on something? What was the reason you gave up?
- Coach Tom writes, “Our priorities should reflect the priorities of Christ.” What do you think the top priorities of Christ are? Do your priorities reflect that?

Chapter Seven

Mistaken Identity

- What is something you are good at now, but earlier in life you would have never thought you could succeed at?
- God called Gideon to something beyond what Gideon thought he was capable of. Do you think God might be calling you to something beyond what you think you are capable of? What might that be?

Chapter Eight

Fear to Faith

- What is an obstacle you have faced? How did you overcome it?
- What present comforts might be holding you back from experiencing all that God has called you to?

Chapter Nine

Recovering Our Fumbles

- When is a time someone gave you a second chance, or you gave someone else a second chance?
- Why is it that when we fail, we often try to hide from God and make things right through our own efforts?

Chapter Ten

Heads Up

- When was a time in your life when you felt unprotected?
- What is your natural response when you face temptation?

Chapter Eleven

Confidence in God's Covenants

- Think of a time you made a commitment to someone to do something. What happens when one person doesn't fulfill their end of the commitment?
- Coach Tom writes, "God desires to be in covenant with us." Have you entered into a covenant with God? What was the covenant?

Chapter Twelve

Homes of Honor

- What are some of the values and principles that you want your household to be marked by?
- Coach Tom says, "The important thing to remember is to put God first in our homes." What is one practical way we can put God first in our homes?

Chapter Thirteen

Confidence with Communication

- Who do you have an easy time communicating with? Who do you have the toughest time communicating with?
- How can we learn to be more thoughtful in our speech?

Chapter Fourteen

The Power of Forgiveness

- What did you take away from the forgiveness story of Chris Carrier and David McAllister?
- Coach Tom wrote, “When we hold on to pain, we become captives to it.” Why do you think unforgiveness can be even more painful to us than the person who wronged us?

Chapter Fifteen

Honoring the Dishonorable

- Has someone close to you ever dishonored you? How did that feel?
- One of the principles Coach Tom gave us was, “We should refuse to retaliate.” Why is it so easy for us to want to retaliate against someone that has wronged us?

Chapter Sixteen

Real Friendship

- Who is someone that is a great friend to you? What makes them a good friend?
- What is one practical way we can add honor to our friendships?

Chapter Twenty-One

Pain Doesn't Get Wasted

- What has been an experience in your life where something good came out of pain?
- How does God give us hope in the midst of pain?

Chapter Twenty-Two

The Playbook for Confident Living

- When you buy something new, do you read the instruction manual? Why or why not?
- What sets the biblical worldview apart from other worldviews?

Chapter Twenty-Three

Train for Victory

- What is something that you have trained for?
- How can we make sure that we finish our spiritual race well?

Chapter Twenty-Four

The Dangers of Compromise

- What are some ways the world tries to get you to compromise?
- God remained faithful to Samson even when Samson broke his covenant. What does this tell us about God?

Chapter Twenty-Five

We All Need a GPS

- Have you ever gotten lost going somewhere? What was that experience like?
- How can we listen to the Holy Spirit better?

Chapter Twenty-Six

Driven by a Dream

- What most motivates you to accomplish something?
- How can we add value to other people?

Chapter Twenty-Seven

Hidden Treasure

- What comes to mind when you think of the word “treasure”?
- How can we seek God’s treasures?

Chapter Twenty-Eight

Confidence in Heaven

- What do you picture when you think of heaven?
- Of Coach Tom’s list of top ten tangible benefits we will enjoy in heaven, which one are you most looking forward to?

Chapter Twenty-Nine

Legacy in the Bones

- Who is someone you know that has a great legacy?
- What do you want your legacy to be?

Chapter Thirty

The Reward of Confidence

- What is something that you have tried your absolute best at?
- How does the hope that we have give us confidence as we get closer to the finish line?

