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WORKBOOK

TODD PHILLIPS

Pastor and Author of *Get Uncomfortable*

KEEP CLIMBING

**WHY GOD DOESN'T GIVE
YOU EVERYTHING YOU WANT**



Bluefish TV Presents KEEP CLIMBING WORKBOOK
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Bluefish TV Mission

Our mandate is to help people trade in the pursuit of the American Dream for a world that desperately needs Christ.

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ARE YOU A TRADER?

What do you want to be remembered for?

What is your passion?

What gifts has God given you?

How can you use them?

Does your life matter?

When these questions go unexplored, our senses become dull and we find ourselves going through the motions of life and pursuing the American Dream.

The RightNow Campaign is shaping a movement within this generation of people who are willing to **trade** in the pursuit of the American Dream for a world that desperately needs Christ.

Being a **trader** means being intentional with your time, your money and your passions.

A **trader** is a new kind of missionary - not defined by geography - but marked by a willingness to apply the parable of the Good Samaritan and “go and do likewise.”

If you are looking for opportunities where you or your group can put your faith into action, search our ministry website **rightnow.org**. We have posted thousands of local and international service opportunities and we have a team of coaches who are available to provide further help.

It's time *right now* for the people of the church to step up and find tangible ways to use their God-given passions and skills to bring hope and change to the world.

Just a few things to check out at RightNow.org



FATHERING THE FATHERLESS

Looking for 1,000 churches to raise
up mentors for fatherless boys in
your community



WATER FOR ALL OF LIBERIA, AFRICA

Looking for people to give money and
raise awareness to solve the water
crisis for an entire country



EVANGELISM FROM YOUR LIVING ROOM

Respond to phone calls and email
from those already looking to learn
more about Jesus



JOIN THE FIGHT AGAINST AIDS

Build caregiver medical kits that
will go to the frontline battle
against AIDS

 rightnow.org

OVERVIEW

Why doesn't God take away our hardships? Why doesn't God give us what we think we need when we're in the middle of difficult situations? There are times when we wish God would just flatten the mountain and get rid of the problem. It's natural to beg that He take the hardship away or to plead for immediate answers.

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We wonder, "Does He really hear me? Is He really with me in the silence?"

It is in trials where our faith is shaken and we're forced to abandon our comfort zones. When we're torn from that security, we can realize our trust must be found completely in Christ. As we learn to trust and depend on God, regardless of our circumstances and feelings, we start looking a little more like Him each day.

Our prayers to God aren't so much about what He will do for us, but about His presence. He knows us best and wants us to get to know him better. That's why He's called us to keep climbing, even in the terrifying storms of life, and to continue in what we know is truth.

[Jesus] He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

-Mark 4:40-41, (NIV)



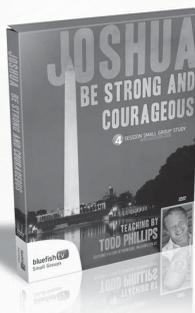
TODD PHILLIPS

is the pastor of Frontline Church in Washington D.C. It is one of the most well-respected and looked-to churches in the country for ministry to 20 and 30-somethings.

Todd is the author of *Spiritual CPR* and *Get Uncomfortable*. He speaks across the country at conferences including The RightNow Conference. Todd and his wife, Julie, have three children and live just outside Washington D.C.

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Also from TODD PHILLIPS



Joshua:
Be Strong and
Courageous



No Plan B:
Your Part in God's
Remarkable Plan to
Rescue the World

Preview these and many other
Adult Bible studies at Bluefishtv.com.

SESSION 1
**LEAVING
COMFORT
BEHIND**

ICEBREAKER

What was something that made you feel safe and secure as a child?

How did it (or they) bring you comfort?

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VIDEO NOTES

Mark 4:35-41 – Where do you find security?

REFLECT & DISCUSS

In the video, what thoughts came to your mind as you watched Todd Phillips talk about re-attempting to summit Mt. Elbrus after being unsuccessful the first time (seven years ago)?

In the video, we watched an I Am Second video clip where, Dallas Cowboys' football player Jason Witten mentioned the struggles of his rough childhood and how that made him hard-hearted. Is there something in your past or present circumstances that are causing you to feel resistant to God or that might be causing doubts?

Todd said, *"Many times as God is trying to deepen your faith, he will shake you at the core of the thing you find security in, because He wants to be the place you find security in."* What are some areas you're currently finding security in that you think God might be trying to "shake"?

Read Mark 4:35-41.

How well did the disciples know the Sea of Galilee?

This storm was so severe that it took on properties of a hurricane (see Matt. 8:24). What is note-worthy about the fact that Jesus was asleep in the midst of the storm?

What did the disciples exclaim that revealed their primary fear?

Describe a time when you were suddenly thrust from your comfort zone.

Todd said, *“Many times we misunderstand this [our security] and think that God is angry with us but he’s not. It’s that he loves us too much to leave us the way we are. And many times he’ll go to those comfort zones.”* How have you been tempted to think God is angry with at you when a trial or something “uncomfortable” infringes upon your life?

“Four of the twelve disciples were fishermen. If God’s going to take a fisherman somewhere he’s most comfortable to mess with his mind and his heart, it’s going to be on the water.”

Todd also shared that, *“[God] He’ll breach our comfort zones for the purpose of changing us.”* Why is God interested in changing us for the better? How does his love encourage us to become more like Him?

SEARCH THE BIBLE

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Read *James 1:1-4*.

James wastes no time in his salutation. Who does he immediately identify himself as?

Having pure joy in a trial doesn't seem like a natural response. So why does James say these should go hand in hand for the believer?

When your faith is tested, what does it produce?

How would you define perseverance?

In what way do tests and trials unveil the "real you"?

How is your faith made mature and complete after you've persevered through a trial?

"One of the most challenging things in life is to break free from our comfort zones and do things that challenge us."

Read James 1:12-15.

What will we receive if we persevere and endure under trials and temptations?

So we know trials will come and that we can be tempted in them. But how come God can never be tempted with evil or tempt anyone?

Temptation comes from being enticed by our evil desires. What does this mean?

How can outward affliction and trouble become inward temptation? How can we prevent sin from gaining an inch in our relationship to Christ?

Read James 1:16-18.

James says, "Don't be deceived." How can an ungrateful attitude deceive us and cause us to forget God's gifts?

What does it mean that God brought us forth *of his own will and by the word of truth*?

What is James saying about us when he says we would be a “kind of firstfruits”?

In what ways are you thankful for hard times in your life?

How can you prepare yourself for future trials?

BE CHALLENGED

Reflect on some of your past trials by writing a few below. Next to the trial, write your overall reaction. Be very honest with yourself. Circle the trials that changed you for the worse and draw a triangle around those that changed you for the better. If you’re not sure if the trial affected you for the “better” or “worse,” just leave it blank.

Count up the circles and the triangles. What do you think? How could your future responses be different?

Today you saw the powerful story of Jason Witten. As he shared about his relationship with Jesus, consider how you would share your story with others. You can visit iamsecond.com to see more stories and find some tools that help you share your faith with others.

FURTHER STUDY

Read Philippians 4:1-13. What makes you anxious?

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How could an attitude of prayer give you peace in your heart and mind this week?

Todd preached a 4-part series based on the themes found in Keep Climbing. To access this sermon series, go to:
www.bluefishtv.com/audio.

SESSION 2
FLATTEN
THE
MOUNTAIN

ICEBREAKER

Name a time when you didn't get your way or what you wanted.

How did you deal with the disappointment?

**PG
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VIDEO NOTES

Mark 4:35-41 – Why doesn't God take my problems away?

REFLECT & DISCUSS

From the video, what did you think about the team's training; how they had to use ropes and axes to climb up the steep ice walls? Would you want to take on a challenge like that? Why/why not?

In the video we watched an I Am Second video clip where, Michelle Aguilar, winner of The Biggest Loser, shared the pain of her parents' divorce and the struggle to forgive her mother.

How did you see God working in her life as she was struggling with doubt and pain in the relationship with her mother? How do you see God in her life now?

Todd Phillips explained three ways that God can work in our lives.

Intervention is when God comes in and changes the circumstances and does something only God can do. In the Old Testament it was the parting of the Red Sea, the pillar of fire, the pillar of cloud. In **Acts 16:23-26** we see how God intervened with Paul and broke the chains off him while he was in prison.

Interaction is where God empowers us to do something in the situation ... he helps us help ourselves. In **2 Corinthians 1:3-4**, Paul talks about how God comforts us so that we can comfort others with the comfort we've received from God. God uses the people of God. We can also see in **2 Corinthians 7:5** how Paul was physically tired and God interacts by sending Titus.

Inner action is when God doesn't change any of the circumstances; he changes you. Paul was in prison seven times and God only intervened with one miracle. In **Philippians 4**, Paul doesn't write about the one miracle, he writes about his joy in the midst of his prison sentence. The circumstances don't change but Paul is changed from the inside out.

Which one do you feel he works the most in your life?

Out of the three, which one do you want God to work *more* in your life?

When it comes to your own trials, can you recall a time when you pleaded something like, "God, would you just level out the mountain?" What did you learn in this cry for help?

Refer back to *Mark 4:35-41*.

We know the disciples are experiencing intense fear from the great wind storm. Jesus then says to the sea, "Quiet, be still!" and the winds and waves cease. What did this miracle reveal about who Jesus was?

Was he concerned about the disciples' fear? Why/Why not?

How does Jesus' response to the storm encourage you in your trials?

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In our trials, we must move forward in the things we know, and have faith in the things we don't know. What risks are involved with that? What rewards?

"God will ask us to move forward with the things that we know but also have faith with the things that we don't know."

Referring to the life of Paul, Todd said that "[Paul] he figured out that God doesn't just work through miracles, there are many times God just leaves all the circumstances the same. He changes us on the inside out." Why do we often seek out miracles instead of look to Jesus himself?

Todd also shared how God often won't change any of the circumstances around us. He wants to change us and help us become passionately abandoned to him. What does living a life that is wholly abandoned to Christ look like in our lives?

SEARCH THE BIBLE

Read *Philippians 4:1-5*.

What is Paul's tone in his letter?

Why does Paul say to "rejoice in the Lord always"?

Read *Philippians 4:6-7*.

What are we to exchange our anxieties with?

What does God promise when we bring our anxieties and concerns to Him?

So as you're giving your worries to him, how does his peace "guard" your heart and mind?

Read *Philippians 4:8-9*.

"Whatever" is repeated six times. Why do you think that is?

Why must our thought-life be kept under control?

"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation." - Philippians 4:11-12, NIV

Paul asks the Philippian church to emulate whatever they have learned, received, or heard from him. What's the difference between having a lot of knowledge and putting God's word into practice?

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Read *Philippians 4:10-13*.

Paul was thankful to the Philippians for their generous gift and love while he was in prison. What keeps him motivated to have a thankful spirit?

What is Paul's secret? How did he learn to be content in every situation?

How often would you say you draw on Christ's power to help you find contentment in your circumstances? What difference do you notice in your life when you're content?

The Greek word for being content means "to be self-sufficient" or "to be satisfied." Would you say that you're satisfied in your circumstances right now? Or do you feel like you're lacking real joy in Christ? Why/why not?

BE CHALLENGED

Choose some indulgence in your life that you make a point every week to "have, do, or buy" (a coffee drink, personal email, Facebook/Twitter, TV show, lunch out, video games, shopping, etc.). Go without

that certain treat for one week. Then think about what contentment means in your life. Write down your thoughts here.

Today you saw the powerful story of Michelle Aguilar. As she shared about her relationship with Jesus, consider how you would share your story with others. You can visit iamsecond.com to see more stories and find some tools that help you share your faith with others.

FURTHER STUDY

Read **Romans 8:24-26**. What are some things you're hoping in that you don't see yet?

How can you prepare your heart if God does/doesn't give you what you're hoping for?

Write a brief prayer to the Lord regarding something you're struggling to "wait" in:

Todd preached a 4-part series based on the themes found in Keep Climbing. To access this sermon series, go to: www.bluefishtv.com/audio.

SESSION 3
**CLIMBING
IN SILENCE**

ICEBREAKER

Do you work better in silence or with a bunch of music and noise?
Why does one over the other suit you better? Or do you like both?

**PG
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VIDEO NOTES

Mark 4:35-41 – Where do you find security?

REFLECT & DISCUSS

From the video, describe the whiteout at the Pruitt hut on Mt. Elbrus.
Could you sense the stillness and silence looming in the air?

Todd Phillips mentioned how it's just difficult in mountaineering to exist when you ascend higher on the mountain. The physical exhaustion and silence is difficult. How can this physical reality relate to us spiritually?

Todd shared about watching God work miracles early in his faith. But how later on, God became silent. He had to ask himself, *Am I praising God in my life? Do I have faith in God for what he does for me or simply for who he is?* Have you asked similar questions in your own seasons of silence? Explain.

In the video we saw an I Am Second clip where John Meador talked about the struggles after becoming deaf. Growing up, he felt like he didn't measure up to everybody else. He prayed many times for God to change it but as he walked with God, he realized God would give him the ability to deal with it as he relied upon his grace.

Have you ever relied on God's strength and been able to turn profound disappointment into opportunities?

John said, *"I'm not sure if I would ask him [God] to take my hearing aid away. I'm not sure I'd ask him to restore me because then a whole door of ministry would be closed. A whole avenue of encouraging people wouldn't be there anymore."*

Does it seem strange that he would say that? Why or why not?

Refer back to Mark 4:35-41.

What kind of "silence" did the disciples' experience?

Are there times that you, too, find yourself “wanting” like the disciples?
Can you explain?

Jesus asks, “Why are you so afraid? Do you still have no faith?”
Where were they placing their faith?

When did the disciples come to understand God’s power in their life?

Do you think they understood that Jesus’ presence in their life was
“good enough”? Why/why not?

Where do you want to see more of God’s power in your life?

“Remember just before they left on the boat, Jesus was teaching on faith and then Jesus took them out on the boat to help them live that faith.”

How have other people helped pull you through the silence in your own storms? Why is having a community of supportive friends and believers essential to standing strong?

Todd said, *“Every one of us goes through silence in our lives. With God, he’s silent for a reason. He wants to test the authenticity of our faith.”* How has silence helped deepen and enrich your faith?

SEARCH THE BIBLE

Read *Romans 8:18-23*.

What are “present sufferings” and how long will they last?

What is “the glory that will be revealed in us”?

Who are the “sons of God”?

Why is creation “groaning”?

How are we groaning?

Have you ever experienced a “groaning” within your heart that Paul talks about? What was it like?

Read *Romans 8:24-27*.

What is this “hope” Paul describes? How does this hope encourage you in times of silence?

What is the Holy Spirit's role in your life when you're weak and struggling in the silence?

"Is our faith built around what God does for us or is our faith built around his presence and his presence alone?"

Read *Psalm 46:10*.

What can you learn in listening to God's voice when you pray?

How do you think you can better experience God's sovereignty during times of waiting and silence?

BE CHALLENGED

Pick one of the passages you want to meditate on and memorize this week. (Or challenge yourself further and go for all four.) Write the verse, using the translation of your own Bible, on an index card and keep it with you throughout the week. Ask a group member or friend to check up on you mid-week to see how the memorization is coming along.

Romans 12:11-12: "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer." *NIV*

Psalm 46:10: “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” *NIV*

2 Corinthians 4:17-18: “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” *NIV*

1 Thessalonians 5:16-18: “Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” *NIV*

Today you saw the powerful story of John Meador. As he shared about his relationship with Jesus, consider how you would share your story with others. You can visit iamsecond.com to see more stories and find some tools that help you share your faith with others.

FURTHER STUDY

Read **1 Timothy 4:6-16**.

Focus on vs. 12. Where are you struggling to be an example? Where are you strong? On a scale of 1-10, circle where you think you stand.

in WORD- speech

struggling _____ strong
1 2 3 4 5 6 7 8 9 10

in CONDUCT- righteous living

struggling _____ strong
1 2 3 4 5 6 7 8 9 10

in LOVE- self-sacrificial service for others

struggling _____ strong
1 2 3 4 5 6 7 8 9 10

in FAITH- faithfulness or commitment

struggling _____ strong
1 2 3 4 5 6 7 8 9 10

in PURITY- sexual purity

struggling _____ strong
1 2 3 4 5 6 7 8 9 10

Todd preached a 4-part series based on the themes found in Keep Climbing. To access this sermon series, go to:
www.bluefishtv.com/audio.

SESSION 4
A BETTER
VIEW

ICEBREAKER

Describe a time when you thought you reached your physical limit, but you pushed through anyway.

**PG
33**

Was anyone by your side to encourage you?

VIDEO NOTES

Mark 4:35-41 – What's God trying to do in your life?

REFLECT & DISCUSS

From the video footage of the team returning from the Summit back to Pruitt Hut, what struck you about the different challenges Todd and his team faced 1200 ft. before reaching the peak?

Todd shared how Mt. Elbrus was the most mentally and physically challenging event of their lives. Why was it worth the journey?

How would their journey have been different apart from their leader, Tap's guidance and encouragement? What about the support from each other?

Todd shared how, like the disciples, God taught their team about faith and then took them out into a real storm. What would have been missing if they never experienced the real-life test?

Todd said, *“Every time God takes you through a storm in life, every time God creates a challenge in front of you or a new peak to climb, he’s trying to create a new perspective in your life.”* How does a new perspective begin to change the way you view life and God?

In the video we saw an I Am Second clip where former band member of KoRn, Brian Welch, talked about his deep drug addiction. Brian had tried everything to get pleasure. His dreams of money and success came true, but he wasn't fulfilled. Even after he began a relationship with Christ, he tried drugs. Have you ever looked for fulfillment or happiness in something or someone besides Christ? What made you realize that you were looking in the wrong place?

“Have you been so angry at the storm; asking God to get rid of the storm that you’ve failed to see what he’s trying to teach you through the storm?”

Brian Welch also shared how he began his relationship with Christ. After realizing God's fatherly love covered him he said, "*Contentment is given to you in life because you don't have to look anywhere else... and the question about life is answered.*" What new perspective; what question about life do you need answering today?

Refer back to *Mark 4:35-41*.

What new perspectives did God want to teach the disciples in the storm?

How do you think the disciples' perspective of God was changed?

Do you think the disciples looked at the Sea of Galilee the same after their encounter with the Creator?

God works in places we think we cannot go. How does He receive glory in that?

When it comes to growing in your faith, Todd said, "*God's trying to drill new truth into your heart—that you might be more like Christ.*" What new truths are you learning about the Lord?

Todd stressed the importance of reading God's word. He said, "*God has provided it [truth] all the way from Genesis to Revelation.*" How have you seen Truth from the Word of God provide in your daily life and situations?

In what ways are you thankful that God doesn't give you everything you want or pray for?

**PG
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“Every time God creates a challenge in front of you or a new peak to climb, he’s trying to create a new perspective in your life. He’s trying to drill new truth into your heart.”

SEARCH THE BIBLE

Read 1 Timothy 4:6-8.

How do you “train” yourself toward godliness?

Why does godliness have “value for all things”?

Why is training in godliness essential to going the distance and reaching your physical and spiritual capabilities?

Read 1 Timothy 4:9-12.

What is the purpose of “laboring”?

Why did Paul tell Timothy not to let others look down on him? Have you ever resisted doing something because you thought you were too young?

Read 1 Timothy 4:13-16.

What is Timothy to pay close attention to? Why?

Why is Paul encouraging Timothy not to “neglect” his gift?

What every day temptations could cause you to neglect your God-given spiritual gifts?

“...so that everyone may see your progress.” What does this mean?

Why are we supposed to watch our “life and doctrine closely”?

Paul was a true brother and partner in ministry to Timothy. What does their relationship show you about the importance of having others come alongside you on your spiritual journey?

How do you want to start spurring others on toward godliness and “reaching the summit”?

BE CHALLENGED

Plan a trip, hike or some kind of outing with your small group or any other group of friends this week. Wherever you go, share your faith with at least one person you don't know.

Before trip/outing, discuss:

What do you think some of your limits are in sharing your faith?

Do you believe God can work through your biggest fears and worries? Why/why not?

After the outing, reflect:

Were you able to share your faith with anyone? Share your story.

What fears did you have to overcome?

Were you encouraged that your group was also striving toward the same goal of sharing the gospel? Explain.

Today you saw the powerful story of Brian Welch. As he shared about his relationship with Jesus, consider how you would share your story with others. You can visit iamsecond.com to see more stories and find some tools that help you share your faith with others.

FURTHER STUDY

Use a study Bible or Bible commentary and spend 15-30 minutes looking more in depth at **1 Timothy 4:6-16**. (You can also find online commentaries at: biblestudytools.com, blueletterbible.org, biblegateway.com, etc.)

What new insights did you learn from the commentary in...

1. Training yourself toward godliness:
2. Enduring through labor and suffering:
3. Applying wisdom and maturity:
4. Being an example to others:
5. Using your gifts:
6. Watching your life and doctrine:

Todd preached a 4-part series based on the themes found in Keep Climbing. To access this sermon series, go to: www.bluefishtv.com/audio.

WHY MT. ELBRUS?

A Backdrop to Providing Clean Water for Liberia

At the end of the video, we saw Todd share his vision for providing clean water to an entire nation. He partnered his organization, The Last Well Movement, with Houston-based organization Living Water International and brought ten men together to climb Mt. Elbrus and raise funds specifically for the nation of Liberia.

Their team ended up raising \$250,000 towards a goal of providing clean water for the entire nation of Liberia in the name of Christ. What an awesome story of trading in the pursuit of the American Dream for a world that desperately needs Christ.

Maybe something stirred within your heart to do the same.

Providing clean water is just one practical solution for people in need out of thousands of opportunities out there. Mentoring fatherless children, fighting the war on poverty, visiting orphans and widows, getting involved in the AIDS crisis, fighting sex and human trafficking, feeding the sick and poor, or becoming foster parents are a few other ways.

Maybe you have an idea of your own. Don't hold back. Tell your small group or someone else who can help stir your passion. Visit www.RightNow.org, www.thelastwell.org, and www.water.cc to explore ways you can begin putting your faith into action.



KEEP CLIMBING

MORE VIDEO RESOURCES FROM **bluefish**tv.com

For over 25 years, Bluefish TV has been creating video resources to engage audiences with spiritual truths. As a non-profit ministry, our goal is to create videos to help you teach. Over 90,000 churches have turned to Bluefish TV for their video teaching needs. It's our privilege to serve God and serve the church by creating these video resources.

Here are some additional resources from Bluefish TV.
Check out www.bluefishtv.com for video previews and to order these for your ministry.

SMALL GROUPS RESOURCES

Marriage Built to Last

with Chip Ingram and featuring Kurt Warner and Dave Ramsey
Living Intentionally & Loving Biblically

Parenting: The Early Years

with Drs. Les and Leslie Parrott
10 Biblical Traits Your Kids Will Remember You For

Uprising

with Erwin McManus
A Revolution of the Soul

The Sacred Echo

with Margaret Feinberg
Why is Prayer so Mysterious?

Paul the Apostle

with David Nasser
What Culture Doesn't Want You to Hear

Facing the Unknown

with Mark Batterson
A Modern Look at the Life of Abraham

Free Market Jesus

with Donald Miller
How Our View of Culture Shapes Our View of the Gospel

No Plan B

with Todd Phillips
Your Part in God's Remarkable Plan to Rescue the World
filmed in Africa

What if ...

...our small group made a difference in our lives?
with Alan Danielson
4 Questions Every Small Group Should Ask Themselves

YOUTH MINISTRY RESOURCES

Why Jesus?

with David Nasser

Answering Tough Question About Our Savior

filmed in Israel

Conflict

with Doug Fields

Overcoming Stress In Your Relationships

Am I Happy?

with Sean McDowell

The Search for Something More

Choose

with Marcus Goodloe

Friends

with Sean McDowell

Paul in Rome

with David Nasser

I AM Getting to Know God

with David Nasser

Sex. Dating.

with Hayley and Michael DiMarco

Teens vs. Parents

with Mark Matlock

PREVIEW THE VIDEOS AND LESSONS AT



