

# IN THE ARENA WITH KIRK COUSINS

## Sermon Discussion Guide

### Let's Recap:

We welcome Vikings quarterback Kirk Cousins, an unashamed follower of Jesus Christ, to share on his faith journey leading up to and including being an NFL player. It's an opportunity for us to see a glimpse of how God is Kirk's solid foundation in a world with many ups and downs. As he shares his journey, it is apparent that his faith is strong and he continually turns to God's word for guidance. His inspiring, yet humble spirit encourages us all to seek God in everything, making Him the center of our lives.

### Tune In:

To prepare for our discussion, please read 1 John 2:6, Ephesians 3:20, 2 Chronicles 16:9, Luke 12:48, 1 Samuel 2:30

### Go Deep:

- Discuss the importance for us to take time every day to quiet our hearts and listen to what God is saying. What is God speaking to you lately?
- When did you decide to be a fully devoted follower of Jesus? What are practical ways we can choose to follow Jesus, even if it's opposite of where culture is going?
- Kirk states that when making decisions, he first and foremost prays and allows God to lead. How has God led you in your life?
- God calls us to be good stewards of the resources He has given us. Kirk says "If my giving isn't pushing me or making me feel a little uncomfortable, I'm not giving enough." In what ways is God calling you to grow in your generosity?

### Live Out:

God calls us to have a heart that is fully committed to Him in every area of our lives. Going directly to Him for big decisions, He will continue to guide and direct our steps. His will for us, is to be unashamed of what He has done in our lives, and take opportunities to share our story with those around us (family, friends, co-workers, etc.). Stretching our faith muscle, by giving to where it feels uncomfortable, gives room for God to show up. Taking time every day to quiet our hearts and listen to God's teaching & guidance, diving into His word, will fuel us to live a life after Him.

