



FINDING FAITH: Small Group Bible Study inspired the movie by “A Paralyzing Redemption”

INTRODUCTION

Based on the true story of Brian Ziegler, a rising basketball star has his dream season cut short when a devastating car accident leaves him paralyzed from the neck down. Suddenly stripped of the future he had trained for his whole life, Brian is left fighting for a reason to live. Supported by his father, his coach, and his church community, Brian's journey moves from despair toward a genuine spiritual awakening, as he wrestles with the loss of his old identity and slowly discovers a new sense of purpose rooted in faith rather than physical ability. His story is a powerful testimony that redemption is not found in getting our old life back, but in God who meets us in our most broken moments.



DISCUSSION QUESTIONS

1. A CRISIS OF IDENTITY

- Before the accident, Brian's identity was deeply tied to his athletic ability and his future as a basketball player. When that future is suddenly taken from him, he is forced to confront the question of who he is apart from his physical strength and achievements. How does Brian's crisis of identity reflect a struggle many of us face when our plans or abilities are stripped away?
- Read Psalm 139:13-14 and 2 Corinthians 5:17. How do these passages ground our identity in who God made us to be and who we are in Christ, rather than in our performance or physical capability? Which of your skills and strengths are you tempted to root your identity in?



2. DESPAIR IN THE FACE OF SUFFERING

- Brian's journey does not move straight from tragedy to triumph; the film is honest about the despair he faces before he finds purpose again. How does the film's portrayal of Brian's darkest moments reflect the honesty of Scripture toward suffering and doubt?
- Read Psalm 88 and Lamentations 3:19-24. How do these passages show despair and lament existing at the same time as hope in God's faithfulness? What might it look like for you to honestly lament while still trusting in God?



DISCUSSION QUESTIONS

3. THE SUPPORT OF OTHERS



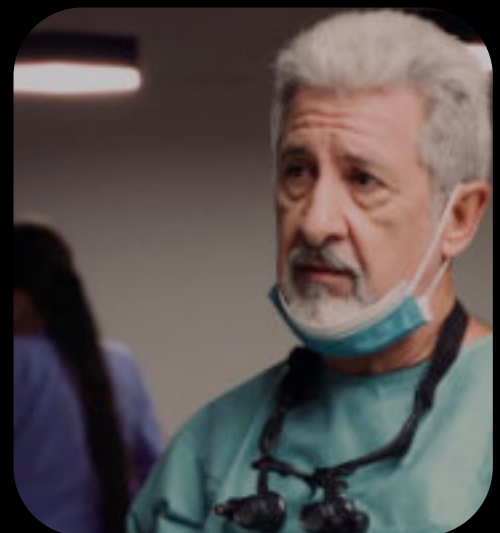
- Brian's recovery is not a solitary effort; his father and his coach walk alongside him through the hardest parts of his journey, embodying steady, practical love. How do these relationships model the biblical call to bear one another's burdens, especially through long seasons of physical and emotional hardship?

- Read Galatians 6:2 and Job 2:11-13. How do these passages describe being there for someone while they're suffering, even when there is little to say or fix? What might it look like to be a "father" or "coach" figure to someone walking through a trial?

4. REDEMPTION AND HEALING

- Brian discovers redemption and purpose not through physical healing, but through perseverance, friendship, and a renewed relationship with God. How does this challenge a narrow view of redemption as merely getting back what was lost?

- Read Romans 8:28 and 2 Corinthians 12:9-10. How do these passages reframe redemption as God's power made perfect in our weakness, and all things, even paralysis, working together for good? What would it look like for you to trust God's redemption even when it doesn't look the way you expected?



REFLECTION & APPLICATION

Have you ever had your identity, dreams, or abilities stripped away? Where are you tempted to rush past honest despair and pretend that everything is fine, rather than bringing your real grief before God?

Consider one person in your life who is walking through a long, hard season, and what it would look like for you to be a steady, faithful presence like Brian's father and coach.



PRAYER

Close the Bible study with a time of prayer, lifting up those in the group facing loss of identity, ability, or dreams they had built their lives around.

Pray for those living with disability or chronic illness, and for the friends, family, and communities who walk alongside them. Pray for eyes to see God's redemption at work even when it looks different than we expected, and for the perseverance to keep trusting Him through despair.



CONCLUSION

Like Brian, none of us are exempt from having our plans or abilities suddenly taken away. Scripture assures us that our identity and worth are found in God, not in our own strength or achievements. Encourage each other to bring honest despair before God, to be there for those walking through hardship, and to trust that God's power is made perfect in our weakness.

