



FINDING FAITH: Small Group Bible Study inspired by the movie "Don't Give Up"

INTRODUCTION

In *Don't Give Up*, Amy Self faces an overwhelming storm of relational hardships, identity struggles, and mounting emotional weariness that threatens to break her. As compounding trials push her to the brink of despair, she is forced to confront the temptation to surrender to hopelessness and give up. The film serves as a poignant illustration of the reality that in a fallen world, trials are not accidental, but are often given to refine our faith, strip away self-reliance, and draw us into deeper dependence on God. *Don't Give Up* illustrates that true Christian perseverance is not rooted in human grit or wishful optimism, but in the unshakeable promises of God, the sufficiency of His grace, and the steadfast hope we have in Jesus Christ.



DISCUSSION QUESTIONS

1. RESTING IN GOD'S SOVEREIGNTY DURING TRIALS

- In the film, Amy is hit by consecutive hardships that seem entirely unfair and overwhelming, tempting her to question God's goodness and control.
- Why is it so easy to equate difficult circumstances with God's absence, and how does human self-reliance fail us when trials accumulate?
- Read James 1:2-4 and Romans 8:28-30. How do these passages shift our perspective on suffering from meaningless pain to something more purposeful? How can we anchor our minds in God's sovereignty when life feels out of control?



2. THE SUFFICIENCY OF GRACE AND PERSEVERING THROUGH DESPAIR

- As emotional and physical exhaustion sets in, Amy is tempted to throw in the towel and abandon their hope.
- What are the spiritual warning signs that we are trying to carry life's heavy burdens in our own strength rather than resting in Christ?
- Read 2 Corinthians 12:9-10 and Galatians 6:9. What does it practically look like to draw upon Christ's sufficiency when we feel completely depleted? How does trusting in His promised grace keep us from burning out?



DISCUSSION QUESTIONS

3. MUTUAL BURDEN-BEARING WITHIN THE BODY OF CHRIST



- When hardship strikes, Amy must learn to lean on her family and allow her Christian community to step in, rather than isolating herself in shame or pride.
- Why do people often tend to withdraw from others in times of crisis?
- Read Galatians 6:2 and Hebrews 10:24-25. What does it look like to care for one another's burdens without burning out? Why might meeting together regularly with believers actually help in times of need?

4. ANCHORING IDENTITY IN GOSPEL HOPE RATHER THAN EARTHLY STABILITY

- Amy's situation challenges her sense of security, forcing her to evaluate whether her life and peace was built on earthly comforts or in Jesus.
- How can financial stability, physical health, or comfort subtly become functional idols that dictate our joy and peace? What does anchoring your identity look like?
- Read Hebrews 6:19-20 and Habakkuk 3:17-19. What does it mean to have an "anchor for the soul" when earthly foundations crumble? How does a fixed gaze on eternity empower us to say, "Yet I will rejoice in the Lord"?



REFLECTION & APPLICATION

Reflect on your current season of life. Is there an area where weariness, anxiety, or trial is tempting you to give up or retreat into self-reliance? How can you entrust this over to God? What is one practical thing you can do this week to actively build your life on what Jesus has done on the cross rather than your own earthly comforts?



PRAYER

Close your study by reading Psalm 13 and 88. Lament together the brokenness of the world as a result of sin, and the areas in your life that are afflicting you.. Praise God that he has dealt with sin once and for all at the cross. Praise God for his endless reservoirs of strength, and ask for the wisdom and perseverance to endure through trials. Individually caast your anxieties onto God, for he cares for you



CONCLUSION

Don't Give Up reminds us that in the midst of severe suffering we have a faithful God in whom we can rest. No matter how fierce the trial or how deep the exhaustion, those who are held by Christ can never be truly overcome. So, step into the coming week anchored in the gospel, knowing that He who promised is faithful, and that in Jesus, our labor and suffering are never in vain.



ETERNAL
ENTERTAINMENT