

VIDEO SERIES

# RESOLVED

**"Firm in purpose or intent; determined"**

# Start Here

You're about to embark on a life-changing journey. I'm not just saying that to pump you up. I really mean it. In the next ten episodes of the Resolved video series, you're going to be challenged to make some radical decisions about your life and future. You're going to be reminded of who God is and what he has done for you and it's going to blow your mind! If you've read my book *Resolved: 10 Ways to Stand Strong and Live What You Believe*, you already know what I'm talking about. If you haven't read the book, you will want to read it after watching the Resolved video series.

Every day and in every possible way, God is in the process of drawing us closer to himself. Sometimes we listen better than others. The fact that you've taken time out to watch this video series shows that you've already resolved to jump in the deep end with God. You've already resolved to take the first step towards change. Well done.

Now sit back and relax, or rather lean forward, and hang on. This study is not for the faint in heart. If you like speed, you'll love my style. And if you're serious about changing your world for Christ, you're already on the road to doing it!

One last thing: you can watch the Resolved video series on your own, but it's even better with other people. We've put together a PDF outline of my notes and study questions that will help you process the material. Don't forget to pray: lasting change is only possible with God's help. I can't wait to hear what God does in your life! I'm so glad you said yes!

*“For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is fully committed to him.” (2 Chronicles 16:9)*

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# Lesson One

## Faith When It Looks Impossible

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”  
(Hebrews 11:6)*

*“If you are not firm in faith you will not be firm at all” (Isaiah 7:9)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- Resolve is a decision of your \_\_\_\_\_, driven by a change in your \_\_\_\_\_ that leads to a change in your behavior. It is unaffected by your \_\_\_\_\_ and \_\_\_\_\_ by your circumstances.
- The most important resolve you will ever make is the decision to \_\_\_\_\_ God’s goodness and His \_\_\_\_\_ even when \_\_\_\_\_ in your life argues against it.
- The depth of your faith is directly proportional to your \_\_\_\_\_ of God, and the only way to deepen your knowledge of God is through His \_\_\_\_\_.

- It is only as you learn to identify the most common \_\_\_\_\_ to your faith that you will be able to stand strong in the heat of the battle.
- The test of your faith usually comes in the areas you \_\_\_\_\_ most \_\_\_\_\_ about and in the areas where you \_\_\_\_\_ the most.

### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. How is your relationship with the Lord Jesus Christ today? What are some of the indicators that it's healthy or stagnant?
2. If Jesus were standing in front of you right now, what might you ask him to do for you?
3. What's your track record with resolutions? What are some of the things you've resolved and failed in before? Why do you think your resolve did not last?
4. Name a giant in your life right now. Make a list of the obstacles to your believing that God is for you in that specific area.
5. As you finish up the first episode of this series, are you truly resolved to do whatever it takes to become the person God wants you to be? Take a moment and tell him your heart.

### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will believe that God is good and that His word is true even when everything in my life points against it and that even when I fail God is still always for me and will deliver me.*

# Lesson 2

## Love When It's Inconvenient

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“By this all people will know that you are my disciples, if you have love for one another.” (John 13:35)*

*“We love because he first loved us.” (1 John 4:19)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- When it comes to love, it's important to clear up some basic \_\_\_\_\_ we may have.
- When it comes to love we've got to understand that true love is always \_\_\_\_\_ before it can be \_\_\_\_\_.
- When it comes to love, \_\_\_\_\_ always speak louder than \_\_\_\_\_.
- When it comes to love, the greatest obstacle that stands in the way of our resolve to love well is \_\_\_\_\_.

## Discussion Questions

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Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. What are some of the misconceptions you hold about love?
2. What are some of the specific ways you can tell that God really loves you?
3. When it comes to your identity, can you think of some ways that you have wrongly defined who you are?
4. Think about your life. Is there anything about who you are and what you have done that prevented you from believing God's unconditional love for you?
5. Love can be risky. How does knowing and receiving God's love for you free you to love others without fear?
6. Think of someone in your life who is difficult to love. What specific steps of action can you take to show Christ's love to that person?

## Resolution

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It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will receive God's unstoppable love for me especially when I don't deserve it so that I can in turn love others especially when it's inconvenient and hard.*

# Lesson 3

## Obey When It's Not Popular

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“But Daniel resolved that he would not defile himself with the king’s food, or with the wine that he drank.” (Daniel 1:8)*

*“And by this we know that we have come to know him, if we keep his commandments. Whoever says I know him but does not keep his commandments is a liar, and the truth is not in him.” (1 John 2:3-4)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- In a world that hates God and His ways it will never be \_\_\_\_\_ to obey God and His ways.
- In a world filled with \_\_\_\_\_ it’s easy to think that we can choose to \_\_\_\_\_ Jesus without obeying His word.
- In a world where the stakes are high it’s easy to make \_\_\_\_\_ when we disobey.
- In a world where we \_\_\_\_\_ a whole lot of things, our actions are still the \_\_\_\_\_ way to tell what we really believe.



- In a world where everyone is \_\_\_\_\_ us, our resolve to obey God at any cost will radically \_\_\_\_\_ our culture.

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### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. What are some of the things God wants us to do and be that are not popular in today's world?
2. What are some of the excuses you make when you choose to disobey God?
3. In what specific areas are you choosing to disobey God right now?
4. Daniel resolved to obey God in a very little thing that ended up with a very big impact. What are one or two little ways that the Spirit of God is convicting you right now to obey God no matter what?
5. Take some time to reflect on God's grace. Think about a time in your life when you disobeyed God and God still gave you grace. Write a prayer to God thanking him for his undeserved unstoppable love and use it as motivation to fuel your resolve to obey God moving forward!

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### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will obey God even if no one else is doing it and even when the outcome is unclear knowing that God always honors radical obedience to his ways.*

# Lesson 4

## Yield When It's My Right

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*"I have been crucified with Christ. It is no longer I who live but Christ who lives in me." (Galatians 2:20)*

*"You are not your own, for you were bought with a price. So glorify God in your body." (1 Corinthians 6:20)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- The secret to \_\_\_\_\_ in the Christian life is to daily choose to \_\_\_\_\_ everything to Jesus.
- The \_\_\_\_\_ decision you will ever make as a follower of Jesus is the decision to \_\_\_\_\_ to yourself daily.
- The greatest \_\_\_\_\_ to yielding to God show up in the areas we \_\_\_\_\_ the most.
- The \_\_\_\_\_ of our trust in God comes when we are willing to say \_\_\_\_\_ even when we feel like saying \_\_\_\_\_.

- The greatest \_\_\_\_\_ to saying yes to God is His unconditional \_\_\_\_\_ and never-ending faithfulness.

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### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. Try to define surrender in your own words.
2. Why is it so hard to surrender something that means a lot to you to God?
3. Think about what you want more than anything in the world. How can you tell if it's become a stronghold?
4. Why is it so hard to let go of the thing you want most?
5. What are some specific ways God wants you to die to yourself right now?
6. "The test of your trust in God comes when you're willing to say yes when you feel like saying no". Discuss or write down your reaction to this statement.

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### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will daily give up my rights and say yes to Jesus in big things and small, even when I feel like saying no, confident that surrender is the pathway to joy.*

# Lesson 5

## Speak up when it's easier not to

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“The wicked flee when no one pursues, but the righteous are bold as a lion.”  
(Proverbs 28:1)*

*“Whether it is right in the sight of God to listen to you rather than to God, you must judge, for we cannot but speak of what we have seen and heard.” (Acts 4:19)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- It is always easier to say what's \_\_\_\_\_ than to boldly \_\_\_\_\_ the truth.
- It is always intimidating to speak up when everyone seems to \_\_\_\_\_ with you.
- The biggest reason we are \_\_\_\_\_ to speak boldly for Jesus is because our lives often don't \_\_\_\_\_ what we say we believe.
- The thing we can be sure of is that even in the fiery furnace God's \_\_\_\_\_ remains \_\_\_\_\_.

- The need to hear the truth has never been more desperately \_\_\_\_\_ and only \_\_\_\_\_ can resolve to speak it.

### Discussion Questions

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Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. Think about some of the popular ideas people say today about God and faith. Are they consistent with God's word?
2. What are some of the excuses you have made for not speaking up about Jesus?
3. Does your walk match your talk? In what areas do you say one thing but live another?
4. As you reflect over the story of the three brothers and the fiery furnace, how does their example fuel your faith to get even stronger?
5. Do you believe the world needs hope today? Are you willing to be the one who speaks the truth even when it might be easier not to?
6. What are some things you can do to grow in your ability to speak God's word and ways more clearly and boldly?

### Resolution

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It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will boldly and unashamedly speak up for the gospel, admitting my allegiance to Jesus Christ and His word knowing it might cost me my life but certain that God's presence is always with me even through the fire.*

# Lesson 6

## Give when I barely have enough

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“Give and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.” (Luke 6:38)*

*“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”(Matthew 6:24)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- The greatest reason we don't give generously is that we are \_\_\_\_\_
- The struggle with giving isn't about our money it's about our \_\_\_\_\_
- The test of our trust in God usually comes in our \_\_\_\_\_
- The greatest way to become a giver is to resolve to start \_\_\_\_\_ generously \_\_\_\_\_

- The only way to remain \_\_\_\_\_ when your need is great is to put all of your \_\_\_\_\_ in the Lord always

### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. How is the state of your giving today: barely enough, generous and abundant, or I give when I can?
2. Where do you see your greatest struggle financially? In overspending, under-saving, too much debt or not enough income?
3. When it comes to money, fear is a common feeling: what are you most afraid of when it comes to your finances and God's ability and willingness to provide?
4. In our materialistic culture, it's easy to feel discontent with what we have and jealous of what other people have. What triggers your discontent and envy buttons?
5. If someone were to look at your life, would it be obvious that you value God more than money? How would they be able to tell?
6. The little boy and his lunch continue to move us today. How does his story compel you to give generously confident in God's ability to provide?
7. Let's end the time today by writing down some of the specific ways God has provided for us in the past. Use your list to encourage you to trust him in the future.

### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will never to hold back from giving cheerfully and willingly even when I barely have enough knowing that God is always faithful and will always provide for all of my needs.*

# Lesson 7

## Community when I'd rather be alone

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“Two are better than one, because they have a good reward for their toil. For if they fall one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” (Ecclesiastes 4:9-10)*

*“Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.” (Proverbs 18:1)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- We cannot make it as followers of Jesus Christ without the \_\_\_\_\_ of true Biblical community.
- We are far too easily \_\_\_\_\_ about what true biblical community really is.
- The biggest \_\_\_\_\_ to true biblical community is the \_\_\_\_\_ that we bring to the table.
- It is in our \_\_\_\_\_ places that God meets us and transform us so that we can be \_\_\_\_\_ by God to help others.



- The only way to continue to \_\_\_\_\_ in biblical community is to \_\_\_\_\_ quickly and often.

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### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. "We cannot make it as followers of Christ without the presence of true Biblical community." Do you agree? Why or why not?
2. Why do so many people who call themselves Christians today minimize the importance of the local church?
3. Do you ever tend to practice selective vulnerability with others and why?
4. What kind of baggage do you bring to the table when you gather with others? How does that hinder your ability to be authentic?
5. Is there an area in your life right now that you wish God would show up in? Are you willing to honestly share the struggle with someone and ask for help?
6. Is there anyone in your life right now that you need to forgive and reconcile with? What specific step of action can you take right now towards forgiveness?

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### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will refuse to hide in isolation and intentionally choose authentic community knowing that I have great safety and freedom in Christ's love setting me free to love others in a way that will change my world.*

# Lesson 8

## Joy when life is depressing

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“Rejoice in the Lord always; again I will say rejoice.” (Philippians 4:4)*

*“Rejoice always, pray without ceasing, give thanks in all circumstances for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:18)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- A true understanding of \_\_\_\_\_ Jesus Christ is and \_\_\_\_\_ He has done for you will always result in joy.
- A clear understanding of common joy \_\_\_\_\_ will help you identify why you lack joy.
- The only acceptable response for lack of joy in Christ is \_\_\_\_\_.
- A confident understanding of your \_\_\_\_\_ in Christ will \_\_\_\_\_ your resolve to choose joy no matter what you're going through right now.

- A \_\_\_\_\_ ability to choose joy no matter what will change your world for Christ.

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### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. Are you a happy Christian? How would those who know you best including your co-workers describe the state of your joy?
2. What difficult circumstances stand in the way of your joy?
3. What joy stealers stand in the way of your joy?
4. Have you ever felt the sting of disappointment? What do you think God wanted to teach you through your disappointment?
5. Make a gratitude list and share it with someone today.
6. What are some of the practices you can adopt that will help you value God and His promises more than the gifts that He gives?

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### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will practice gratitude in the face of challenging circumstances and rejoice no matter what because God is able to do above and beyond my wildest expectations, including raise my dreams from the dead.*

# Lesson 9

## Hope when it hurts too much

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Romans 15:13)*

*“Why are you cast down O my soul and why are you in turmoil within me? Hope in God for I shall again praise him my salvation and my God.” (Psalm 42:11)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- The easiest place to lose your hope is in the place where you feel the most \_\_\_\_\_.
- The worst thing you can do when you're hurting is to \_\_\_\_\_ the things that kill your hope.
- The way to maintain hope in your pain is to understand that there is \_\_\_\_\_ in your pain.
- The most important thing to remember is that your ability to maintain hope doesn't depend on \_\_\_\_\_.

- The easiest way to urge people to put their \_\_\_\_\_ in God is to \_\_\_\_\_ to hope no matter how much pain you're going through.

### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. When life hurts it's easy to lose hope. Have you found that to be true and in what specific circumstances?
2. What are some of the things in your life that are stealing your hope right now?
3. Can you recall a time in your life when you had pain and God came through for you in the midst of your pain?
4. What are some practical ways to practice God's presence in the midst of pain?
5. Singing and praising God is a very powerful practice when you need hope. Find a worship song or a hymn and sing it to the Lord right now. Do you notice how your whole attitude changes when you sing praise to God?
6. Think of someone in your life who needs hope. What are some simple ways you can share the hope of Jesus with that friend today?

### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I will anchor my life on the hope of Christ's resurrection even when life hurts too much because I know that God is in control of every detail of my life and I am certain of His unstoppable love for me.*

# Lesson 10

## Rest in the Midst of Chaos

### Foundational Scriptures

Take some time to read the verses below out loud. Look them up in your Bible, considering the context.

*“In returning and rest you shall be saved; in quietness and in trust shall be your strength but you were unwilling.” (Isaiah 30:15)*

*“Be still and know that I am God” (Psalm 46:10)*

### Highlights from the Video Session

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

- It is difficult to connect with God intimately without \_\_\_\_\_ the noise in your heart.
- It is critical for your soul health to identify the silence \_\_\_\_\_ in your life.
- It is helpful to know that God will \_\_\_\_\_ to get your attention.
- It is life changing to learn that there is no greater power than the power of \_\_\_\_\_.
- It is your resolve to surrender \_\_\_\_\_ to God that will influence your world for God.

- It is \_\_\_\_\_ for you to know that you can find a place of quiet rest even in the midst of the \_\_\_\_\_ of your life.

### Discussion Questions

Here's your chance to relate the truth of God's word to your own life. After you read these questions, respond in dialog with others, or in writing.

1. Do you have a daily time set aside to simply be with God and his word?
2. What are the most common distractions and stealers of your time with God?
3. In what ways has God been trying to get your attention lately?
4. We started our journey talking about surrender and we're going to end with surrender too! Is there still something in your life you are refusing to give over to the Lord? What's keeping you from letting go?
5. Summarize 2-3 key principles and lessons God has taught you through this book.
6. Of all the areas of resolve we discussed, which resolve has meant the most to you?
7. Finally, take a minute and tell others (including me!) how God has changed you through this study. Share your resolve on social media using the hashtag: #iamresolved. I'd love it if you tagged me in your status (twitter @linamay, Insta @labujamra, FB living with power page, or email me [lina@livingwithpower.org](mailto:lina@livingwithpower.org)).

### Resolution

It's time for action. Individually, take a moment to commit to the resolution below. Then pray as God leads as you close your time for this session.

*I won't let the hectic pace of the culture steal the peace that is mine in Christ but instead allow Him to speak to me in the middle of the busyness knowing that I will find rest for my soul when I yield to him in quiet surrender.*