

## Discussion Guide

02/16/2025

# Training Day WK3

## Do I Really Need A Trainer

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### Main Idea

Strong faith is developed over time through consistent practice, similar to how athletes, soldiers, or first responders train. It encourages trusting God, relying on His protection, leaning into His strength, and walking confidently in His promises. The message will explore Psalm 91 to highlight these principles.

### Anchor Passage

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. (2 Timothy 3:16-17, NIV)

Read Psalm 91:1-16

Definition of Dwell:

: To remain for a time

: To live and take up residence

: To stay, to abide, to stick around

**God's protection is guaranteed when we CHOOSE to DWELL in His presence.**

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### 1. Our training for stronger Faith starts with us staying close to God

David in the Bible was trained in a specific season for something greater, even when he didn't realize it at the time.

**Question:** In what areas of your life is God currently training you, and how can you submit to His leadership and authority, even when you don't fully understand the purpose of your preparation? How might having a coach or mentor in your faith journey help you see things from a different perspective?

## 2. We Have To Trust The Trainer

Training in faith means trusting that God's way is always better—even when it doesn't fully make sense.

Read: Matthew 6:33

**Question:** Can you think of a time when God's plan didn't make sense to you, but you chose to trust His way? What did you learn from that experience, and how did it strengthen your faith? How can we encourage each other to trust God's way in moments of uncertainty?

## 3. We Will Be Trained Through Life's Trials

Just as fire strengthens and refines steel by burning away impurities and increasing its resilience, trials strengthen and refine our faith by testing, purifying, and deepening our trust in God.

Read: Psalms 91:14

**Question:** Think of a recent trial or challenge you've faced. How did you choose to grow through it instead of letting it weaken your faith? How can we support each other in embracing the refining process, even when it feels uncomfortable, knowing that God's love and protection are with us?

## 4. Victory Is Promised

The enemy wants you walking around armorless and unprotected but GOD has equipped you for victory.

**Question:** How can you know that you are currently "wearing" the armor of God in your daily life? What are there areas where you find yourself walking unprotected or relying on your own strength instead of God's? How can you make a more intentional choice to put on each piece of His armor and trust in His protection during spiritual battles?

# SUMMARY

Strong faith is built through consistent training and trusting God's guidance, even when it doesn't make sense. Just as athletes trust their coaches, we must trust God, our

ultimate Trainer, who prepares us for victories we can't yet imagine. Trials refine our faith, helping us grow stronger and more resilient. We are equipped for victory through God's protection, but it's up to us to actively put on the armor of God. When we trust the process, submit to His plan, and persevere, spiritual endurance leads to growth, strength, and the fulfillment of God's promises.

## CALL TO ACTION

**Commit to Trust the Trainer:** This week, choose to trust God's guidance, even when it doesn't make sense. Reflect on areas where you've been resisting His training and make a conscious decision to submit to His plan, knowing that He is preparing you for something greater.

**Embrace Life's Trials as Opportunities to Grow:** The next time you face a challenge, instead of viewing it as a setback, choose to see it as a training ground for your faith. Ask God to help you grow through the discomfort, and allow Him to refine your character in the process.

**Put on the Armor of God Daily:** Make a commitment to intentionally "put on" the armor of God each day (Ephesians 6). Whether through prayer, the Word, or leaning into your faith, equip yourself with the spiritual protection that God provides, so you're ready for any battle that comes your way.

## GROUP LEADER RESOURCE

**Icebreaker:** How-Wow-Pow-Chow

Going around the room, each person is asked, "How, Wow, Pow, Chow?":

**How:** How are you doing right now?

**Wow:** Share a wow moment from last week.

**Pow:** Share a challenging thing that happened last week.

**Chow:** What was the best thing you ate last week?