

TIM TEBOW

A portrait of Tim Tebow, a former professional baseball pitcher, wearing a dark navy blue baseball jersey. He is standing outdoors with a city skyline in the background. The text "THIS IS THE DAY" is overlaid in large white letters across his chest.

THIS IS THE DAY

LEADER'S GUIDE



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THIS IS THE DAY

TIM TEBOW

SESSION ONE:

LIVE ON PURPOSE

QUICK START

READ

Take some time in advance to read and consider the study questions and come up with personal examples to encourage discussion.

PRINT

Before meeting, make enough copies of this session's handout for your entire group.

WATCH

Make sure everyone can see the screen and the audio is at a comfortable level.

SESSION ONE: LIVE ON PURPOSE

OPEN

Describe your ideal day. **What would make that day go well? What would you hope would happen?**

Every day is a gift from God and packed with potential to bless him and others. This series with Heisman Trophy winner, Tim Tebow, is all about seizing the opportunities God gives us each day to obey him and love others.

VIEW

WATCH SESSION ONE: LIVE ON PURPOSE

REVIEW

Tim started the session telling a story of being on an airplane and sensing God prompt him to pray with a woman and her sick husband. When he said yes to what God asked him to do, he was able to help the woman as her husband passed away. **When has God prompted you to do something for another person? Did you obey? What ended up happening?**

It's common to feel God nudge you to do something for him or for another person. Maybe he's asked you to pray for a friend at church or tell a cashier she's doing a good job or give a meal to a homeless person. **What difference do you think Tim made in the life of the woman he helped on the plane?**

When have you seen God make a difference in someone's life through you?

Tim talked about living out what's on your heart. He said we should stop saying we'll do certain things for God "one day." Instead, we should take advantage of today and do what God asks us to do. **What are some examples of "one day" thoughts and dreams? Why do you think we sometimes put off doing the things God asks us to do?**

Tim explained that we should seize the opportunities God's placed before us today. We should make every day count. **What are the opportunities God has placed before you today? What could it look like to make today count?**

SESSION ONE: LIVE ON PURPOSE

BIBLE EXPLORATION

READ JAMES 4:13-17.

In this passage, James tells Christians to be aware of how brief their lives are. We cannot know what tomorrow will bring, but we sometimes act like we do. These verses give an example of assuming you'll have good business for the next year. **What are some other examples of us assuming we have control over tomorrow, next week, or even next year?**

Why do you think we tend to forget that we have no control over the future? What do we do to try to keep the future under our control?

James offers an alternative to boasting in the future in verse 15. Instead, we should acknowledge that God is the one who holds our future in his hands. **What are some ways we can remind ourselves that our lives are in God's hands?**

Tim spoke about making the most of today. We only truly have control over how we think and act today.

What could it mean for you to focus on making the most of today, instead of stressing about the future?

In verse 17, James says that anyone who knows what they should do and doesn't do it is in sin. **What's one thing you know God has asked you to do? What could you do this week to obey God in that area of your life?**

You can make the most of today. You have control over how you react to the situations God places you in each day. This week, let's choose to seize the opportunities God has for us. Let's live for him and see how he uses us to glorify him and love others.

APPLY WHAT YOU'VE LEARNED

Select an activity from the list below to begin applying the lessons of this session to your life.

Pray: Every morning, take a few minutes to pray for God to give you an opportunity to serve others throughout the day. Ask him to make you aware of the needs around you and give you the desire to meet those needs.

Read: Read chapters 1–3 of Tim Tebow's book *This is the Day*.

Remember: Spend a few minutes writing down some ways God has taken care of you in the past. Whenever you feel anxious about the future, read back over your list and remind yourself that God is with you and he is trustworthy.

Serve: Choose one person in your life to serve this week. Wash your neighbor's car, take your pastor or small group leader out to lunch, or write a note of encouragement to a coworker.



SESSION TWO:

TRANSCEND THE JOURNEY

QUICK START

READ

Take some time in advance to read and consider the study questions and come up with personal examples to encourage discussion.

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SESSION TWO:

TRANSCEND THE JOURNEY

OPEN

Describe a time when you had to dress as nicely as possible. (Some examples include: a wedding, prom, charity event, church, meeting boyfriend/girlfriend's parents, etc.) **Why did it matter what you wore? What did your outfit communicate to other people?**

It's easy to be concerned about how we look. While it's not bad to care about our appearance, sometimes we can become overly concerned with it that we can miss out on how God might want to use us. Tim's going to talk about how following Jesus isn't about drawing attention to ourselves, but instead it's about glorifying God and serving others in humility.

VIEW

WATCH SESSION TWO: TRANSCEND THE JOURNEY

REVIEW

Tim opened by talking about how he and his friends compete to have the best look at his celebrity gala each year. God recently convicted him of trying to look the best to impress people. As he said, having the best appearance is not what serving others is about. **Why do you think we're often preoccupied with our appearance or reputation? Why do we want to look or be the best?**

Tim explained that it's better to have the right perspective of ourselves. We should be focused on how we can lift up others and glorify God instead of bringing glory to ourselves. **What benefits are there to having a right perspective of ourselves? What does focusing on God and others do to our actions, attitudes, and words?**

Tim told a story of meeting a boy with special needs in a grocery store. Tim wasn't looking to talk to anyone at the store—he wanted to get out as fast as possible so he could workout. But God used Tim to bless a young boy and his mom. **When have you seen God use you, even though you weren't willing or ready to obey him?**

Tim closed by reminding us of Jesus's sacrifice on the cross. Because of what Jesus has done for us, we're able to choose to humbly serve the people in our lives. **What difference does it make in the way you treat others to know that Jesus sacrificed himself to save you?**

BIBLE EXPLORATION

READ LUKE 14:7-14.

SESSION TWO: TRANSCEND THE JOURNEY

In the first part of his teaching, Jesus encourages the people he's teaching to choose the lowest spot at the table instead of the most prominent seat. **What's Jesus's reasoning behind his advice? What benefit is there to humbling yourself?**

Jesus talked about humility in the context of a feast where the place you sit showed your social and economic rank. **What are some other areas of life where we can be tempted to exalt ourselves?**

What do you think it could look like for you to exercise humility in your job, home, or church?

In the second half of his teaching, Jesus says it's better to invite people to your table who cannot repay you because God will reward you. Instead of focusing on an earthly reward, we should turn our gaze to the eternal rewards from God. **What are some things that we can do now, but may not see any reward on this side of eternity?**

Jesus's challenge to us in this passage is the same as Tim's. Part of following Jesus means choosing to humble ourselves in order to love others and glorify God. We choose "the lower seat" not out of guilt, but out of love for Jesus. **What could it look like for you to choose "the lower seat" this week?**

What's one thing you could do to help another person in your life in the next few days?

This session reminds us that following Jesus isn't about having your name in lights. Being a disciple of Jesus means we take the humble road of service. We choose to love people regardless of how they look or act. This week, let's intentionally choose the lower seat at the table and ask God to use us to love the people in our lives.

APPLY WHAT YOU'VE LEARNED


Select an activity from the list below to begin applying the lessons of this session to your life.

Pray: Take time this week to confess any areas of pride in your life to God. Ask him to teach you how to be humble in every area of your life. Pray for opportunities to exercise humility.

Read: Read chapters 4–5 of Tim Tebow's book *This is the Day*.

Reflect: Think back on a time when God used you in someone else's life. Spend time this week writing down what happened. Take a moment to praise God for how he used you and ask for more opportunities to help the people in your life.

Act: Come up with one way to anonymously bless someone in your life. Send rent money to a family in need, go to work early and put an encouraging verse or note on everyone's desk, or contact your church to see if there's a need you can fill without getting recognition.



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SESSION THREE:

LIVE EXTRAORDINARY, NOT ORDINARY

QUICK START

READ

Take some time in advance to read and consider the study questions and come up with personal examples to encourage discussion.

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LIVE EXTRAORDINARY, NOT ORDINARY

OPEN

Describe a time when you were out of your comfort zone. **Where were you? What happened? What made you feel uncomfortable?**

We can sometimes think the Christian life is about feeling comfortable. But that's not always the case. God often asks us to step out in faith into situations that are uncomfortable. He gives us exactly what we need, though, to persevere even when life isn't what we expected.

VIEW

WATCH SESSION THREE: LIVE EXTRAORDINARY, NOT ORDINARY

REVIEW

Tim challenged us in this session to live extraordinary, not comfortable, lives. **What are some indicators that your life could be too comfortable?**

Tim used the positive example of his family and the negative example of the locker room fan to explain what it looks like to live an extraordinary life. It means taking risks, persevering, and overcoming obstacles—all in the power of God. **How else would you define an extraordinary life?**

Perseverance is one of the qualities of an extraordinary life. Tim talked about his mom enduring the pain of a broken foot on family vacation. **Who are some examples of people who persevered in your life?**

Tim spoke about the importance of working hard and resisting the urge to be lazy. **In what ways have you experienced a temptation to be lazy? What do you do to fight against that temptation?**

Sometimes working hard for God means he'll ask us to do things we're not comfortable doing. For Tim, it was sharing the gospel at fifteen in a foreign country. **When has God asked you to do something you weren't comfortable doing? What happened? How did you grow from the experience?**

LIVE EXTRAORDINARY, NOT ORDINARY

BIBLE EXPLORATION

READ HEBREWS 12:1-2.

These verses come after the writer of Hebrews lists off examples of people with strong faith in God. They're the witnesses mentioned in verse one. They've left a legacy of faith and we get to be a part of their legacy. It begins with throwing off the sin that entangles us. **What are some examples of sin that entangles us? What could it look like to throw off that sin?**

These verses talk about running with perseverance. In other words, we should continue to follow Jesus wholeheartedly and not give up. **When have you had to persevere in following Jesus? How did God help you during that time?**

Tim talked about how following Jesus sometimes means we won't be comfortable. But as these verses point out, our focus shouldn't be on how comfortable or uncomfortable we are, but on Jesus. **What are some ways you remind yourself to focus on Jesus?**

These verses also highlight what Jesus has done for us. He endured intense suffering, shame, and death so we could be in relationship with God. Now he sits in authority at the right hand of God. **What difference does it make in your life to know what Jesus has done for you? How does his sacrifice affect your daily life?**

To live an extraordinary life means to follow Jesus wholeheartedly. **What could you do this week to focus on obeying Jesus as you go to work, school, church, home, or around your neighborhood?**

Following Jesus doesn't always mean we have to take a giant leap of faith. Sometimes it's just taking a small step of faith that pushes us slightly out of our comfort zone. This week, choose to obey Jesus, even if it makes you feel uncomfortable. Choose to live the extraordinary life of a follower of Jesus.

APPLY WHAT YOU'VE LEARNED

Select an activity from the list below to begin applying the lessons of this session to your life.

Pray: Ask God to push you out of your comfort zone this week. As opportunities arise, pray for the strength to take a step of obedience and praise God for what he chooses to do in and through you.

Read: Read chapters 6–9 of Tim Tebow's book *This is the Day*.

Memorize: Commit Hebrews 12:1–2 to memory this week. Write the verses on a notecard or make them your phone background so you can remember to persevere as a follower of Jesus.

Encourage: Encourage someone this week who is having to persevere through a difficult situation. Write them a note. Give them a call. Or take them out to dinner. Ask to pray with them and tell them how God has helped you persevere in difficulty.



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SESSION FOUR:

MAKE IT COUNT

QUICK START

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SESSION FOUR: MAKE IT COUNT

OPEN

What's something you've done that felt full of meaning? (Some examples could be: feeding the homeless, going on a mission trip, doing your job well, raising your kids, raising money for a charity, etc.)

The Christian life is full of purpose. Even if we didn't necessarily see it when we first believed, God has a purpose for us. Every day can count for something as a follower of Jesus. We have a God who has saved us and is always with us.

VIEW

WATCH SESSION FOUR: MAKE IT COUNT

REVIEW

Tim told the story of having a good offensive line when he played football. His teammates had his back, even when the defensive line threatened Tim. He used football to illustrate how God always has our back.

When has God "had your back"? What did he do to show you he was with you?

Tim talked about how we all face giants—or struggles—in our lives. We might face doubt, insecurity, or fear, but we know that God is always with us. **What are some of the "giants" you're facing right now?**

What has God done in the past to help you face difficult situations? In what ways does his presence with you in the past help you with your struggles today?

Tim told the story of Sarah, a girl dying from cancer, who made it to her prom night right before she passed away. She made the most of her final days on earth. God sustained her through it all, even to the end. **What could it look like for you to depend on God like Sarah did?**

Tim closed by reminding us that God has defeated death. Through Jesus, who defeated the grave, God gives us an abundant life. **What difference does it make to your perspective of trials to know that God has already defeated the greatest "giant" we could ever face?**

BIBLE EXPLORATION

READ EPHESIANS 2:4-10.

SESSION FOUR: MAKE IT COUNT

As these verses point out, God didn't just raise Jesus from the dead. He also raised us to new life with Jesus. We were dead in our sin, but now we're alive in Jesus. **In what ways have you experienced the new life found in Jesus?**

These verses remind us that we were saved by God's grace. We didn't do anything to deserve his salvation. **When did you first realize God's grace towards you? What impact did learning about his grace have on you?**

In verse 9, it's clear that we weren't saved by our works. If we were, we'd be able to boast about how our good deeds saved us. **In what situations is it tempting for you to boast in your good works? Why do we have no room for boasting as followers of Jesus?**

Verse 10 ties directly to Tim's final challenge to us to make every day count. The verse reminds us that we were created to do good works. These works don't save us, but they reflect the new life we have in Jesus. They honor the God who saved us. We can make every day count by obeying God through the good works he's asked us to do. **What's one thing you could do this week to make every day count?**

As followers of Jesus, we live life with purpose. Jesus has saved us through his sacrifice on the cross. He's given us abundant life through the grace of God. We can live in light of the truths of the gospel. As we close this series, continue to think of ways you can honor God every single day of your life.

APPLY WHAT YOU'VE LEARNED

Select an activity from the list below to begin applying the lessons of this session to your life.

Pray: Start each day this week with a short time of prayer. Ask God to help you make each day count. Pray for opportunities to serve the people in your life and to reflect the love Jesus has extended to you.

Read: Read chapters 10–12 of Tim Tebow's book *This is the Day*.

Write: Write out your story of salvation this week. Read back through it and thank God for extending his grace to you. Underline certain moments that show the abundant life Jesus offers us. Take a minute or two to praise God for moving in your life.

Share: Tell someone what you learned through this series. If they don't know Jesus, share about God's grace and the life Jesus offers us if we follow him. If they're Christians, challenge them to make every day count.