

Go Deeper

Disciple Group Leader Guide

BOUNCEOLOGY

Based on 1 Samuel 30:6–8

Opening

This week's message reminded us that setbacks don't have to become permanent defeats. Everyone experiences disappointment, failure, loss, or seasons that knock them down, but God specializes in helping His people get back up. David's response at Ziklag teaches us that our comeback begins when we turn to God for strength, seek His direction, and keep moving forward in faith. Today, we'll encourage one another to trust that our story isn't over because God isn't finished with us.

Ice Breaker

Describe a time when you wanted to quit something but kept going. Looking back, what helped you persevere?

Opening Prayer

Invite God to strengthen every person who is facing disappointment, failure, or discouragement. Pray for courage to trust Him, obey His direction, and believe He is still writing their story.

Read Together

1 Samuel 30:6–8

(Optional: Ask several group members to read portions of the passage.)

ANNOUNCEMENTS

07.26.26

Grow Class

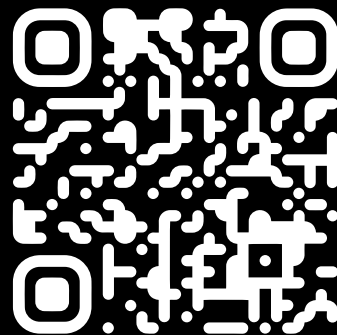
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TP Kicks

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Back to School
Prayer Service

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TURNING POINT

Key Takeaways from the Sermon

1. Turn to God for Strength

David didn't ignore his pain, but he refused to stay there. Real faith acknowledges hurt while choosing to find strength in God.

2. Turn to God for a Strategy

God not only gives strength. He gives direction. Instead of reacting emotionally, David sought God's guidance for his next step.

3. There Is Life Beyond Your Tears

Pain is real, but it isn't permanent. God can bring restoration beyond our greatest losses.

4. Keep Swinging Through Failure

Failure is an event, not an identity. One setback doesn't cancel God's purpose for your life.

5. Remember Who Lives in You

Our ability to bounce back comes from the Holy Spirit living within us, not from our own strength.

Discussion Questions

Finding Strength in God: Psalm 46:1

David strengthened himself in the Lord before taking any action.

- *Why is our first response often to rely on ourselves instead of God?*
- *What does it practically look like to "find strength in the Lord"?*
- *How has God strengthened you during a difficult season?*

Seeking God's Direction: James 1:5

Before David pursued the enemy, he first sought God's direction.

- *Why is it difficult to slow down and ask God for wisdom before acting?*
- *Can you share a time when following God's direction changed the outcome?*
- *What "next step" do you believe God may be asking you to take?*

Life Beyond Failure: Micah 7:8

The sermon reminded us that falling isn't the end of the story.

- *How can failure shape the way we see ourselves?*
- *Why is it important to separate our identity from our mistakes?*
- *How does God's grace help us get back up?*

Go Deeper

Keep Pursuing: Philippians 3:13–14

David continued pursuing what God had promised.

- *Where are you tempted to quit right now?*
- *What does perseverance look like in this season of your life?*
- *How can this group encourage you to keep pursuing God's purpose?*

Resurrection Power: Romans 8:11

The same Spirit who raised Jesus from the dead lives in believers.

- *What difference does that truth make in everyday life?*
- *How can we rely more on God's power than our own strength?*

Sermon Truth

- Getting knocked down isn't the end of your story. God strengthens us, guides us, restores us, and empowers us through His Spirit to get back up and keep moving forward.

Leader Insight

- Many people quietly carry shame from past failures or current struggles. Remind your group that God's grace doesn't ignore sin—it invites repentance, restoration, and a fresh start. Keep the discussion centered on hope rather than regret.

Application

Ask each person to answer one or more of the following:

- *Which sermon point challenged you the most?*
- *Where do you need God's strength right now?*
- *What is one practical step God is asking you to take this week?*
- *How can this group pray for you specifically?*

Memory Verse : Micah 7:8 (CSB)

"Though I have fallen, I will stand up; though I sit in darkness, the LORD will be my light."

Closing Challenge

- When life knocks you down this week, don't stay there. Spend time seeking God's strength, ask Him for your next step, and choose to keep moving forward even if it's one small act of obedience. Remember: your setback does not define you; Jesus does.

This Week's Challenge

- Identify one area where you've been discouraged or tempted to give up. Every day this week, spend a few minutes praying specifically about that situation and take one intentional step toward healing, restoration, or obedience.

Closing Reflection

Before you leave, take a moment to consider:

- *Where have I allowed failure or disappointment to define me?*
- *What truth from God's Word do I need to believe instead?*
- *What is one step I can take this week to keep moving forward with God?*

Take a moment of quiet reflection, then close the group in prayer.

Closing Prayer

Pray that God would:

- *Strengthen those who feel weary or discouraged.*
- *Bring healing to those carrying shame or regret.*
- *Give wisdom for the next step of obedience.*
- *Fill each person with confidence in the Holy Spirit's power.*
- *Help everyone trust that God is not finished with their story.*

Leader Notes

- Create an environment where people feel safe sharing setbacks without fear of judgment.
- Be sensitive—this topic may bring up painful experiences such as failure, addiction, grief, broken relationships, or personal regret.
- Listen well and allow time for people to process instead of rushing to provide answers.
- Continually point the group back to God's grace, His promises, and the hope found in Christ.
- Follow up - reach out to group members during the week

Leader Reminder: Your role is to facilitate discussion, not reteach the sermon. Encourage participation, keep the conversation rooted in Scripture, and help people identify practical next steps as they trust God for their comeback.