

Fire Walking

Leader's Guide

by

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This *Leader's Guide* provides suggestions for guiding a group study of *Fire Walking* by Bill Little. The book is available from Smyth & Helwys Publishing, Inc., by calling **1-800-568-1248** or by visiting our on-line bookstore at **www.helwys.com/online.html**

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This study is based on the dual belief that life is difficult, and that God in His infinite grace has given us guidelines that enable us to make it through those difficult times. Take a moment to remember a difficult time in your life. Write a word or two that will help you remember that time. That was a fire you walked through. Jot it down below.

If you are in a group, give some time for sharing these tough times. We have all had them and the fact that we are here now is an indication that we have the strength to make it through. The goal of this study is to enable us to make it through with greater ease, peace and joy. Even in the tough, hot fires of life we can have the awareness of abundant life (John 14:6).

Write the definition of concurrence from a theological perspective. What does that concept mean to you?

Think about this: **Salvation is by grace but everything else is by hard work.** What does that statement mean to you? Write your answer below. It at least means that we need not be surprised that there are fires to walk through.

Chapter 1

1. Define the word “Thlipsis” in your own words. Write your definition and then read 2 Corinthians 4:7-9.
2. Do you believe that really, really good Christians live lives that are free from pain and trouble? Give some examples of good people who have gone through real pressure or pain in life. You might start with Job, Paul, Peter, and Jesus.
3. List and define the three levels of living described on page 5 of *Fire Walking*.
4. In your own words describe how these levels may apply to Christian living. For example: Are there times when we are merely at the functioning level?
5. What is “hupomone?” Can you think of a common word that sums up that concept? Look at Colosians 1:11.

Chapter 2

1. What is meant by “fictional finalism?” Does it apply only to fiction?
2. What is meant by “lies of success” and what is their significance? Are they really lies?
3. What is meant by living the “as if” philosophy?
4. Discuss the difference between positive thinking and denial.
5. List three ways we can express our reality. See page 9 of *Fire Walking*.
6. Why is what we say to ourselves and about ourselves so important?
7. How do we expect behavior to be related to what we say? (Note James 2)
8. Discuss or write your thoughts about the statement, “Feelings are not good or bad; they are just feelings.”
9. Discuss or write your thoughts about how important deep beliefs are in determining behavior and reactions in life.

Chapter 3

Chapter 3 is a summary chapter. It gives a brief explanation of the rest of *Fire Walking*. It could be helpful to write one word descriptions of each law or guideline and give a brief definition in your own words. An example would be:

Law 1. Perseverance. This means to me that I can make it through most things if I just don't quit.

Write your own definition. If you are doing this study with a group, compare your definitions. Do these laws mean the same thing to every one?

1. Perseverance—
2. Patience—
3. Positive Outcome—
4. Contentment—
5. Responsibility—
6. Integrity—
7. Gratitude—
8. Humor—
9. Celebration—
10. Internal Control—
11. Passion—
12. Love—

Chapter 4

1. Beliefs determine how we live. Can we change our beliefs? Why, or why not?
2. What is the significance of the word “metanoia?”
3. How did you get your beliefs? Were they taught to you? Did you learn them from observation?
4. Think of a belief that you would like to change. It might be something like, “I am really afraid of failure.” That belief can keep you from trying things that you might enjoy or find productive. Think of a better belief. “I am still afraid of failure, but I won’t let it stop me from doing things I think are good for me.” Write the second statement in your work book. Say it 12 times aloud in a group or alone. Commit to saying the new belief 12 times a day for the next two months. Pick a belief you want to change and write the new belief now.
5. List five steps for internalizing a belief.

Chapter 5

1. Read Luke 9:62. Can you think of a modern illustration of that teaching? Write your understanding of that concept.
2. Call to your mind an experience when you were tempted to quit but continued. How do you feel remembering that?
3. Paraphrase the statement "I am not a quitter." Write it in as many ways as you can. Which phrase speaks to you? Repeat that phrase to yourself at least 12 times.
4. Remember, we learn by repetition.

Chapter 6

1. Patience is a Biblical concept. Look up and read as many passages on patience as you can find. Note where 5 of those passages are located and commit to reading them several times in the next week. Examples to help you get started are Luke 8:15, Romans 5:3, Romans 15:5, and Hebrews 10:36.
2. In your own words define the concept of 2 X 2 thinking.
3. Take a deep breath and say aloud slowly, "I am becoming more patient every day."
4. Remember, we learn by repetition.

Chapter 7

1. Read Romans 8:28. Does it mean that everything that happens is good?
2. Describe in your own words "re-framing." How does that help one walk through the fires of life?

3. What are the 4 disciplines listed in chapter 7?

4. Paraphrase the statement, "I believe that everything works for me." Repeat your way of saying it. Do that 12 times right now.

5. Remember, we learn by repetition.

Chapter 8

1. Read Phillipians 4: 7-13.

2. What is the difference between contentment and apathy?

3. Is there ever a time when it is wise to refuse a promotion?

4. Contentment is internal. What does that mean to you?

5. Do you think of contentment as a strength or a weakness? Why?

6. Paraphrase the statement, "I am content." Say it to yourself at least 12 times.

7. Remember, we learn by repetition.

Chapter 9

1. What is the difference between a victim and a participant?

2. Discuss the idea that we have fostered an attitude of victimization in this country.

3. How can we train our children to be responsible? Do we protect them too much from the consequences of their behavior?

4. Do you believe you are responsible for your own emotions? How do you influence your emotional states?

5. Read Galatians 6:7&8. Meditate on that passage for the next five minutes. What does it say to you?

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6. Paraphrase the statement, "I take responsibility for myself."

7. How do we learn?

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Chapter 10

1. Why is it important to know your own values?

2. What questions help us to identify our values?

3. Write a list of the 5 things you would like to be remembered for.

4. List in the order of their importance 5 things that you value. Beneath each thing note approximately how much time you give to that value each day. Are you giving time to what is important to you?

5. Paraphrase the statement, "I am true to myself." Repeat it 12 times to yourself. We learn by repetition.

Chapter 11

1. What does the phrase "Gladder than madder" mean to you?

2. Read Phillipians 4:6 and list 10 things for which you are thankful.

3. Think of at least 3 to 5 people to whom you think you owe a debt of gratitude. Think of how much it would mean to them to hear a word of thanks from you. Send a card, call, or visit those people and say, "Thank you."

4. Say to yourself 12 times, "I am a thankful person."

5. How do we learn?

Chapter 12

NOTES

1. Do you believe that Jesus had a sense of humor? Look for examples in some of His teachings and parables.
2. Can you remember an experience that did not seem funny when it happened, but in retrospect you see tremendous humor in it? Jot down a few words about the experience and then think about a present experience that might be humorous by hindsight.
3. How does humor help to alleviate pain?
4. Begin a collection of funny stories, books and quips. This is a commitment to increase your base of humor for the future.
5. Who in your family had or has the best sense of humor? Do you like being around that person? Why, or why not?
6. Make a list of 7 things you think are fun that you might do this week. Commit to doing at least 2 of them.
7. Say to yourself, "I have a growing sense of humor." Paraphrase that statement and repeat it to yourself at least 12 times.
8. How do we learn?

Chapter 13

1. What does "celebrate" mean to you?
2. When you think of celebration, are there any specific things that come to mind? We celebrate a lot of things; what are some of them? List 5.
3. Find six (6) guidelines for celebrating life in this chapter, and list them in your own words.
4. Say 12 times to yourself, "I celebrate life because I love living."
5. Why repeat it?

Chapter 14

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1. Write in your own words what you think describes the relationship between thoughts and emotions.
2. What is meant by circles of control?
3. Can you remember a time when you felt that you were out of control or in an experience that you could not control? How did you feel? What did you do? Looking back on that time, can you think of what you could have done to regain a sense of control? Write your answers to these questions below.
4. Say it! "I can always find something I can control in my life." Repeat that 12 times right now.

Chapter 15

1. What emotions generate positive energy in us?
2. Can you tell the difference in your own energy level when you are faced with a difficult task, as opposed to when you face a fun task? Illustrate in words the difference.
3. Are you winning in life? What does your answer mean to you?
4. List 5 things that you are excited, passionate, or enthusiastic about.
5. How do posture and voice tone affect emotion?
6. Say to yourself 12 times, "Oh boy, am I enthusiastic!"
7. How do we learn?

Chapter 16

1. Put in your own words the meaning of "I never feel so given to as when you take from me."

2. How does self-love relate to loving others?

3. Think of the 5 people in your life whom you really love. How do you express your love to them? How often do you express it?

4. How do you express love to yourself?

5. List ten things you could do for a friend that you love. Do three of those things for yourself this week.

6. How does love cast out fear?

7. Say 12 times to yourself, "I am learning to love others as I love myself."

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Chapter 17

Take time to write out for yourself a statement of your personal faith. Put in that statement what you see as your primary mission in life. Keep that statement and commit yourself to reviewing it once a month for the next 6 months. Revise it each time. Let your mission statement and the statement of your personal faith become a foundation for your walk through the fires of life.