



# **LifeGroup Discussion Packet**

**At The Movies - The Boys in the Boat**

**July 18 & 19, 2026**

# LifeGroup Discussion Guide

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## Main Idea:

When ordinary people pull together around an extraordinary Savior, God can do more than we ever imagined.

## Key Verse:

“All of you together are Christ’s body, and each of you is a part of it.” 1 Corinthians 12:27

## Warm-Up Question:

Have you ever been part of a team, group, family project, or ministry where everyone had to work together to succeed? What made that experience difficult or meaningful?

## Discussion Questions

1. Joe Rantz didn’t look like a champion. He looked like a survivor. Why do you think God often begins great stories with overlooked, wounded, or unlikely people?
2. The message said, “Your current struggle does not get to define your future story.” Where do people often allow their struggle to define them? What helps us begin to see our struggle through God’s eyes?
3. Joe stepped into the boat because he needed to survive, but the boat became the place where he learned discipline, trust, humility, endurance, brotherhood, and purpose. What is an “ordinary step” God has used in your life to shape something deeper in you?
4. The message said, “One person out of rhythm affects the whole boat.” How is that true in a family, marriage, workplace, church, LifeGroup, or even within your own soul?

5. Read 1 Corinthians 12:27. What does this verse teach us about the importance of every person in the body of Christ? Why is it easy for people to underestimate their role?
6. The message said, “You cannot become who God created you to be while living isolated from the people God created you to need.” Why is isolation so spiritually dangerous?
7. Read Ecclesiastes 4:12. Who are the people God has placed in your life to help strengthen, encourage, challenge, and walk with you? Are there any relationships you need to pursue more intentionally?
8. Joe’s deepest wound was abandonment. The message said that God sees “the wound behind the behavior, the fear behind the control, the rejection behind the anger, and the ache behind the achievement.” How does that perspective help us better understand ourselves and love others more patiently?
9. The message contrasted rowing and the gospel... “In rowing, you get in the boat because you are strong enough. In the gospel, you get in the family because Jesus is gracious enough.” Why is that such an important difference?
10. Read Hebrews 12:1-2. What race are you currently running where you feel tired, behind, or tempted to quit? What would it look like this week to keep rowing while keeping your eyes on Jesus?

## Going Deeper

The message said, “When ordinary people pull together around an extraordinary Savior, God can do more than we ever imagined.” Take a few moments to reflect on that as a group.

- What keeps people from “getting in the boat” spiritually?
- What keeps people from serving, connecting, or using their gifts?
- What would change in our church, families, and community if more people moved from spectators to participants?

Read Philippians 2:3-4, “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

How does humility help a family, marriage, team, LifeGroup, or church find its rhythm?

## Next Step

This week, choose one way to stop rowing alone and take a step toward connection, humility, service, or endurance. It could mean joining a LifeGroup, being honest with someone you trust, serving on a team, forgiving someone, asking for help, encouraging someone who feels alone, or simply refusing to quit in the middle of the race. God did not create you to row alone. You are seen. You are known. You are loved. And in Christ, you belong.