

Do Hard Things

Study Guide

Reading Schedule

Week	Date	What to Read
Week 1	May 28 th	Intro to book, get to know each other
Week 2	June 4 th	Chapter 1
Week 3	June 11 th	Chapter 2
Week 4	June 18 th	Chapters 3 & 4 (it's a lot of reading, but it is summer)
*****	June 25 th	No Meeting. Most people at RiverRanch No meeting this week
Week 5	July 2 nd	Chapter 5
Week 6	July 9 th	Chapter 6
Week 7	July 16 th	Chapter 7
Week 8	July 23 rd	Chapter 8
Week 9	July 30 th	Chapter 9
Week 10	August 6 th	Chapter 10 & 11
Week 11	August 13 th	Chapter 12

Foreword

Chuck Norris

1. What was your first thought when you heard the title of the book?
2. Do you know who Chuck Norris is?

Chapter One

Most People Don't: A different kind of teen book

1. What do you think adults believe you are capable of?
2. In What ways have you dreamed of changing the world you live in?
 - This book states that it is a rebellion against low expectations and raises some questions to think about while you read, discuss these questions now and we'll do it again after chapter 12.
3. Is it possible that even though teens today have more freedom than any other generation in history, we're actually missing out on some of the best years of our lives? Explain why you believe one way or the other
4. Is it possible that what our culture says about the purpose and potential of the teen is a

- lie and that we are its victims? Why do you believe that?
5. Is it possible that our teen years give us a once-in-a-lifetime opportunity for huge accomplishments – as individuals and as a generation? How? What is unique about the teen years?
 6. What would your life look like if you set out on a different path entirely – a path that required more effort but promised a lot more reward?
 7. Do you ever find yourself thinking like the Dundress Monks believing that all holy choices should make us miserable? Or that there should be no joy in doing the right thing.
 8. Does it excite you to know that you could make a difference in the world today? Not someday, but today.
 9. Anything else in this chapter jump out at you?

Chapter Two

The Birth of a Big Idea: Rumbblings of a Rebelution

1. Have you ever felt lost & wondered what to do next after ending some major event or reaching a goal in your life? (A sport, a project, a grade, test, etc). (pg 10)
2. On page 11 the twins state that there must be more to the teen years than pop culture suggest. What are some things pop culture suggests the teen years are about? No wrong answer here. (pg 11)
3. The teen years are not a vacation from responsibility; they are the training ground of future leaders who dare to be responsible now. Does this idea expect too much of teens? Of you? What is a reasonable? (pg 13)
4. What is the most challenging bit of responsibility you've ever been given? How did that feel? How did you do? (13)
5. Did you feel like they were bragging or giving God credit for his work on page 24? How do we know our own motivation when sharing stories? (pg 24)

Chapter Three

The Myth of Adolescence: Exposing the low expectations that are robbing our generation

1. What is the strangest pet you've ever had?
2. What are some things we learn from the story of the elephant about teenagers? (pg 28)
3. What is the lie teenagers are told? Tell us the idea behind the "myth of adolescence"? (pg 28-29)
4. When was the word "teenager" invented/coined? (29, readers digest article 1941)
5. Do you think at your age you would have been considered an adult or a child at your age 100 years ago?
6. What was it like to be a teen in the 1800s? (pg 30)
7. What do you think of the block quote on page 30?
8. Why do you think it is that young men and women of the past were able to do things well at 15 that a 25-35 year old today can't do well? (pg 33)
9. What are your thoughts on the statements on page 36? "Society doesn't expect much

of anything from young people during their teen years – except trouble. And it certainly doesn't expect competence, maturity, or productivity." & "Our current ceiling for students is really much closer to where the floor ought to be."

10. On page 38 there is a list of expectations one person believes parents should set for their children. Make bed every day, take phone message, clean room with help of parents. Are these reasonable? Should parents expect more or less.
11. What are your parents expectations? What responsibilities do you have? (make bed, care for siblings, mow yard, cook, clean, etc?)
12. There is a question on page 41, "Isn't something wrong when girls are constantly judged on their physical appearance and pressed to become more and more sexually provocative, yet are so rarely expected to develop qualities of character and intellect beneath the surface?" Is there something wrong with that? Is this true? Girls do you feel the pressure? Guys & Girls, what other pressures do feel society places on you?
13. We are told we live in a culture that tells us how to act, how to think, how to look, how to talk. It tells us what to wear, what to buy, where to buy it. It tells us what to dream, what to value, what to live for (and it is not Christ according to the world). Can you share some examples of what culture says about each of these categories? (pg 43)

Chapter Four

A Better Way: Reclaiming the teen years as the launching pad of life

1. JC Ryle is quoted from his book, "Thoughts for Young Men" saying, Youth is the seed-time of full age, the molding season in the little space of human life, the turning point in the history of man's mind." Meaning that what we will become is highly a result of what we are now. Are you today [not profession, but as a person] what you want to become when you grow up? (pg 49)
2. What do you hope to be true of you when you are an adult?
3. In what ways are your teenage years the best place you'll ever be in regard to strength, mind, body, and schedule? (pg 50)
4. William Wilberforce began to study on his own which helped to get him in position to end slavery in England. Is there anything you wish to study and know? What? (pg 54)
5. The twins ask a question on page 56, be honest, "Is how we're spending our time right now preparing us for what we hope to become in the future? Are we doing things now that will equip us for the greater things God may have for us to do?" How would each of you answer these questions?
6. Have you experienced any of the five kinds of hard things? Can you name them? I. Things outside your comfort zone. II. Things that go beyond what is required or expected? III. Things that are too big to accomplish alone. IV. Things that don't earn an immediate payoff. V. Things that cultural norm. (pg 57-59)

Chapter Five

That First Scary Step: How to do hard things that take you outside your comfort zone

1. Have you ever NOT done something for fear you would fail? (64)

2. Why do you think they said that taking the first step out of your comfort zone the most terrifying of all five hard things we will study? (65)
3. Can you remember something in your own life that the time seemed entirely beyond you? (66)
4. In what ways have you experienced this quote: “The strange thing is that even when teens repeatedly experience the benefits of stepping outside our comfort zone, we tend to respond in exactly the same way to the new task that comes along. We resist, delay, fight, and scream—all to keep from leaving our cozy little routines.” (67)
5. When we stay in our comfort zone we build an invisible fence around ourselves. What are things that are outside your comfort zone?
6. How many of those things outside your comfort zone are built on fear (fear of weakness, discomfort, failure, humiliation, etc.)?
 - a. “You can’t live by fear and live by faith at the same time”
 - b. “Fears are usually just well-concealed lies”
7. Truths about comfort zones:
 - a. **“God works through our weaknesses to accomplish His big plans”**
 - b. **“Courage is not the absence of fear”**
 - c. **“You can’t get to success without risking failure”**
8. **“God works through our weaknesses to accomplish His big plans”**
 - a. What are our reasons for sitting on our butts instead of trying new things for God’s glory? (look at list on p. 72)
9. **“Courage is not the absence of fear”**
 - a. What are your thoughts on the quote: “If I allow fear to keep me from doing hard things, I’ll miss out on the most exciting adventure life offers: obeying God.” (77)
 - b. Are you afraid to try new things because of painful past experiences?
 - c. Discuss: “Letting fear control your actions is a statement of distrust in the goodness of God” (77)
10. What could your lift look like if your trust in God overcame your fears? (84)
11. How could your life be different if you chose to do hard things by stepping outside your comfort zone? (84)

Chapter Six

Raising the Bar: How to do hard things that go beyond what's expected or required

1. Someone summarize last week's concept.
2. Are you more concerned with learning in school or getting good grades? Why do you think that is? (87).
3. In what ways have you not *really* given your absolute best? School? Church? Work? Sports? Dance?
4. The key statement in this chapter is, "Reject complacency and choose to do hard things that go above and beyond what's required or expected of you." (89) When was the last time you feel you did just that?
5. According to this book what does "Just do your best" communicate? Is that how you feel when someone tells you to just do your best? (89)
6. Give an example of Proverbs 1:32 in real life, "The complacency of fools destroys them." (92)
7. The twins suggest the following 3 things for fighting complacency in your life.
 - (a) Do what is hard for you (why is this difficult to actually do?)
 - (b) Be known for what you do more than for what you don't do.
 - (c) Pursue excellence, not excuses.
8. What is something you can do that is hard for you? Play a sport? Read a difficult book? Perform in front of others? Do something selfless? Etc? (94)
9. On page 95 there is a letter from a girl who is wrestling with the concept of do hard things. She ask herself everyday, "What hard thing can I do today that will have an eternal impact for the sake of the gospel?" For her it was a newsletter, what are some answers to that question for where you are in life?
10. In what ways could we truly live out 1 Timothy 4:12, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." Think specifically of the list at the end of the verse.
11. There are four questions at the bottom of page 101 and top of page 102, read them out loud and go around the circle answering them.

Chapter Seven

The Power of Collaboration: How to do hard things that are too big for you to do alone

1. In what ways does 2 Timothy 2:22 encourage collaboration? (110)
2. How was the modesty research only doable as a result of collaboration?
3. Review & Discuss each of the 10 things that were learned about teams (119-129), if anyone has a project they use as an example use it as you go over the ten things. Otherwise use the modesty project as the example. The remaining questions may help with that.
4. Why does starting with questions help when doing a large major project? (119)
5. In what ways is it important that you work on these projects with the wise or those who you can trust? (120)

6. How could your family be a help in a group project? (121)
7. What types of technology could you use in a major project (use modest project as an example if helpful) (123)
8. Why is criticism, even constructive criticism difficult to take? How is it helpful?
9. Do you find it difficult to give credit? Are you offended when you don't get credit? Why do you think that is? (125)
10. How does knowing others are sinners help when working in a team? (126)
11. Do you think expecting difficulty will help you persevere on a large collaborative project? (126-127)
12. Don't give up, that is the attitude needed for difficult task, how can you remind yourself of this attitude when things are not going well? (128)
13. Anyone come up with a project they want to join or begin?

Chapter Eight

Small Hard Things: How to do hard things that don't pay off immediately

Chapter Nine

Taking a Stand: How to do hard things that go against the Crowd

Chapter Ten

Generation Rising: Creating a counterculture from scratch (and a dash of salt)

Chapter Eleven & Twelve

A Thousand Young Heroes: Stories of new beginnings, impossible challenges, and the teens who are living them

1. What is the story of Zach? (Loose Chains 2 Loose Chains, slavery) What is the story of Brittany Lewin? (rebels without cause, rebels for Christ and exploited children, etc), Leslie and Lauren? (homeless people, bags to provide for their needs)
2. Brantley the missionary boy said that he wished every American teen could go on a trip to Africa because then they would be motivated to pursue heavenly treasure rather than earthly ones. What about seeing Africa do you think would motivate people to seek heavenly treasure?
3. Has this book done what the quote at top of page 212 says? "You are lifted out...with fresh purpose"
4. Which of the five kinds of hard things listed on page 212 and 213 is the most difficult for you?
5. On page 214 we are told that getting from the big idea to the meaningful change is tough, why is that? That is reading about big ideas is one thing, putting them to practice is quite another, why? What can you do to make it happen?

6. What gets in your way of pursuing Christ more? What are some steps you can take to pursue Christ on a daily basic?

The rest is missing due to a Windows PC Crash