

FOREWORD BY TONY DUNGY

**JEFF KEMP**

**FACING  
THE  
BLITZ**

**THREE  
STRATEGIES  
FOR TURNING  
*YOUR TRIALS INTO*  
TRIUMPHS**

Facing the Blitz: The Huddle  
(A 6-week Group Study Guide)

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**Video:** [Getting Blitzed in the House of Pain](#)

## CHAPTER 1: FIND THE OPPORTUNITY IN PROCESS

**Video:** [Pain to Gain](#)

Blitzes, losses, and trials that threaten you can also build you. Every crisis includes both danger and opportunity. Your attitude and strategy to facing blitzes—the lenses you look through—can help you not just survive, but thrive, and help others go through the trials of life. God’s message to us in Colossians says to make the most of every opportunity...that includes troubles, trials, and losses. Joseph’s harrowing life story is an epic example of heroically facing the blitz with grace for those who hurt us.

### Verses:

*“Be wise in the way you act toward outsiders; make the most of every opportunity.”*

**Col. 4:5 (NIV)**

*“When Joseph’s brothers saw that their father was dead, they said, “What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?” So they sent word to Joseph, saying, “Your father left these instructions before he died: ‘This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.’ Now please forgive the sins of the servants of the God of your father.” When their message came to him, Joseph wept.*

*His brothers then came and threw themselves down before him. “We are your slaves,” they said. But Joseph said to them, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.”*

**Genesis 50:15-21 (NIV)**

### Huddle Up:

1. What are some examples of people who have turned blitzes around for good—in history, sports, politics, medicine, the arts and sciences, or the Bible?
2. What “life blitzes” are you experiencing right now or have you experienced recently?
3. What are the potential opportunities? Think long term and try to come up with at least one opportunity you have for learning or personal growth from a problem or issue you will face?

**Prayer Suggestions:** Take time to pray for each other in whatever blitzes they are facing. Pray for discernment to see the opportunity God may have for each person in the group.



## CHAPTER 2: LET THE OLD DREAM DIE

Video: [Forgiveness: The Gift You Give Yourself](#)

Blitzes in football require perseverance, adaptation, sight adjustments, and audibles. The original play is lost. When life throws blitzes our way, they disrupt our reality and often reveal how tightly we hold onto our dreams more than God. So we need to face our new reality and invite God to discern our motives and true desires (Psalm 139) and at times adapt, adjust, and call an audible to move into line with his steps (Proverbs 3).

### Verses:

*Search me, God, and know my heart; test me and know my anxious thoughts.*

**Ps. 139:23 (NIV)**

*Trust in the Lord with all your heart and lean not on your own understanding in all your ways submit to him, and he will make your paths straight.*

**Prov. 3:5-6 (NIV)**

### Huddle Up:

1. Are you attached to a dream that might be holding you back from God's best for you? Have you ever seen that happen in your life?
2. Is there anyone you need to forgive? Anything you need to let go? To paraphrase Martin Luther, "Is there a bird's nest you need to get out of your hair?" If so, who or what? What's your action step?

**Prayer Suggestions:** Take time in prayer to openly forgive anyone you're holding a grudge against. Take time to ask God what dreams you should let go.

## CHAPTER 3: EMBRACE A BIGGER VISION

Video: [Power of Vision](#)

Helen Keller said the only thing worse than not having the ability to see is possessing sight but no vision. With the right vision we discover how much we view the world and our relationships through conditional and performance-based lenses. God longs for us to see the world and people through His eyes. He invites us to build our identities and worth upon His unconditional love rather than the shifting sands of performance. So in Hebrews, God calls us to focus on blessing others and to fix our eyes upon Jesus, who gives us a new vision for life.

### Verses:

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.*

**Col 3:1-2 (NIV)**

*...run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

**Heb. 12:1-2 (NIV)**

*He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

**Micah 6:8 (NIV)**

### **Huddle Up:**

1. Go around and talk about who you know that has developed a strong personal vision for their life. How did they live it out?
2. How did you answer the three questions in the chapter about “life lenses?” (Individual vs. team sport; consumer vs. investor; power source). Did any of them bring up an internal struggle? Why or why not?

**Prayer Suggestions:** Pray that God would give you wisdom and “sight” to help you live intentionally for His glory.



## CHAPTER 4: TAKE A DEEP, HONEST LOOK AT YOURSELF

Video: [Take Responsibility](#)

The blitzes we encounter reveal far more about the character of our hearts than the circumstances we face. Are we self-centered or other-centered? Do we act like victims or resilient overcomers? Are we humble enough to look honestly at ourselves? Do we take responsibility rather than throw down blame or excuses? God's way of handling blitzes transcends and crushes the ways of society. In the verses below we see how God calls us to persevere in tribulation and trial because they have the power to shape us into the person we long to be like - Jesus.

### Verses:

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Rom. 12:2 (NIV)*

*And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. Rom 5:3-5 (NAS)*

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4(NIV)*

### Huddle Up:

1. Imagine, if you can, your wife cheating on you. Do you think you could honestly ask the questions he asked himself? What steps can you take to own responsibility for your actions when it feels like you are completely justified to be angry with another person?

**Prayer Suggestions:** Pray God would help each person own their actions and focus on the eternal purpose God has in their lives.

## CHAPTER 5: CULTIVATE A RELATIONAL VALUE SYSTEM

Video: [Be a Hugger](#)

Life is a heart-breaking treadmill when measured by performance, popularity, power, possessions and positions. We run ragged when we compete and compare with those around us. In Romans 12, God calls us to radically seek the best interest of others rather than fight and claw our way to prominence.

## Verses:

*A new command I give you: Love one another. As I have loved you, so you must love one another.*  
**John 13:34 (NIV)**

*Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.* **Rom. 12:9-21 (NIV)**

*Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.*  
**1 Peter 3:8-9 (NIV)**

## Huddle Up:

1. What are the traps you typically fall into when it comes to evaluating or measuring people? Do you tend to over-value performance, popularity, power, possessions, or position? How does that surface in your life?

**Prayer Suggestions:** Pray God will convict you where you are seeking the favor of man rather than God. Pray for forgiveness for the ways you have treated people as a means to an end.

## CHAPTER 6: BE AN INVESTOR, NOT A CONSUMER

**Video:** [QB's & Receivers – Investors not Consumers](#)

We're trained to be consumers...to seek, buy, get, take, trade in, and discard. But consuming in relationships and team situations (like families and work) drains value and empties the relational asset account. Everyone eventually ends up with less – less harmony, less peace, less joy. Relationship investors add value to people and to teams. They operate out of gratitude and generosity, not scarcity or selfishness. Investors can treat people well regardless of how they treat them back. They avoid isolation. They connect with others. They accept vulnerability as a path to unity. Investors build and express trust.

Philippians 2 shows Jesus to be the ultimate investor, encouraging us to imitate his humility and passionate concern for others' interests and well-being. His way was sacrificial, but ultimately it was a transcending success.

## Verses:

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus.*

**Phil. 2:3-5 (NIV)**

*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other. **Gal. 5:13-15 (NIV)***

*Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.*

**2 Cor. 9:6 (NIV)**

## Huddle Up:

1. Jeff listed multiple ways we often think as a consumer (p. 75). Which ones do you struggle with the most? What are the situations in which you tend to think most like a consumer?

**Prayer Suggestions:** Pray for the courage to invest without expecting anything in return.



## CHAPTER 7: LOOK AT THE TEAM AROUND YOU

Video: [In Tough Times, Share the Burden](#)

Even the Lone Ranger had a “Kemosabi.” Life is more full when experienced in team. But good teams don’t happen by accident. Every member collaborates and sacrifices for the sake of one another...and the good of all. Humility is crucial to teamwork, valuing a tapestry of gifts and even healthy debate. In Ephesians 2:10, God’s handiwork, or workmanship, is a plural word reflecting that together God’s people are a masterpiece joined for His noble purposes.

### Verses:

*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

**Ecc. 4:12 (NIV)**

*For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

**Eph. 2:10 (NIV)**

*Carry each other’s burdens, and in this way you will fulfill the law of Christ.*

**Gal. 6:2 (NIV)**

*Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many. Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason, stop being part of the body. And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!”*

**1 Cor. 12:12-21 (NIV)**

### Huddle Up:

1. What are the teams God has placed around you in your life right now? Think about your home, extended family, neighborhood, faith community, and workplace. How can you offer your strengths more to them so you can be “better together”?
2. On the last page of the chapter Jeff listed three practical steps to try at work or home. Which one will you implement this week? Make each other accountable to talk about how that played out in your next meeting.



**Prayer Suggestions:** Pray for people to come alongside you and for you to come alongside them. Pray for mentor/mentee relationships, as well as for good, God-honoring teamwork.

## **CHAPTER 8: LEVERAGE THE POWER OF LIFT**

**Video:** [Throw the Perfect Pass \(Bill Walsh\)](#)

LIFT: Life Is For Transformation. Regardless of your job title or personality, you are a leader to someone. You play a key role in someone's life and have a unique opportunity to LIFT them above their circumstances. Your example always impacts - for good or bad. You can serve, influence, replicate, and mentor. Look for the highlights and positives in people. Praise them specifically. Hebrews 10:24 encourages us to lift others by love - spurring and sparking other people to live a life of love and kindness.

### **Verses:**

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*

**Heb.10:24-25 (NIV)**

*Therefore encourage one another and build each other up, just as in fact you are doing.*

**1 Thess. 5:11 (NIV)**

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

**Eph. 4:29 (NIV)**

### **Huddle Up:**

1. Who are some heroes in your life who brought LIFT regardless of their own personal circumstances? Talk about a story or two of how they impacted you personally.
2. Jeff talked about how LIFT leaders lead, serve, influence, value interdependence, and replicate. Which one of those characteristics do you believe you exemplify well? Which one would you like to work on?

**Prayer Suggestions:** Confess your own tendency to think “self” first rather than others first. Pray for God to bring someone into your path that you can LIFT today.



## CHAPTER 9: STRENGTHEN YOUR MARRIAGE

Video: [Would I Want to be Married to Me?](#)

The goal of marriage is oneness. The key is to accept and treat your spouse as a treasure, God's exact best gift for you. Your spouse is God's tool to grow your character and shrink your selfishness. Marriage is a union where the only competition is to be your best, and every day is an opportunity to humbly invest in your spouse. In Ephesians we discover God's playbook for marriage and learn a great team is made up of two individuals who seek to understand before they are understood, invest rather than consume, and realize that when you love someone else well, you end up loving yourself.

### Verses:

*Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. Eph. 5:22-33 (NIV)*

*Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers. Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. 1 Pet. 3:7-9 (NIV)*

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Husbands, love your wives and do not be harsh with them. Col. 3:12-14, 19 (NIV)*

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. 1 Cor. 13:4-8a (NIV)*

### Huddle Up:

If some in the group are not married, talk about how they can apply these questions to their other personal relationships.

1. Did you take the “Marriage Consumer Quiz?” Name one or two areas in which you are currently acting more like a consumer than an investor.
2. What’s one practical step you will take to move towards being an investor vs. a consumer in your marriage/relationships?

**Prayer Suggestions:** Ask God to reveal the areas of your life where you are consuming. Pray for the courage to ask for forgiveness. Pray for his strength to invest in those who matter most in your life.

## **CHAPTER 10: INVEST IN YOUR HOME TEAM**

**Video:** [Will Daddy Stay for My Whole Birthday?](#)

Your family is a mix of joy and pain. A great family is not made up of perfect people, but professional forgivers who keep short accounts and believe the best about each other. They’re humble enough to learn from others without feeling the constant pressure to keep up with the Joneses. Great families establish core values, get intentional with fun, and know loving one another isn’t a sprint, but a marathon. Romans 5 and Luke 15 show the initiating, sacrificial, and extravagant love of a perfect father...a needed role model for us, and a message about God our Father to pass on to our children.

### **Verses:**

*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

**Rom. 5:8 (NIV)**

*Jesus continued: “There was a man who had two sons. The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them. “Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate. “Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. So he called one of the servants and asked him what was going on. ‘Your brother has come,’ he replied, ‘and your father has killed the fattened calf because he has him back safe and sound.’ “The older brother*

*became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'* "My son," the father said, "you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found." **Luke 15:11-32 (NIV)**

*Fathers, do not embitter your children, or they will become discouraged.* **Col. 3:21 (NIV)**

*Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.* **Deut. 6:4-9 (NIV)**

### **Huddle Up:**

1. Jeff talked about our tendency to compare "people's outsides to our insides." What does that mean to you? What are some ways you fall into that trap?
2. Have you defined or listed your family's values? If so, share one or two of them. If not, what are one or two you would like to implement?

**Prayer Suggestions:** Thank God for being a Father who values us, forgives us, affirms us, exhorts us, and loves us. Pray that we would love our families like God loves us.



## CHAPTER 11: LEAVE A LASTING LEGACY

Video: [It's Time to LIFT](#)

We all leave a legacy. What will yours look like? Fortunately faults, failures, and fears don't disqualify anyone from leaving a positive legacy. God and His word provide blueprints for building a family culture that helps prepare kids to face life's greatest blitzes: rites of passage, affirmation of identity, models for healthy relationships and sexuality, and memorable blessings. It's never too late to invest in the next generation.

### Verses:

*Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.*

**Matt. 6:19-20 (NIV)**

*I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. For this reason, I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

**2 Tim. 1:5-7 (NIV)**

*We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done. He decreed statutes for Jacob and established the law in Israel, which he commanded our ancestors to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children.*

**Psalms 78:4-6 (NIV)**

### Huddle Up:

1. Think of someone in your life who has influenced you in a significant way. What was it about this person that touched or shaped you? How did they pass on a legacy to you?
2. If your children, co-workers, or employees were asked what kind of legacy you've left in their lives, what would you want them to say about you? What are you going to change and what will you do?

**Prayer Suggestions:** Pray that you'll continue strong, and even grow, later in life. Pray that you will never be ashamed of God's truth and will pass it on to those who follow you.

## CONCLUSION: FIND YOUR POWER SOURCE

Video: [Jesus Beat the Blitz... So Can We!](#)

Do you have an orange power cord in your life? What source are you plugging into for your energy, validation, and satisfaction? God offers His strength when we acknowledge our weakness. Regardless of whether you have much, some, or no religious background, it's infinitely worth your effort to explore why Jesus said, "I am the way, the truth, and the life." Read Jesus' words, examine his life, the purpose of his voluntary death, and the wonder of his resurrection. As you walk through these passages from Philippians and John, open your mind and admit the universe is far bigger than our limited understanding, and seek why this carpenter from humble beginnings overcame the greatest blitz and changed the world. Surrendering to Him can change you, your life and legacy.

**Verses:**

*I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this [handle all things] through Him who gives me strength.*

**Phil. 4:11-13 (NIV)**

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*

**John 15:5 (NIV)**

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.*

**John 14:6 (NIV)**

**Huddle Up:**

1. Our culture values the "pull yourself up by your own bootstraps" approach to life. How does this differ from what Jesus said to his disciples in John 15:5?
2. How does God act as your power source - giving you the power to face life's blitzes and the humility to handle its triumphs?
3. As you think back over this book and how to face the blitzes God allows in your life, which "strategy" or "lens" impacts you the most? Take long-term view? Being willing to change? Reaching out to others? Teamwork, investing, or plugging into Christ? How is your outlook changing?

**Prayer Suggestions:** Pray for the desire and ability to know, relate to, and trust in Christ. Ask God to help you seek him first and to follow Christ as THE example of how to handle the blitz's that come your way. Pray that God will help you pass this wisdom on to someone else.

