

# CAN YOU HANDLE THE WEIGHT?

## STUDY GUIDE

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Bible Reading: 1 Samuel 9, 1 Samuel 16

### Observation questions

1. In Ephesians 4:1, what does “worthy” (axios) picture for you—like a scale balancing beliefs and behaviors? What details from that image stand out to you most? [10:55]
2. Both Saul (1 Samuel 10) and David (1 Samuel 16) were anointed with oil. What was the same and what was different in their stories? [44:00]
3. Name the visible weights and the hidden weights that were called out. Which were easier to spot, and which were heavier? [17:47]
4. What was contrasted between “crown” and “oil,” and which one was called non-negotiable? [44:58]

### Interpretation questions

1. If calling starts to outweigh character and commitment, why does that create overwhelm on the inside and underwhelm on the outside? What is Ephesians 4:1 asking a disciple to do about that imbalance? [11:47]
2. “Spiritual precedes the physical.” How should that reshape the way someone interprets open doors, new opportunities, or visible favor in a new season? [02:33]
3. Pick one hidden weight (impostor syndrome, people pleasing, insecurity, need for visibility, unhealed wounds, denial of divine calling). Why does this one, in particular, quietly erode obedience and joy? [19:12]
4. Why is the presence of God (the “oil”) heavier, holier, and more important to hold than any position, platform, or applause (the “crown”)? What makes presence non-negotiable? [45:43]

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### Application questions

1. Do a quick “axios” audit. Where do your current habits (schedule, relationships, media, money, purity) not match what you say you believe? Choose one small practice this week to bring your behaviors into balance with your beliefs. [10:55]
2. Which hidden weight are you carrying right now: impostor syndrome, people pleasing, insecurity, need for visibility, unhealed wounds, or denial of divine calling? Name it out loud. What is one step you will take to put it on the altar this week? (journal it, confess it, ask for prayer, set a boundary, start counseling) [19:12]
3. People pleasing: where are you more willing to violate God’s command than someone’s feelings? Identify one concrete boundary or act of obedience you will keep this week, even if someone doesn’t like it. [26:47]
4. Comparison and visibility: where have you been counting another person’s “tens of thousands” and lost gratitude for your “thousands”? Pick a simple daily gratitude practice to retrain your eyes (e.g., thank God for three specific “thousands” before bed). [31:20]
5. Spiritual before physical: what’s your “leg day” this week—one inner practice that will build strength to carry the outer opportunity (Scripture before screen, fasting a meal, confession, serving someone quietly, going to bed on time)? Name it and commit to it. [02:33]
6. Don’t drop the oil: what rhythms help you hold the presence of God—Word, worship, Sabbath, community, silence? Choose one way to protect the oil this week (block a time, put it on your calendar, ask a friend to hold you to it). [44:58]
7. Calling for God’s glory: where have you normalized or downplayed God’s fingerprints in your story? Write down three specific places you’ve seen His hand recently. Share one with the group and give God the glory for it. [38:04]