

TRANSFORMERS

REVENGE OF THE FALLEN

Pulpit Study Guide

What does the top grossing movie of 2009 have to do with your Spiritual Journey? Well, this Week Pastor Wendell Anderson (AKA Great-Grandpa Anderson) teaches us the importance of seeing our lives and the lives of others transformed. Not only that but he also teaches about the value of becoming disciplined in our spiritual lives.

In Him,



Jesse Rider
High School Student Ministry Pastor

Group Study Questions

1. Name as many Transformers as you can. Who is Optimus Prime?
2. **Review:** Last week Pastor Tim challenged us to become more Christ-like? What areas have you struggled at becoming more Christ-like? How can you overcome those struggles?
3. What hindrance was/is preventing you from being transformed?
4. Of the 5 Hindrances Wendell taught about, which one do you think people struggle with the most? Why?
5. What is our role in helping someone transform? Read Galatians 6:1-10 for an idea.

**7 Time Tour De France Champion
Lance Armstrong Training Schedule**

Week 1

3 Times per-week weight training
4 Times per-week fix gear riding for 2 hours with 145 Heart Rate ceiling
2 Times per-week road ride on normal bike for 2 1/2 hours with 145 Heart Rate ceiling,
high pedal speed, 95+ rpms

Week 2

3 Times per-week weight training
4 Times per-week fix gear riding for 2 hours with 145 Heart Rate ceiling
2 Times per-week road ride on normal bike for 3 hours with 145 Heart Rate ceiling, high
pedal speed, 95+ rpms

Week 3

3 Times per-week weight training
4 Times per-week fix gear riding for 2 hours with 145 Heart Rate ceiling
2 Times per-week road ride on normal bike for 3 1/2 hours with 145 Heart Rate ceiling,
high pedal speed, 95+ rpms

Week 4

3 Times per-week weight training
4 Times per-week fix gear riding for 2 hours with 145 Heart Rate ceiling
2 Times per-week road ride on normal bike for 4 hours with 145 Heart Rate ceiling, high
pedal speed, 95+ rpms with 3 short flat sprints of 8 seconds each,
full recovery between sprints.

***Everyone who competes in the game goes into strict training. They do it to get a crown that
will not last; but we do it to get a crown that will last forever. 1 Corinthians 9:25***

How devoted are you?