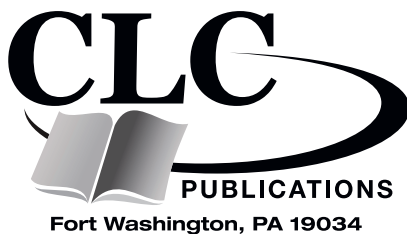


**FIREPROOF YOUR LIFE**  
**STUDY**  
**GUIDE**  
**REBECCA ENGLISH**

Companion to  
*Fireproof Your Life*  
by Michael Catt



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## Note to User

Pastor Michael Catt, executive producer of the highly acclaimed movie *Fireproof*, took the theme of standing strong in the fires of life and expanded them in his book, *Fireproof Your Life*. At the request of readers, we have prepared this study guide to accompany that book.

The study is broken into several sections. The guide provides a review of each chapter in *Fireproof Your Life* and delves into God's Word to expand on Michael Catt's teaching.\*

A leader's guide is included at the end. It gives suggestions for preparing and leading the lessons in a small group format, and also presents the main goal of the questions in each numbered section of the study.

Though the book is arranged for use with a small group, it can still be profitable as an individual study or in a larger group format.

So have your Bibles out and your hearts open! May you be strengthened to stand in the storms of life as you think, study, talk, and pray over these truths.

\* Page numbers in the text refer to Michael Catt's book *Fireproof Your Life*.

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# 1

## Standing in the Fire

Trials are a fact of life. Everyone, sooner or later, will face trouble. So what are we supposed to do about the fires that assail our lives? Can we avoid them? Deny them? Using the massive sequoia tree as an illustration, Michael Catt gives us insight into facing our trials and actually coming out on top.

Read chapter 1, “Standing in the Fire.”

Memorize Ephesians 6:11 and 16.

1. When trials come, it is common for our thoughts about God to become confused.

- What are some ways people tend to respond to God when they are in pain?

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- Think of some of the men and women in Scripture who maintained their faith in God’s character, even when assailed by the worst storms. Name one you might relate to. How did this person stand when threatened by the fires of life?

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2. In order to stand strong in a storm, preparatory work must be done first.

- What preparation has the sequoia been given for times of fire, storm, and attacks from enemies (like the fire wasp)? In other words, what are some of its defenses (see p. 13, 17, 20)?

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- How do these defenses illustrate ways we can make our own spiritual preparation?

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- According to Matthew 13:3–9, what is the main preparatory work we need to do in order to be ready for storms?

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- Read Philippians 2:12. In cultivating the soil of our hearts, compare our part in the process to God's.

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- In Ezekiel 14:14, God stated that Noah, Daniel, and Job were righteous men. Look at their situations in the following passages. What enabled them to stand victoriously?

A. Noah in Genesis 6 (note especially 6:9; also Heb. 11:7)

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B. Daniel in Daniel 1 and 6 (note especially 1:8; 6:10)

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C. Job in Job 1–2 (note especially 1:1,20)

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3. During a battle, we really aren't to do very much. If the preparatory work's been done, then we simply need to stand in the fullness of God's provision, using the armor we've been given: truth, righteousness, faith . . .
  - Read Ephesians 6:10–18. Notice the emphasis is on *standing* rather than on *attacking*. List the five defensive pieces of armor and the one offensive weapon mentioned.

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4. A tree can smolder for six to twelve months after a fire. Even if fire and lightning do not destroy a tree, they can produce scars.
  - Even when we are faithful in our trials, we can still get hurt. Wounds take time to heal, and even then, scars may remain. According to Isaiah 40:28–31, what are we to do when life's storms have worn us out?

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- Read Hebrews 12:4–13. What is God’s ultimate purpose in allowing us to go through storms?

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- What are some good things trials can produce?

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- In light of the following examples, how can trials actually strengthen us spiritually? Write down some comparisons.

A. Fire can actually help to cultivate the soil of our hearts, thus enabling greater growth in our lives (see the cone analogy, p. 14).

B. Fires can make us stronger and more flexible (like the fractures giving strength to the bark, p. 20).