

LEGACY MAKER



CHAIN BREAKER

*Living a Life of
“What ifs”*

14-Week Study Guide

TheSecondActMinistry.com

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The Second Act Study Guide Companion to Legacy Maker, Chain Breaker

How to Use This Guide: This 14-week guide is designed to walk you, your small group, or your church through the heart of each chapter of *Legacy Maker, Chain Breaker*. Every week includes reflection questions, action steps, scripture focus, and a prayer prompt to help you go deeper and live out your Second Act.

The last page add a weekly option of helping this become and flow more like the original new testament church. I would highly recommend considering using it. For me personally and many others I feel we've kind of drifted from how God intended for us to come together in a more intimate way as fellow believers. Leaders consider adding this to deepen your groups walk with and calling by God.

I've intentionally left space.

WRITE IN IT!

Week 1: What If? *Theme:* Bold Faith Over Regret

***Scripture:* Jeremiah 29:11; John 21:17**

Reflection Questions:

- What “what if” question has been lingering in your heart?
- Are you currently living more out of fear or faith?

Action Step: Write down one bold “what if” God might be inviting you to pursue this season.

Prayer Prompt: “Lord, give me the courage to ask ‘what if’ and the faith to follow through.”

Week 2: Chosen Love *Theme: Adoption & Identity*

Scripture: Ephesians 1:5; Romans 8:15

Reflection Questions:

- Do you truly see yourself as God's adopted child?
- How has your spiritual identity changed the way you live?

Action Step: Speak a truth about your identity over your life each morning this week.

Prayer Prompt: "Father, thank You for choosing me. Help me live like I'm truly Yours."

Week 3: Burnout, Breakdowns, and Breakthroughs

Theme: When You're Tired of Trying

Scripture: 1 Kings 19:5–12

Reflection Questions:

- What area of life is draining you right now?
- Have you allowed yourself to truly rest?

Action Step: Block out one time this week for rest or soul-refreshing activity.

Prayer Prompt: “Jesus, meet me in my exhaustion and restore what’s been emptied.”

Week 4: Building with Purpose *Theme: Using Work for the Kingdom*

***Scripture:* Nehemiah 2:17–18; Colossians 3:23**

Reflection Questions:

- How do you currently view your job or work?
- What would it look like to dedicate your work to God's glory?

Action Step: Identify one way you can bring Kingdom values into your workplace.

Prayer Prompt: “God, use the work of my hands to build something that honors You.”

Week 5: Wired for Purpose *Theme:* Embracing How You're Made

***Scripture:* Psalm 139:13–14; 1 Peter 4:10**

Reflection Questions:

- What parts of your personality have you tried to hide?
- How could your wiring be a blessing to others?

Action Step: Ask someone close to you what strengths they see in you and how God might use them.

Prayer Prompt: “Lord, I give You my personality, my gifts, and my weaknesses. Use all of me.”

Week 6: Marriage in the Middle of Mayhem *Theme:*
Fighting for Connection
Scripture: Ephesians 5:25; Hosea 2:19–20

Reflection Questions:

- Where is your marriage thriving? Where is it hurting?
- How can you show up more intentionally this week?

Action Step: Schedule one focused hour with your spouse this week — no phones, no work, just presence.

Prayer Prompt: “Jesus, teach me to love sacrificially. Help me build a marriage that reflects You.”

Week 7: The Legacy You Can't See Yet *Theme:* Planting Seeds in Faith

Scripture: Romans 4:18–21; Galatians 6:9

Reflection Questions:

- What legacy are you currently building?
- Are you discouraged by what you can't see yet?

Action Step: Write down one seed you're planting right now and pray over it daily this week.

Prayer Prompt: "God, give me faith to trust You with what I can't yet see growing."

Week 8: From Survival to Revival *Theme: Saying Yes Again*

Scripture: John 10:10; Acts 9:3–6

Reflection Questions:

- What has been keeping you in survival mode?
- Where do you sense God is calling you back to life?

Action Step: Say yes to one thing that feels like a step toward revival this week.

Prayer Prompt: “Father, breathe new life into my heart. I say yes again to Your plan.”

Week 9: Kingdom Legacy *Theme:* Living for Eternity

***Scripture:* 2 Timothy 1:5–7; Matthew 6:19–21**

Reflection Questions:

- Who has shaped your faith legacy?
- Who are you investing in right now?

Action Step: Write a note or message to someone you're discipling or influencing.

Prayer Prompt: “Lord, let my life leave a trail that leads others to You.”

Week 10: Second Chances, Sacred Starts *Theme:*

Beginning Again with God

Scripture: Jonah 3:1; Lamentations 3:22–23

Reflection Questions:

- What area in your life needs a fresh start?
- Are you open to a second chance from God?

Action Step: Identify one area where you've stalled and take a small step forward.

Prayer Prompt: "Thank You, God, for second chances. I trust You with my fresh start."

Week 11: The Power of Presence *Theme:* Showing Up with Intention

Scripture: Luke 8:43–48; Matthew 1:23

Reflection Questions:

- Who in your life needs your full presence right now?
- What distractions are keeping you from showing up well?

Action Step: Choose one moment this week to be fully present — phone down, eyes up.

Prayer Prompt: “Jesus, help me to love others with my full attention, like You do.”

Week 12: Memories Over Materials *Theme: Living for What Lasts*

Scripture: Joshua 4:4–7; Ecclesiastes 3:11

Reflection Questions:

- What memories have shaped your life?
- How are you creating meaningful moments for others?

Action Step: Plan one memory-making moment this week, even if it's simple.

Prayer Prompt: “God, help me invest in what lasts — people, presence, and purpose.”

Week 13: Listening to the Whisper *Theme:* Hearing God in the Stillness

Scripture: 1 Kings 19:11–13; Psalm 46:10

Reflection Questions:

- When do you most clearly hear God's voice?
- What has He been whispering to you lately?

Action Step: Set aside 10–15 minutes of silence this week to simply listen.

Prayer Prompt: “Speak, Lord. I’m listening.”

Week 14: Let's Go *Theme*: Courage to Begin

***Scripture*: Hebrews 12:1–2; Isaiah 6:8**

Reflection Questions:

- What's your first step in this Second Act?
- What has been holding you back?

Action Step: Declare your next step publicly — to a friend, a group, or in writing.

Prayer Prompt: “Here I am, Lord. Send me. Let's go.”

Congratulations on completing this 14-week journey. The real adventure begins now.

Live the story only you can live — the one God designed from the start.

Optional House Church Practices

This companion section is designed to enrich your small group or house church experience alongside the Legacy Maker, Chain Breaker 14-week journey. Each week offers a simple practice rooted in Scripture and the rhythms of the early church, designed to deepen your connection with God and each other.

Week 1: What If?

Share a meal or dessert together. Read Jeremiah 29:11 aloud. Go around and answer one “What if?” out loud—boldly, even if it feels vulnerable. Then, lay hands (if comfortable) and pray over each person’s “what if” dream.

Week 2: Chosen Love

Bring baby or childhood photos (or digital ones) to the group. After reading the Scriptures, reflect on the idea of being “adopted by God.” Go around the circle: speak a truth over the person next to you (e.g., “You are a son/daughter of God, chosen and loved.”). Then pray Ephesians 1:5 over one another.

Week 3: Burnout, Breakdowns, and Breakthroughs

Create a quiet, peaceful environment—low lights, gentle music, no rush. After reading the Scripture, take 3 minutes of silence together. Then invite anyone who’s tired to share. Don’t rush to fix—just listen and then pray for them as a group.

Week 4: Building with Purpose

Start your time by having each person share what kind of work they do. After reading Nehemiah 2:17–18, ask: “Where do you see God at work in what you do?” Close by praying over each other’s hands, blessing the work they put their hands to this week.

Week 5: Wired for Purpose

Bring slips of paper and write one strength you see in each person. Go around and speak those words aloud—blessing each other’s gifts. End with a group prayer.

Week 6: Marriage in the Middle of Mayhem

If couples are present, have them sit together and reflect quietly. Read Ephesians 5:25 aloud. Then have each person (or couple) share one way they want to show up more intentionally this week. Lay hands and pray for strengthened, Christ-centered marriages.

Week 7: The Legacy You Can’t See Yet

Bring a small object that symbolizes legacy (seed, journal, heirloom, etc.). Share what you’re trusting God to grow, even if you can’t see it yet. Then pray over each other’s legacies.

Week 8: From Survival to Revival

Start with worship. Invite each person to answer: “Where have I just been surviving?” Pray bold prayers over one another, asking God to breathe fresh revival into tired places.

Week 9: Kingdom Legacy

Hand out index cards and write the name of someone you’re currently discipling, mentoring, or influencing. Pray over those names together. If someone has no name, pray for God to reveal someone.

Week 10: Second Chances, Sacred Starts

Have a bowl of water (symbolizing baptism/new beginnings). After reflection, invite each person to dip their hands into the water as a symbolic fresh start. Say together: “His mercies are new every morning.”

Week 11: The Power of Presence

Start with silence—2 minutes of intentional stillness. Read Luke 8:43–48. Ask: “Who in your life needs your full presence this week?” Write one name and commit to showing up fully. Pray over those names.

Week 12: Memories Over Materials

Share one favorite memory that has shaped your faith journey. Reflect on “Ebenezers” in your story. Brainstorm ways to create meaningful moments for others.

Week 13: Listening to the Whisper

Create a sacred space. Dim lights, turn off phones, no music. After reading 1 Kings 19:11–13, take 10 minutes of silence. Invite those who feel led to share. End with a quiet prayer: “Speak, Lord. We’re listening.”

Week 14: Let’s Go

Invite each person to stand and say out loud: “Here I am, Lord. Send me.” Then share one next step you sense God calling you to. Bless and affirm each step with prayer.

YOU HAVEN'T MISSED YOUR CALLING.
YOU'RE JUST GETTING STARTED.

LEGACY MAKER, CHAIN BREAKER

Life doesn't always go as planned Dreams shift. Roads detour. But that doesn't mean your story is over. In fact, it might just be beginning Legacy Maker. Chain Breaker is an honest, hope-filled journey through failure, faith, and forward motion. With raw stories, biblical insight, and powerful encouragement, this book invites you to.

- Reframe your past through God's grace
- Rediscover your identity and calling
- Embrace your Second Act with bold faith

THIS IS YOUR INVITATION TO MOVE FROM

REGRET TO REVIVAL. LET'S GO.

