

TOBYMAC



Artist:

TOBYMAC
TOBYMAC.COM

Album Title & Record Company:

HEAVEN ON MY MIND
FOREFRONT RECORDS

Song:

CAN'T STOP ME

Study by:

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Playlist

This song is featured on “The Linc: Confidence; In Christ” Spotify playlist – which is the perfect way to remind your students what you’ve taught them in this session. To share it with them, click the live link on the web version of this study.

Theme

Confidence in Christ, Doubt, Victory

Objective

Students will understand that through all of life’s struggles and hurts, God is still faithful and true.

Warm Up

Navigating the Noise— Create a pathway (straight or weaving through object) for a blindfolded person to navigate to a finish line marked on the floor.

Get one volunteer to be blindfolded and place them at the start of the pathway. Everyone else (or at 5 people) are to call out directions — some will give correct directions; some will cause the person to not reach their goal. The object is for the blindfolded person to make it through the pathway and end with their feet on the finish line.

Transition

Many voices try to shape our beliefs, choices, and emotions. In this study, we’ll explore how to confidently follow Jesus and His leadership despite life’s struggles, obstacles, and distractions.

The Song

Play “Can’t Stop Me” by TobyMac.

Transition

This song acknowledges life’s struggles but powerfully reminds us that God is greater and our true foundation. No matter what we face, we can trust Him completely. As challenges try to shake our faith, we must stay focused on Him. Take a moment to reflect— where are you in your journey with Jesus?

Bible Study

Read **Romans 1:18-25**

Paul warns that people have exchanged truth for lies and worshipped created things instead of the Creator.

- What false beliefs about yourself might be holding you back from fully trusting God?
- Where do these lies come from? (voices in your head, friends, circumstances, etc.)
- Confess those lies to God, admitting where you’ve believed them over His truth. Ask Him to help you follow His voice alone.
- What are some “created things” you prioritize over God? (games, phones, sports, etc.)
- What draws you to those things, and how do they distract you from God?
- The song encourages standing on truth against a thousand lies— what does that look like in your life?

- How do you overcome distractions that pull you away from God?

Read **2 Peter 1:3**

No matter what we go through, we can keep believing because God has given us everything we need for life and godliness.

- Have you made the decision to start a relationship with God and accept Him as your Lord and Savior? (If time allows, encourage students to share their testimonies—this can build confidence in others to share their faith.)
- How has God provided for you through your relationship with Him?
- Can you recall a time when you knew it was God helping you through a struggle?

Read **1 Corinthians 15:57-58**

Victory comes through Jesus. Paul challenges us to be “*steadfast, immovable, and always excelling.*”

- Which of these stands out as an area you need to focus on?
- How has being steadfast strengthened your faith?
- How has being immovable built your confidence in God?
- How has striving to excel in God’s work helped you grow in your belief?

Trusting in Jesus gives us victory. When we remain focused on Him, we can stand firm in faith, no matter the challenges we face.

Wrap Up

Life can be messy—full of hurt, challenges, and uncertainty. Some days, it feels overwhelming. But no matter what we face, God remains faithful. This song reminds us that even in the middle of doubt, fear, and pain, we can trust Him completely. He is bigger than our struggles, and His promises never fail.

Before we close, take a moment to reflect:

- What’s weighing on your heart?
- Where do you need to trust God more?

Let’s take a few moments in quiet reflection and prayer, giving our doubts and fears to God.

As we pray, ask Him to strengthen your faith, reveal His presence in your situation, and give you the courage to keep believing. If you need support, don’t hesitate to reach out—you’re not alone.

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