

What About Bob?: Baby steps to breakthrough



Fear can put us in a prison, but it can also become the rope God uses to rescue us. In Bill Murray's *What About Bob?*, multi-phobic Bob Wiley invades Dr. Leo Marvin's attempt at a family vacation. One baby-step at a time, Bob discovers that facing his fears actually leads to the family connection he's longed for. However, Leo refuses the invitation to change that Bob's inconvenient interruption offers. Our podcast conversation unpacks how desperation, honest community, and even "death therapy" reveal a God who can reroute chaos to create real connection and community.

Key Themes

- Fear vs. Faith – moving from paralyzing anxiety to courageous baby-steps.
- Isolation vs. Community – why self-reliance is a lie and how community heals.
- Divine Interruptions – viewing inconveniences as God's invitations to transformation.
- Weakness & Grace – embracing desperation as the doorway to God's power.

Discussion Questions

- When has God broken into your plans with an inconvenient interruption—and how did you respond?
- How have you told yourself that "going it alone" is working?
- When have you offered fixes when a friend really just needed you to listen?

Action Steps

- Baby-Step Challenge: Identify one small fear and tackle it this week.
- "Tell Me More" Listening Night: Meet with a friend, ask one big question, then just listen.
- Interruption Journal: For seven days, log every inconvenience and pray, "Lord, is this Your reroute?"

Scripture References

Ecclesiastes 4:9-10 • 2 Timothy 1:7 • Galatians 6:2 • Hebrews 12:1 • 2 Corinthians 12:9

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