

LIVING FEARLESS

A BIBLE STUDY AND REFLECTION GUIDE

BASED ON THE BOOK

FEARLESS

THE UNDAUNTED COURAGE AND ULTIMATE SACRIFICE
OF SEAL TEAM SIX OPERATOR ADAM BROWN

BY ERIC BLEHM





In case the worst happened, Adam wrote to his children:

*“I’m not afraid of anything that might
happen to me on this Earth because
I know no matter what, nothing can
take my spirit from me...”*

Adam Brown lived his life with a very clear set of values: God, country, family. He was flawed, sometimes frightfully so, yet with a keen sense of integrity that set him apart. One of Adam’s final wishes, written by hand on his casualty form, was that his spiritual testimony—his complete story—be told, including “my life before I met Jesus Christ and Kelley.” His story serves as a reminder of the power of faith.

Adam leaves behind a legacy of character: courage, faithfulness, accountability, redemption. This conversation guide was written with these themes in mind as a means for readers to go deeper into the story and explore their own paths.





CHAPTER ONE FOUNDATIONS

Share a story of someone whose courage has been meaningful to you. Why do you suspect that story has a special place in your life?

What stands out in Adam's letter to his children as distinct from our current cultural understanding of manhood and fatherhood?

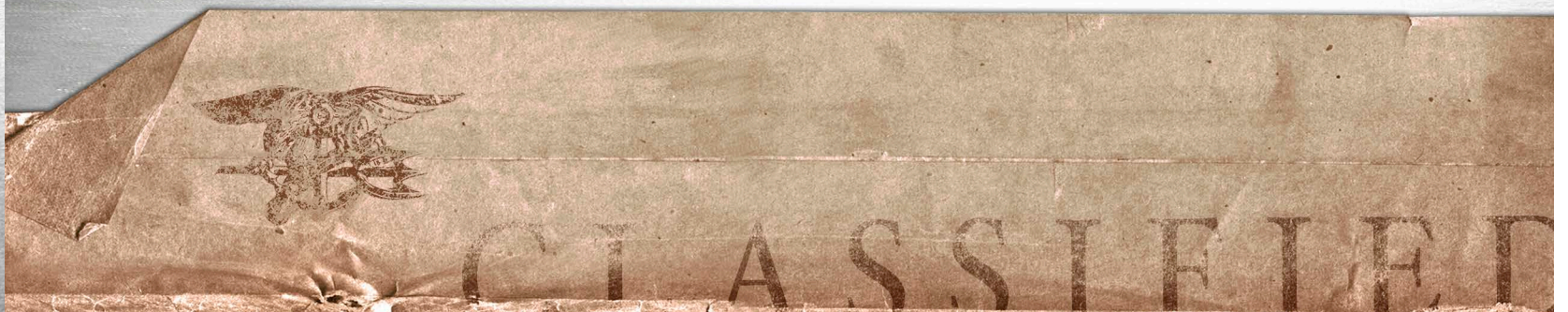
What similarities exist between this letter and Philippians 1:19-21? What other biblical passages (or examples) come to mind as you read Adam's letter?

How did Adam bear the image of God the Father in his words to Nathan and Savannah? For further discussion, read and review Matthew 3:16-17 and Psalm 56:8.

CHAPTER TWO SOMETHING SPECIAL

Consider this chapter and chapter one. What effect did Adam's upbringing and heritage have on him? How has your upbringing and heritage affected you (both good and bad)?

Has anyone ever stuck up for you the way Shawn did for Adam in the "swirly incident"? How did that affect you?





CHAPTER THREE THE WOLF PACK

“That one little sophomore taught our whole team more about character in a few minutes than any of us coaches could have in an entire season. He wasn’t going to be the big star lineman that his brother was, but what impressed me was this kid was not scared. He was determined that he was not going to let his size keep him from doing whatever he wanted to do.” – Coach Steve Anderson

“I’m glad I did it – it would have eaten at me forever.”
– Adam Brown, after jumping from a moving car on the I-70 bridge into Lake Hamilton

What unique personality traits emerge in Adam’s teenage years? How do they point toward his unique calling in life?

Assess your own personality traits and think back to your early adult years. What light do these traits shed on how you feel God has wired or directed you, even from a young age?

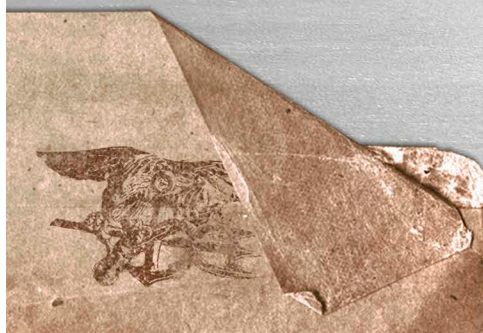
What possible dangers lurk in Adam’s personality? In yours? Why is it important to consider these possible dangers?

CHAPTER FOUR SLIPPING

Retrace Adam’s decline. At what point did Adam miss the way out of temptation the Apostle Paul describes in 1 Corinthians 10:12-13? Recount similar small missteps in your own life that led to greater rebellion and evil.

Read James 1:13-15. Where is the appropriate line to hold in the battle against temptation?

What else played a significant role in Adam’s descent into addiction?





CHAPTER FIVE THE DARK TIME

Read 2 Corinthians 7:8-11. Throughout these dark years, Adam repeatedly felt sorrowful for his decisions and, yet, the pattern of addiction continued to the point that his own family no longer trusted him. Why was Adam's regret insufficient to change him? Have you experienced the same thing?

What, according to 2 Corinthians 7, is distinct about the kind of sorrow that really leads to change?

Is Adam's resolve to "climb out of this hole and be somebody" a good thing? Why or why not?

Why do people fall into patterns of addiction? How are we tempted? Is the resolve to fix the consequences of our addiction (on our own) any different than the resolve to "get a fix?"

Note: For more discussion on this idea consider the story of King Saul in 1 Samuel 13:5-14 and 15:1-25. If David was a man after God's own heart, Saul was a man after the people's heart. He was addicted to their approval. Do you see in these passages the same desire revealing itself in feeding his "addiction" AND in dealing with the consequences of his addiction? Why is it important to understand this?





CHAPTER SIX IN GOD'S HANDS

“Although Janice had gone [to church] for one reason only, to help Adam, ‘it ended up helping me,’ she says. ‘Once I realized I needed Jesus, it wasn’t for Adam; it was for me.’

Janice devoured her new Bible, until one morning, as she stood in her kitchen, she asked Jesus into her heart. She shared the news with Larry. Together they prayed, asking Jesus to save Adam.

Only then were they able to stop chasing him. ‘We quit,’ says Janice. ‘We were like, ‘Lord, you’re in charge, and we’re going to back away and let you be in charge.’”

Read Hosea 5:13 – 6:6. Notice the lengths to which God will go to cause his people to depend solely on Him. How do you see that jealous fatherly love at work in Adam’s life? In his parents’ life?

Does this bring any perspective to the struggles in your own life? How?

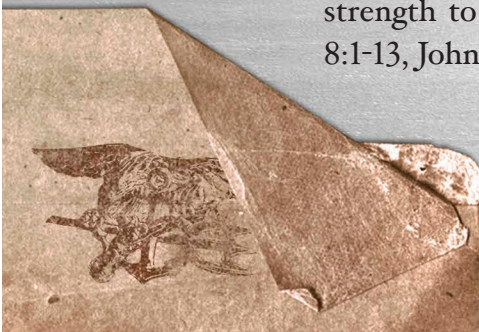
What is wrong with our common approach to the problem of evil, namely, our questioning why bad things happen to “good” people? Why might that be significant in understanding Adam during the time Ryan Whited was helping him with his addiction?

What does Adam’s prayer in jail with Pastor Smith reveal? How does that line up with Pastor Smith’s advice a few days later?

“Dad, you remember how you always just wanted me to finish one thing I started? Well here it is, not because I can do it, but because God is going to do it for me, for you dad, you mom and for everyone that ever believed in me.”

– from Adam Brown’s letter to his parents during his time with Teen Challenge

What does it mean to battle sin in our own power? How do we rely on God’s strength to resist temptation? For further discussion, read and review Romans 8:1-13, John 16:1-15, Ephesians 3:14-20 and 2 Thessalonians 1:11-12.





CHAPTER SEVEN KELLEY

Kelley recounts how she felt after the third time she had experienced one of Adam's relapses. "It was as if he was cheating on me," she explains. "It almost felt like a girl." How does that explanation shed light on the dynamics of addiction?

What effect do Kelley and the prospect of Naval service have on Adam? Why?

Have you experienced anything similar in your own life?

CHAPTER EIGHT RISING UP

How was Adam able to go from an utter lack of discipline to this level of discipline so quickly?

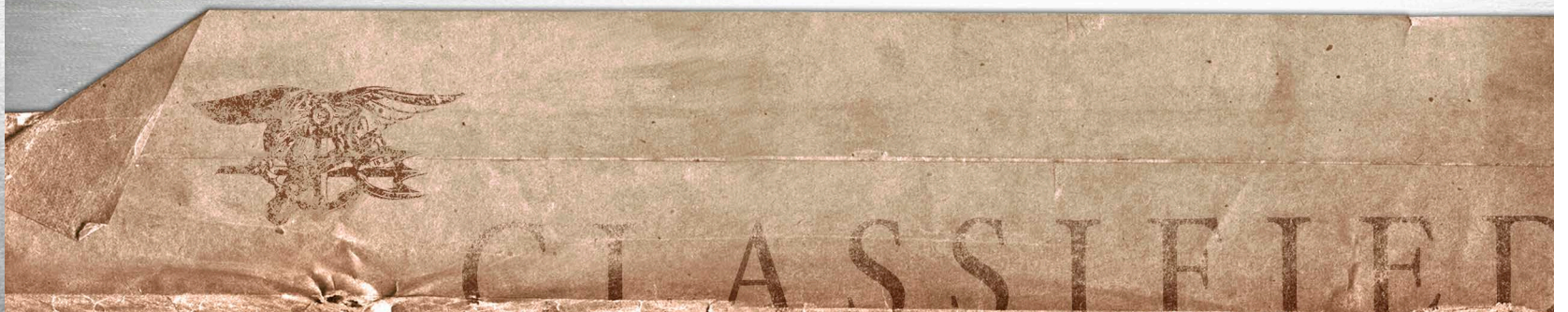
What does this reveal about masculinity and the battle against sin?

CHAPTER NINE PAYS TO BE A WINNER

During BUD/S, Adam finds a competitor in Christian, who would later become his friend. Frustrated by Adam's dogged perseverance, Christian asks, "What is driving this guy?"

What is it that drove Adam to accomplish and persevere with commendations at BUD/S?

What does Adam's letter to his father during BUD/S reveal about Adam's internal world at this time?





CHAPTER TEN A SEAL IS BORN

Read James 4:4-10. How does Adam exemplify James' challenge during this season of his life?

Eventually, Romans 8:28 becomes a profound anchor for Adam's family in the midst of hard times. A window into God's purposes in "all things" follows this promise. Romans 8:29 reveals that God has a plan to conform His people into the image of his Son. How do you see that at work in Adam's life? What attributes of Christ are starting to be revealed in Adam's life?

Is this God's purpose for every Christian? How do we know? What makes that hard to believe in your own life? For further discussion, read John 14:12-14 and consider what Jesus's words reveal about God's plan for our lives.

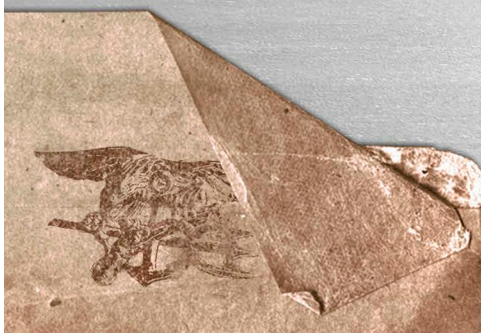
CHAPTER ELEVEN THE CALLING

What affect did 9/11 have on Adam's life? Why?

Why wasn't the prospect of increased danger and certain combat a discouragement to Adam?

Read 1 Corinthians 16:13, 2 Timothy 2:1-7 and Hebrews 12:1-12. What is the problem with living to avoid hardship? How does that affect men in particular?

Where are you simply living to avoid danger?





CHAPTER TWELVE WAR

What particular qualities stand out to you in Adam's commendations?

In his classic treatment on masculinity, *The Silence of Adam*, Larry Crabb observes that Genesis 3 reveals that the first Adam was with Eve but remained silent while the serpent was tempting her. This passive quality to step away from responsibility is something all men have inherited from that first man.

What is supposed to exist instead of this passivity? How does that reflect the character and nature of God? Where do you see that developing in Adam Brown?

Where does that passivity reign in your life? How is God addressing that in your life?

Read Philippians 2:1-8. How is this passage evident in Adam's life as he matures? Are humility and assertiveness compatible? Why do they seem to be at odds?

How was Adam able to handle the variety of disappointments he faced in his career?

CHAPTER THIRTEEN SOMETHING IMPORTANT

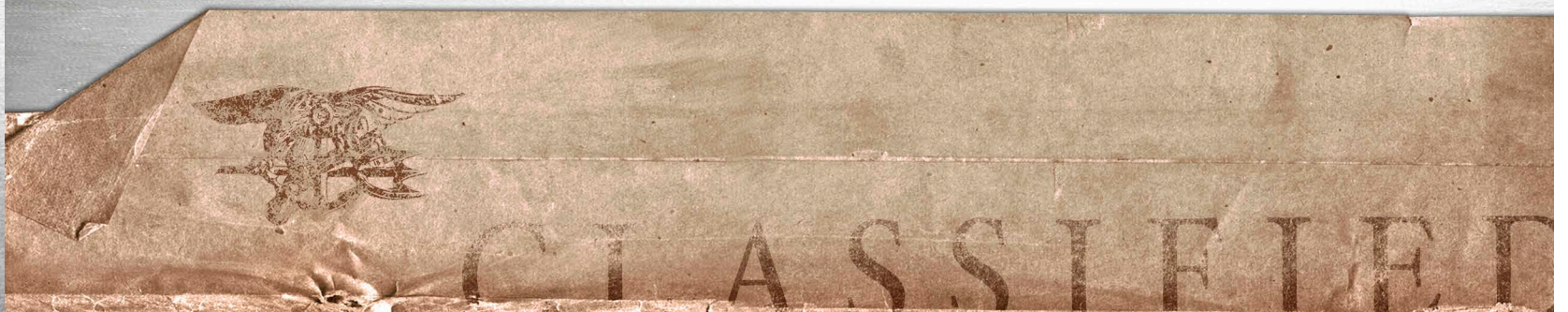
"The only reason a SEAL from the regular teams won't go to Green Team is because he's afraid of failing." – DEVGRU operator, Dale

Where is a fear of failure restricting your life?

How does the Gospel of Jesus Christ address our fear of failure?

What sin is behind our fear of failure? Why must we understand that?

What does Adam's life teach us about overcoming the fear of failure?





CHAPTER FOURTEEN GREEN TEAM

He will stand before kings; he will not stand before obscure men. (Proverbs 22:29 ESV)

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. (Colossians 3:23–24 ESV)

During his time with Green Team, Adam encountered his most intense physical and mental challenges to date. What helped him grow in skill and ability?

Why is it important for each of us to pursue excellence in all that we do?

How does pride get in the way of our pursuit of excellence?

What erodes mental toughness? What supports it?

CHAPTER FIFTEEN TOP SECRET

During his time as a DEVGRU operator, Adam experienced an incredible range of experiences and emotions. How do you see Romans 5:1–5 coming alive in Adam's life in this season?

What effect did that have on those around him?

How do we experience this same transformation? What do Jesus' words in John 15:5–11 reveal about this transformation?





CHAPTER SIXTEEN HEART OF A WARRIOR

“Here we are, packing extra ammo and grenades when we went outside the wire, and Adam was stuffing his ruck with shoes, knocking on doors in the villages, keeping track of their sizes on a notepad and telling them all that more were on the way.”
– Green Beret who accompanied Adam’s 2008 deployment to Afghanistan

“Best coach ever. He taught us to do things we didn’t think we could. I like that. And if we complained because we had to run around the goalpost, he’d run with us, and when he got there he jumped up and did pull-ups. My other coaches would watch us run; my daddy ran with us.” – Nathan Brown

What seems to increase in Adam’s life as he matures?

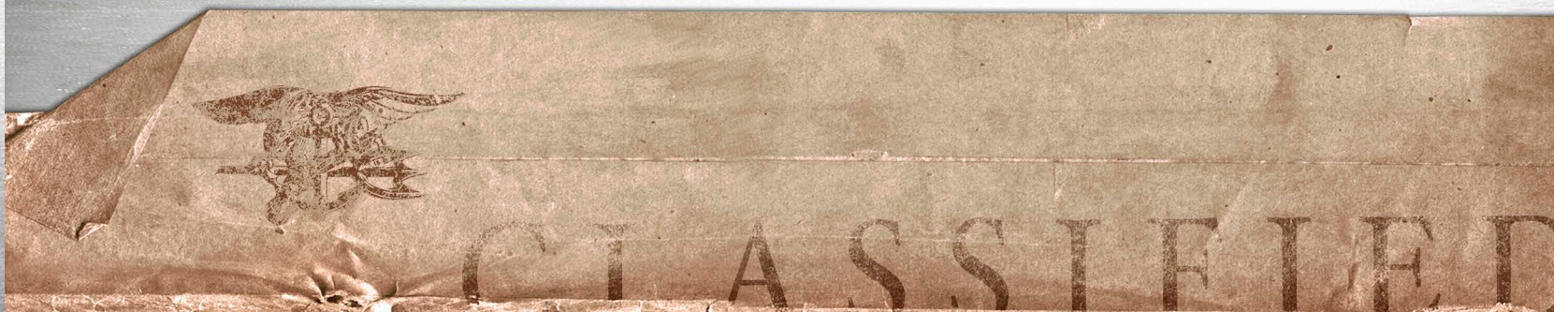
Recall Romans 8:29. Where do you see the image of Christ rising up in Adam in this chapter?

CHAPTER SEVENTEEN OBJECTIVE LAKE JAMES

What “Objective Lake James” have you faced? What daunting missions await you?

What do you need to navigate those hard times?

How does God provide it?





CHAPTER EIGHTEEN I GOT IT!

Greater love has no one than this, that someone lay down his life for his friends. (John 15:13 ESV)

Why are those Batman underwear so significant? Why does the world stop for a few seconds when we discover Adam was wearing them on the night of his death?

Before his death Adam wrote: “No matter what, my spirit is given to the Lord and I will finally be victorious.” How was that true in the life of Adam Brown?

CHAPTER NINETEEN UNCONQUERABLE SOUL AND EPILOGUE

“Adam Brown epitomizes exactly what I would want to be myself and what I would wish for any child. He epitomizes what a real man is: he’s honorable, he cares deeply about his family. He’s not just a tough guy; he’s a gentle giant, no question. He’s one of the most unique men I’ve ever known. If you have a son and your son turns out to be half the person Adam Brown was, warts and all, it’s the luckiest day of your life.” – Captain Buschmann

In his CACO Adam insisted his whole story be told. Read 2 Corinthians 12:9. Why is our whole story critical to God’s purposes in our life? What does this humility afford us (1 Peter 5:5)?

Does the knowledge of Adam’s crack cocaine addiction resonate with you and your failures? Why, then, are we tempted to hide the dark spots in our lives?

What would Adam think of all this adulation and praise? Why?

What made Adam Brown fearless?

What is your next step?

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. (Ephesians 5:15–16 ESV)



Share your story, and prayers with the author
and the Brown Family at www.FearlessNavySeal.com/LiveFearless

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WATERBROOK MULTNOMAH
PUBLISHING GROUP
www.waterbrookmultnomah.com

Fearless: The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator Adam Brown

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Published by WaterBrook Press
12265 Oracle Boulevard, Suite 200, Colorado Springs, Colorado 80921

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The publisher gratefully acknowledges Mitch Majeski for his collaboration
in developing the content for this conversation guide.

