

Vigilant

CONVERSATION GUIDE

“Vigilant” is a short film that tells the story of Kevin, a dental hygienist addicted to Grabbles (an extremely unhealthy snack cake). Kevin decides to try to stop his struggle on his own, only to discover the company that makes the cakes is malevolently intent on keeping him as a loyal customer. He must enlist the help of a group of addiction survivors to help him fight the corporation that wants to keep him addicted to their snacks. As you watch this action comedy, you’ll see Kevin walking the road to overcome his struggle and finding that it can’t be done alone.

You can watch Vigilant at jesusfilm.org/vigilant. And after you watch, you can use the questions below to talk about the film with others, or for your own personal reflection.

Let’s Talk About It

What happened in the film? How did this film make you feel?

What were some of the key themes you saw in “Vigilant”?

In “Vigilant”, the main character, Kevin, struggles with compulsively consuming “Grabbles”. The reality is we all struggle with a variety of unwanted behaviors – any thought, belief, or action you want to stop but can’t. Why do you think that is?

Why do you think Kevin kept turning back to Grabbles from an early age? What was he hoping for from Grabbles? Were his needs met?

Going Deeper

What part of “Vigilant” did you relate to the most?

Where do you go when you are feeling dissatisfied? Why do you think that is?

God created humanity with the desires to be known, loved, accepted, and safe in relationships with Him and others. Yet, our desires go unmet easily. We experience hurt, loneliness, fear, and rejection. Those unmet desires can lead us to unwanted behaviors, but God desires something better for our flourishing. Read the following verses:

“Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.”

PROVERBS 13:12

“You open your hand and satisfy the desires of every living thing.”

PSALM 145:16

What do you think these verses reveal about the heart of God and our unwanted behaviors?

God desires that we would have thriving relationships with Him and others and experience true satisfaction. Have you experienced that in your life?

Seeking Resolution

Have you ever felt stuck in hurt or unwanted behaviors? Not sure how to move forward? Check out the Resolution Movement at resolutionmovement.org. Join the international movement seeking to help young people overcome hurts and struggles, and live a thriving life with Jesus and others.