



A 7-WEEK STUDY GUIDE

**1**

**Loved,  
Gave**

**-**

**Believe,  
Have**

***Each session will begin with an opportunity to help you connect with and get to know one another. Since this may be your first time together (or since you may have new members), take a few minutes to make sure everyone knows each other.***

What is the weirdest or funniest gift you have ever received? Do you still own that gift?

***Play the "Session One: Loved, Gave // Believe, Have" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read John 3:16-21*

1. How do the words of John 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**For God so  
loved the  
world that  
he gave  
his one  
and only  
Son, that  
whoever  
believes in  
him shall  
not perish  
but have  
eternal  
life.**

**JOHN 3:16**

2. During the video session, we learned that the love of God and the sacrifice of Jesus are the engines that drive the Christian life. Why is this true? How does God's love inspire and motivate you to grow in your faith and character?

3. If you are willing, share your personal story of how you came to faith in the Lord. What ultimately led you to make the decision to follow Jesus? What were some events in your life that helped lead you to that decision?

4. How does the love of God act like a shining light, revealing to us the truth about who we are and the truth about the world? Why might a person reject the truthful love of God in favor of a lie?

5. What are some barriers in your mind and heart that make it difficult to accept God's unconditional love for you? How can you take one step this week toward getting past those barriers?

*Read John 14:5-14*

6. According to what Jesus reveals about Himself in these verses, why is Jesus the only way to the Father? How does Jesus reveal the truth about what God is like? What does it mean when Jesus says that He is the “life?”

7. Why does Jesus claim in John 14:12 that anyone who has faith in Him will do greater things than what He had done during His ministry? What does this claim teach us about the work Christ calls us to do during our lives?

*For over a thousand years, Christians have used the Scriptures to practice a simple form of meditation called lectio divina. In Latin, the practice means “divine reading,” and millions of believers throughout history have found wisdom and comfort from this ancient practice. Each week during this series, we will guide you through a version of this meditation practice that you can use either in a group or on your own.*

*Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, begin by inviting the Holy Spirit to guide your time of meditation.*

1

Read the words of John 3:16, “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

4

In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.



*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

Ten years from now, what do you want your spiritual life to look like?  
What would be your ideal life with God?

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

### **Prayer Requests**

### **Praise Reports**

**2**

**The  
Roar  
from  
Zion**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

Where is one place in the world you've never been that you want to visit?  
What would you do once you got there?

***Play the "Session Two: The Roar from Zion" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read Joel 3:16 & Psalm 46:1-11*

1. How do the words of Joel 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**The Lord  
will roar  
from Zion  
and thun-  
der from  
Jerusalem;  
the earth  
and the  
heavens  
will trem-  
ble. But  
the Lord  
will be a  
refuge for  
his people,  
a strong-  
hold for  
the people  
of Israel.**

**JOEL 3:16**

2. During the video session, we learned that the majesty of God will often cause us to stand in awe of Him. Why should we consistently look for moments when we can stand in awe of God's creative power? How can meditating upon God's awe-inspiring feats give us confidence during seasons of uncertainty?

3. What is something in God's creation or about God's character that causes you to stand in awe of Him? If one comes to mind, share a story from your life when you experienced awe and wonder because of something God had done before your eyes.

4. According to these verses, why can we find refuge and strength in the Lord's presence? Where are some unhealthy places where we may seek to find protection and security from the troubles of life?

5. In Psalm 46:10, the Lord challenges us, saying, "Be still, and know that I am God." Why must we become still in order to understand who God is on a deeper level? What is one thing you're willing to sacrifice this week in order to add a moment of stillness to your life?

*Read Isaiah 8:11-17*

6. Why does the Lord say that we should not fear conspiracies or the common worries of the world? Why does the Lord declare that He is the only one we should fear and dread? What does this look like from the standpoint of the Christian life?

7. In these verses, we see that to some the Lord serves as a secure sanctuary, while to others He is a stone that causes people to trip and fall. How does the Lord bring security to those trust in Him? Why do those who refuse to trust in the Lord end up stumbling and falling?



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1

Read the words of Joel 3:16, “The Lord will roar from Zion and thunder from Jerusalem; the earth and the sky will tremble. But the Lord will be a refuge for his people, a stronghold for the people of Israel.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

4

In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.

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Please spend at least 15 minutes writing about the question below:

*How close would you say you currently feel to God? What are some barriers that stand between you and Him? What are some ways you feel connected to Him?*

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### **Prayer Requests**

### **Praise Reports**

**3**

**A  
Baptism  
Like No  
Other**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

If you could transform into any animal for one day, which one would you choose? How would you spend that day?

***Play the "Session Three: A Baptism Like No Other" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read Matthew 3:4-6, 11-17*

1. How do the words of Matthew 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**As soon as  
Jesus was  
baptized,  
he went  
up out of  
the water.  
At that  
moment  
heav-  
en was  
opened,  
and he  
saw the  
Spirit of  
God de-  
scending  
like a dove  
and light-  
ing on  
him.**

**MATTHEW 3:16**

2. In the video session, we heard about different reasons why people would seek to become baptized. If you have been baptized (and if you are willing to share), discuss the reasons that led you to make that decision. How did your life change after you were baptized?

3. Imagine you are John the Baptist in this story, and Jesus approaches you and asks you to baptize Him. What thoughts would run through your mind? How would you feel? What would Jesus' example teach you about the meaning of baptism?

4. After Jesus' baptism, the Holy Spirit descended upon Him in the form of a dove. How does the Holy Spirit partner with us when we are baptized in the name of the Lord? Why do we need to repent and turn away from a life of sin in order to pursue a life led by the Spirit of God?

5. When Jesus rose from the water, a voice from heaven declared that He was well-pleased with His Son. If the Lord spoke from heaven right now to encourage you, what would you hope He would say? What message do you need to hear from the Lord today?



*Read Romans 6:1-14*

6. According to these verses, what is the reason we are baptized? How does our baptism unite us with Jesus?

7. How does Christ free us from sin's mastery over us through baptism? What does this look like in the Christian life? Without sharing too many details, how has the Lord personally freed you from your sins?

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1

Read the words of Matthew 3:16, “As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

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In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.

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Please spend at least 15 minutes writing about the question below:

*What is a sin or an unhealthy habit that you’ve had a difficult time leaving behind? If you were to develop a plan by which you would get that sinful habit under control, what would it look like?*

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### **Prayer Requests**

### **Praise Reports**

**4**

**How  
We Know  
What  
Love Is**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

What is one task or experience you would attempt if you knew it would be impossible to fail at it? Why?

***Play the "Session Four: How We Know What Love Is" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read 1 John 3:11-20*

1. How do the words of 1 John 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**This is how  
we know  
what love  
is: Jesus  
Christ laid  
down his  
life for us.  
And we  
ought to  
lay down  
our lives  
for our  
brothers  
and sis-  
ters.**

**1 JOHN 3:16**

2. From the video session, we learned that the only way we can conquer the divisions in our world is through the sacrificial love of Christ. Why is this true? What are some unhealthy methods we may use to end conflict in our world?

3. Share about a time from your life when someone showed their love for you through sacrifice. How did that act of sacrifice affect you? How has it inspired you to live a sacrificial life of love?



4. In 1 John 3:18, the author urges us to love others not “with words ... but with actions and in truth.” Why must love be shown through our actions rather than just communicated through our words? How do we make others feel when we share our love only through words and not through action?

5. What is one thing you believe God is calling you to sacrifice in order to show love to someone in your life? What would be the benefit of sacrificing that one thing? How will you make that sacrifice a reality this week?

*Read John 15:1-17*

6. Why must we remain connected to Jesus in order to display true love for others? What happens if we attempt to love others without staying united with Jesus? Why does remaining in Jesus naturally lead us to a life of sacrifice?

7. Why is there no greater show of love than laying down one's life for others? What does this teach us about the nature of love? Why does true love always contain an element of sacrifice?

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1

Read the words of 1 John 3:16, “This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

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Please spend at least 15 minutes writing about the question below:

*What do you believe the Lord is asking you to sacrifice in order to grow closer to Him? How would sacrificing that one thing help you love the people in your life more completely?*

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### **Prayer Requests**

### **Praise Reports**

**5**

**God's  
Word  
To You**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

How many languages do you currently speak? If you had the chance to learn a new language, which one would you choose?

***Play the "Session Five: God's Word to You" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read 2 Timothy 3:14-4:5*

1. How do the words of 2 Timothy 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**All Scrip-  
ture is  
God-  
breathed  
and is  
useful for  
teaching,  
rebuking,  
correcting  
and train-  
ing in righ-  
teousness.**

**2 TIMOTHY 3:16**



2. How comfortable do you feel when it comes to reading and studying the Bible? What is something you've read in the Bible that has confused you? What are some questions you have about how to study the Scriptures?

3. According to these verses, how does God's word help us become a mature follower of Christ? If one comes to mind, share a story from Scripture or a Bible verse that has helped you grow in wisdom.

4. In 2 Timothy 4:3, we see that many people choose to ignore the truth of Scripture in favor of ideas that they wish to believe. Why does this happen? Why does God's Word often tell us what we don't want to hear?

5. The Bible is a collection of books, originated from God and written by many authors over thousands of years. What is the next book in the Bible that you want to read or study? Why? How will you take steps this week to ensure you find time to read it?

*Read 2 Peter 1:16-21*

6. In these verses, we see that the Scriptures did not arise from the cleverness of human authors. Why is it essential that the Scriptures originated from the Spirit of God, and not from the human authors who wrote them down? If the Spirit of God wrote the words of Scripture, then why do we see the personalities of human authors in the books they wrote?

7. These words were written by the apostle Peter, who served as an eyewitness for the miracles and the teachings of Jesus. How do the eyewitness testimonies of Jesus' disciples like Peter and Matthew and John give us confidence for what we read in Scripture?

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1

Read the words of 2 Timothy 3:16, “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

4

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Please spend at least 15 minutes writing about the question below:

*If someone asked you to share one piece of wisdom you’ve received from reading the Bible or hearing a story from the Bible, what would you share? How has that piece of wisdom impacted your life?*

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**Prayer Requests**

**Praise Reports**

**6**

**Neither  
Hot  
Nor Cold**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

If someone created a reality show about your life, what would be the title of the show? What would your show be about?

***Play the "Session Six: Neither Hot Nor Cold" video lesson.***

What stood out to you from the video?



*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read Revelation 3:14-22*

1. How do the words of Revelation 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?

“

**So, because you are luke-warm—neither hot nor cold—I am about to spit you out of my mouth.**

**REVELATION  
3:16**

2. From the video session, we learned that Jesus rebukes and corrects the ones He loves. Why does Jesus sometimes speak harshly with us in order to show His love for us? Why would it be unloving of Jesus to stay silent regarding our sin?

3. If you are willing, share a time when someone delivered a criticism or rebuke that was difficult to hear. How did it make you feel? What is the difference between a loving criticism and an unloving criticism?

4. In these verses, we see that the Christians in Laodicea believed they were rich, but in reality, they were spiritually poor. How can materialism blind us and fool us into believing we are accomplishing the purpose for which God created us? Why do we sometimes need a stern rebuke in order to break free from the gravity of materialism?

5. When Jesus charged the Christians of Laodicea with being "lukewarm," he was saying that their faith was impassionate and half-hearted. What is something in this world that causes you to become passionate or enthusiastic? What is something that sets your faith "on fire" for Christ?

*Read Revelation 3:7-13*

6. The letter that Jesus sends to the church of Philadelphia is a stark contrast to the letter he sends to the church of Laodicea. What are the differences between the two letters? What are the differences between the character and conduct of those two churches?

7. In Revelation 3:8, Jesus says that even though the Christians in Philadelphia had little strength, they still kept His word. How were those Christians able to do this? If keeping Christ's commands doesn't depend on the strength of our will, then on what does it depend?

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**1**

Read the words of Revelation 3:19, “Those whom I love I rebuke and discipline. So be earnest, and repent.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

**2**

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

**3**

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

**4**

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Please spend at least 15 minutes writing about the question below:

*If Jesus wrote a letter to you, what do you think it would say? How would He challenge you or correct you? How would He encourage you and comfort you?*

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### **Prayer Requests**

### **Praise Reports**

**7**

**Give  
Me A  
Little  
Peace**



***Each session will begin with an opportunity to help you connect with and get to know one another.***

Finish the following sentence: "The world would be a better place if everyone would..."

***Play the "Session Seven: Give Me A Little Peace" video lesson.***

What stood out to you from the video?

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

*Read 2 Thessalonians 3:16 & Philippians 4:2-9*

1. How do the words of 2 Thessalonians 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**Now may  
the Lord  
of peace  
himself  
give you  
peace at  
all times  
and in ev-  
ery way.  
The Lord  
be with all  
of you.**

**2 THESSALONIANS  
3:16**

2. In the video session, Pastor Jeff warned us against settling for “second-hand peace.” What are some potentially harmful ways by which we might try to bring peace to our minds and hearts? Why does true peace only come from the Lord?

3. According to Philippians 4:2-9, what are some healthy ways we can seek peace in the midst of difficulty? What are some ways we can promote thoughts that lead to peace in our minds?

4. Share a time when the Lord brought peace to a situation of conflict or difficulty in your life. How did the Lord give you peace in a way that you normally couldn't have found on your own? How do you personally find peace and well-being from the Lord?

5. After going through this series, what do you think will be the main change you're going to pursue in your journey following Christ? How are you going to take one step this week toward making that change a reality? How will your group members hold you accountable for making that change?

*Read James 3:1-18*

6. According to these verses, how can the words we speak bring strife and conflict to our relationships and even to our own minds? Why must we gain control over our speech in order to find peace from the Lord?

7. In James 3:18, we see that those who make peace in the world will raise a "harvest of righteousness." What does this verse teach us about what it means to live a righteous life? Why is it impossible to lead a righteous life while causing conflict and strife for others?

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*Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, begin by inviting the Holy Spirit to guide your time of meditation.*

**1**

Read the words of 2 Thessalonians 3:16, “Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

**2**

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

**3**

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

**4**

In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.

*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

*What is a painful memory from your past that you think about often? What steps could you take to release the pain of the past and move toward finding peace?*

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

### **Prayer Requests**

### **Praise Reports**