

Part 4: Study Outlines

(Designed Length: 2, 4, or 6 Weeks)



The key is to select relevant topics and provide a clear, engaging study format.
Here are some topic ideas with potential scripture references, broken down by need:

. Go to: [Small Group Resources | Legacy Books](#) for downloads.

Individual Growth:

Topic 1: Overcoming Anxiety & Worry:

Description: Explores biblical principles for managing anxiety and finding peace in God's presence.

Scripture: Philippians 4:6-7, Matthew 6:25-34, Psalm 55:22, 1 Peter 5:7

Focus: Identifying sources of anxiety, practicing gratitude, trusting in God's provision, and developing healthy coping mechanisms.

Leadership Study 1: The Principle of Peace (Philippians 4:6-7)

This study focuses on Paul's powerful prescription for anxiety, emphasizing prayer and gratitude as the key ingredients to receiving God's peace.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Share one thing you are currently worried about, and one thing you are genuinely grateful for right now." (Keep sharing brief and safe).	None
0:10 – 0:20	Scripture & Context	Read Aloud: Philippians 4:6-7. Briefly explain the context: Paul was writing this letter while imprisoned, yet his theme is joy. Discussion: What do you notice about the <i>order</i> of Paul's instructions in verse 6? (Prayer/petition <i>before</i> thanksgiving.)	Philippians 4:6-7
0:20 – 0:30	Discussion: The Prescription	Key Question: What does it mean to be "anxious about nothing ?" Is this realistic? Prompts: 1. If "worrying" is essentially spending energy trying to control what we can't, how does "prayer" (making requests known to God) shift that energy from control to trust ? 2. Why is thanksgiving such a crucial part of the process, even when the answer hasn't come yet?	Philippians 4:6
0:30 – 0:40	Discussion: The Promise	Key Question: Verse 7 promises "the peace of God, which transcends all understanding." What does it mean that this peace "guards" your heart and mind? Prompts: 1. Have you ever experienced a peace that didn't make logical sense during a stressful time? 2. How does the peace of God differ from simply distracting yourself or trying to numb your worries?	Philippians 4:7
0:40 – 0:50	Application & Action	Exercise: Have members write down one specific, current worry. Next to it, write a short, simple Prayer Request incorporating Thanksgiving (e.g., "God, I'm worried about X, but I thank you that you know my future."). Prompt: Who can you text your request to right now for external support?	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Paul models that our circumstances don't dictate our peace. Our surrender does. Closing Prayer: Pray over the specific worries and prayer requests shared by the group members.	None

Leadership Study 2: The Priority of Provision (**Matthew 6:25-34**)

This study focuses on Jesus' teaching about worry, reminding us that God cares for creation and promises to provide for the needs of those who prioritize Him.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "If you had to choose one item from nature that best represents 'trust' (e.g., a tree, a bird), what would it be and why?"	None
0:10 – 0:20	Scripture & Context	Read Aloud: Matthew 6:25-34. Note that this teaching comes immediately after Jesus' warning about the love of money and treasures. Discussion: Jesus uses rhetorical questions ("Can any one of you by worrying add a single hour to your life?")—what is the central argument Jesus makes against worry?	Matthew 6:25-34
0:20 – 0:30	Discussion: The Evidence	Key Question: Jesus uses the examples of birds and lilies. What is the difference between the effort they put in (the birds gather, the lilies grow) and the anxiety they experience? Prompts: 1. What does the comparison to "lilies of the field" tell us about how God views our value compared to the rest of creation? 2. Why does worry demonstrate a lack of faith (v. 30)?	Matthew 6:26-30
0:30 – 0:40	Discussion: The Redirection	Key Question: Jesus instructs us to "seek first his kingdom and his righteousness" (v. 33). What does it mean practically to prioritize God over our needs (food, clothing, future)? Prompts: 1. If we worry about material needs, does that mean we are <i>not</i> seeking the kingdom first? How can we know the difference? 2. What specific worries in your life are masking a struggle with seeking God first?	Matthew 6:33
0:40 – 0:50	Application & Action	Exercise: The Daily Limit. Jesus says, "Therefore do not worry about tomorrow, for tomorrow will worry about itself" (v. 34). Discuss what this means for time management. Action Step: Challenge the group to identify one task or worry they usually let cross over from today into tomorrow (e.g., worrying about an email response) and resolve to leave it alone until the morning.	Matthew 6:34

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: The antidote to worry is not simply <i>not</i> worrying; it's re-prioritizing our lives around God. Closing Prayer: Pray for wisdom and discipline for the group to focus on seeking God daily, trusting in His perfect provision.	None

Topic 2: Discovering Your Spiritual Gifts:

Description: Helps participants identify their unique spiritual gifts and how to use them to serve God and others.

Scripture: Romans 12:4-8, 1 Corinthians 12:4-11, Ephesians 4:11-13, 1 Peter 4:10-11

Focus: Understanding the different types of spiritual gifts, taking a spiritual gifts assessment, and finding opportunities to serve within the church and community.

Session 1: Understanding and Identifying Gifts (Romans 12 & 1 Corinthians 12)

This session focuses on the *why* and *what* of spiritual gifts—defining them, understanding their purpose in the body of Christ, and beginning the process of identification.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Think of a time when you received a gift that was absolutely perfect for you. What was it, and why was it the right fit?" (Connect this to God giving perfect spiritual gifts.)	None
0:10 – 0:20	The Purpose of Gifts (Romans 12)	Read Aloud: Romans 12:4-8. Discussion: 1. Paul uses the analogy of the human body (v. 4-5). What does this analogy teach us about unity and necessity ? (Every part matters.) 2. Verse 6 says gifts differ "according to the grace given to us." What does this emphasize about the source of our gifts?	Romans 12:4-8
0:20 – 0:30	Discussion: The Lists of Gifts	Focus: Review the gifts listed in Romans 12: Prophecy, Serving, Teaching, Encouraging, Giving, Leadership, Mercy. Prompts: 1. Which of these gifts do you feel the church needs the most right now? 2. Which gift (or job) listed here seems the least "spiritual" or exciting to you, and why is that perspective flawed? (Highlight the value of serving and giving .)	Romans 12:6-8
0:30 – 0:40	The Source of Gifts (1 Corinthians 12)	Read Aloud: 1 Corinthians 12:4-11 (focusing on the diversity: different <i>kinds</i> of gifts, different <i>kinds</i> of service, same <i>God</i>). Discussion: 1. How does the repetition of "The same Spirit," "The same Lord," and "The same God" reinforce the unity behind the diversity of gifts? 2. Verse 7 says gifts are given for the " common good ." Why must gifts always be used outward (for others) and not just inward (for ourselves)?	1 Corinthians 12:4-11
0:40 – 0:50	Introduction to Assessment	Activity: Introduce a brief, high-level spiritual gifts assessment or inventory (search "free spiritual gifts test" online, or use a paper handout if available). Give the group 5-10 minutes to review the questions or complete	Spiritual Gifts Assessment

Time	Activity	Description & Discussion Questions	Focus Scripture
		the rapid-fire version. Prompts: 1. Which gift descriptions on the assessment surprised you as potential results? 2. Ask members to identify one gift they suspect they <i>might</i> have, and one gift they are certain they <i>do not</i> have.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: True giftedness is not about being a star, but about being a vital organ in Christ's body. Prayer Focus: Pray that God will grant clarity and wisdom to each person as they continue to explore their unique gifts this week.	None

Session 2: Activation and Application (Ephesians 4 & 1 Peter 4)

This session moves from identification to **activation**—understanding the purpose of gifts for maturity and seeking concrete opportunities to use them in service.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Review & Icebreaker	Prompt: "Since last week, what is the most interesting thing you learned about the gifts listed in Romans 12 or 1 Corinthians 12?"	None
0:10 – 0:20	Gifts for Equipping and Maturity (Ephesians 4)	Read Aloud: Ephesians 4:11-13. Discussion: 1. Verses 11-12 list leadership/equipping gifts (Apostles, Prophets, Evangelists, Pastors, Teachers). What is the primary job of these leaders (v. 12)? (To equip the <i>saints</i> for the work of <i>ministry</i> .) 2. How does using your gift help the <i>entire</i> church grow toward maturity (v. 13)?	Ephesians 4:11-13
0:20 – 0:30	Gifts and Stewardship (1 Peter 4)	Read Aloud: 1 Peter 4:10-11. Discussion: 1. Peter divides all gifts into two categories: Speaking and Serving . What does he instruct us to remember about God when using each type of gift (v. 11)? (To do it with the strength God provides, so God is praised.) 2. Peter says we should use our gifts as faithful stewards of God's grace (v. 10). What does it mean to be a good steward of a spiritual gift?	1 Peter 4:10-11
0:30 – 0:40	Discussion: Barriers to Service	Key Question: What commonly holds Christians back from actively using their spiritual gifts? Prompts: 1. Fear: Fear of failure or fear of people's opinions. 2. Comparison: Looking at someone else's powerful gift and discounting your own. 3. Opportunity: Not knowing where or how to plug in. Discuss ways to overcome these barriers.	None
0:40 – 0:50	Application: Where to Serve	Activity: Provide the group with specific service opportunities in your church or community (e.g., hospitality team, children's check-in, mentoring, serving the needy). Have members write down their top 3 potential gifts (from last week's reflection/assessment). Action Step: Challenge each person to match at least one of their potential gifts to a tangible service opportunity they could try this week or next month.	

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Commitment	Leader Reflection: The Holy Spirit has given us the strength (1 Peter 4:11) and the body (Romans 12:5) to accomplish God's work. It's time to step out. Prayer Focus: Ask for the boldness to try serving, and pray specifically for the person sitting to your right to recognize and activate their gifting this week.	

Topic 3: Developing a Consistent Prayer Life:

Description: Provides practical guidance and encouragement for establishing a meaningful and consistent prayer life.

Scripture: Matthew 6:5-15, Luke 11:1-13, Philippians 4:6-7, 1 Thessalonians 5:16-18

Focus: Exploring different types of prayer (adoration, confession, thanksgiving, supplication), overcoming common obstacles to prayer, and developing a prayer journal.

Session 1: The Model and Motivation for Prayer (Matthew 6 & Luke 11)

This session explores Jesus' teachings on *how* and *why* we pray, focusing on the Lord's Prayer as a framework.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "What is one thing about prayer that you find most intimidating, and one thing that you find most comforting?"	None
0:10 – 0:20	The Posture of Prayer (Matthew 6)	Read Aloud: Matthew 6:5-8. Discussion: 1. Jesus warns against praying "like the hypocrites" (v. 5) and "heaping up empty phrases" (v. 7). What is the difference between prayer as a performance and prayer as a relationship ? 2. What does praying in your "inner room" (v. 6) teach us about the audience for our prayers?	Matthew 6:5-8
0:20 – 0:30	The Pattern of Prayer (Matthew 6:9-13)	Read Aloud: Matthew 6:9-13 (The Lord's Prayer). Focus: Review the A.C.T.S. framework based on the prayer: A doration (Hallowed be your name), C onfession (Forgive our debts), T hanksgiving (Implied), and S upplication (Give us this day our daily bread). Discussion: Which of these four elements do you tend to spend the <i>least</i> amount of time on in your personal prayer time? Why?	Matthew 6:9-13
0:30 – 0:40	The Persistence of Prayer (Luke 11)	Read Aloud: Luke 11:5-13 (The Parable of the Friend at Midnight). Discussion: 1. Jesus praises the "shameless audacity" (or importunity) of the friend. What does this parable teach us about persistence in prayer? 2. Verse 13 promises the Holy Spirit to those who ask. How does the Holy Spirit help empower and motivate a consistent prayer life?	Luke 11:1-13
0:40 – 0:50	Application & Action	Exercise: Have members silently pray through the A.C.T.S. model for 3-5 minutes, focusing on one element they usually neglect. Action Step: Challenge members to set an alarm for five minutes every day this week, specifically to pray using the A.C.T.S. framework .	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Prayer isn't a duty; it's a direct invitation into the presence of God. Closing Prayer: Pray for consistency, discipline, and a	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		deeper desire in each group member to connect with the Father.	

Session 2: Overcoming Obstacles and Building Habits (Philippians 4 & 1 Thessalonians 5)

This session addresses the practical challenges to consistency, focusing on using prayer as an immediate response to life and establishing helpful habits.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Review & Icebreaker	Prompt: "What is the biggest practical obstacle that prevents you from praying consistently (e.g., lack of time, distraction, not knowing what to say)?"	None
0:10 – 0:20	Prayer as an Antidote to Anxiety	Read Aloud: Philippians 4:6-7. Discussion: 1. What does it mean to make our "requests known to God" <i>instead</i> of being anxious? 2. How can we train ourselves to make prayer our default reaction to stress, rather than worrying or venting? 3. (Briefly revisit from Topic 1): How does the resulting peace guard your heart and mind?	Philippians 4:6-7
0:20 – 0:30	Prayer as a Lifestyle (1 Thessalonians 5)	Read Aloud: 1 Thessalonians 5:16-18. Discussion: 1. What does it mean to " pray without ceasing "? Is this literally possible? (Help them understand it as maintaining a constant <i>attitude</i> of dependence and turning to God immediately.) 2. How does the instruction to " give thanks in all circumstances " (v. 18) inform the type of prayers we offer, even during suffering?	1 Thessalonians 5:16-18
0:30 – 0:40	Discussion: The Prayer Journal	Tool Introduction: Introduce the idea of keeping a Prayer Journal to combat forgetfulness and grow faith. Prompts: 1. How can tracking your prayers (request, date, answer, date) help you overcome the feeling that "God never answers my prayers?" 2. What are the pros and cons of setting a specific time for prayer versus praying spontaneously throughout the day?	
0:40 – 0:50	Application: Developing Prayer Triggers	Activity: Have each member identify 2-3 Prayer Triggers —daily actions that will remind them to pray. Examples of	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		Triggers: <i>When I first open my phone, When I start my car, When I take a sip of coffee, When I see my boss's name.</i> Action Step: Commit to using one of these triggers every time it occurs this week.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Consistency doesn't mean perfection; it means returning to God again and again. Closing Prayer: Take a moment to pray, asking God to help them recognize and celebrate the answered prayers they have recorded, increasing their faith in His faithfulness.	

Topic 4: Finding Purpose in Your Work:

Description: Explores how to integrate faith into the workplace and find meaning and purpose in your career.

Scripture: Colossians 3:23-24, Proverbs 16:3, Ecclesiastes 3:12-13, 1 Corinthians 7:17-24

Focus: Identifying your values, aligning your work with your calling, and serving God through your career.

Couple/Relationship Focused:

Session 1: The Theology of Work: Beyond the Paycheck (Colossians 3)

This session focuses on the foundational biblical view of work, shifting the motivation from personal gain to worship.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "What is one thing you love about your current job or profession, and one thing you tolerate about it?"	None
0:10 – 0:20	The Ultimate Audience	Read Aloud: Colossians 3:23-24. Discussion: 1. What does it mean practically to do your work "heartily" (with all your soul)? 2. Paul says we are serving "the Lord Christ" (v. 24). How would knowing your actual boss is Jesus Christ change the way you handle difficult tasks or difficult colleagues?	Colossians 3:23-24
0:20 – 0:30	Discussion: Redefining "Success"	Read Aloud: Proverbs 16:3. Discussion: 1. The verse promises that if we commit our work to the Lord, our "plans will be established." What does "commit" look like in a job interview, a project deadline, or a tough conversation with a client? 2. How does this passage challenge the world's definition of success (money, title, power)?	Proverbs 16:3
0:30 – 0:40	The Dignity of Work (Ecclesiastes 3)	Read Aloud: Ecclesiastes 3:12-13. Discussion: 1. The Preacher concludes that enjoying our labor is a gift from God. How can you practice slowing down to appreciate your labor rather than rushing to the next task? 2. Can manual labor, administration, or cleaning be just as much a form of worship as being a pastor or missionary? Why or why not?	Ecclesiastes 3:12-13
0:40 – 0:50	Application & Action	Exercise: Have members identify a current project or routine work task they usually rush through or dislike. Action Step: Commit to doing that one task this week "as unto the Lord," making a conscious choice to offer the effort as worship.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: We are not just employees; we are ambassadors of Christ in our workplaces. Closing Prayer: Pray for the	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		group members to see their work environments as their primary mission field this week.	

Session 2: Work, Calling, and Contentment (1 Corinthians 7)

This session addresses the concept of "calling" and encourages contentment and faithful service right where God has placed us.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one instance this week where you intentionally viewed a job task as service "to the Lord Christ."	None
0:10 – 0:20	The Principle of Placement	Read Aloud: 1 Corinthians 7:17, 20, 24. Discussion: 1. Paul strongly emphasizes remaining in the life situation (or "calling") where God found you. How does this idea challenge the modern pressure to constantly climb the ladder or seek the "perfect" job? 2. What does it mean to "remain with God" in your current work environment?	1 Corinthians 7:17, 20, 24
0:20 – 0:30	Discussion: Job vs. Calling	Prompt: Discuss the difference: A Job is what you do for money; a Calling (or Vocation) is God's invitation to glorify Him wherever you are. Key Question: Is your career or job your ultimate identity, or is being a Christ-follower your ultimate identity? What are the consequences of confusing the two?	None
0:30 – 0:40	Contentment and Freedom	Read Aloud: 1 Corinthians 7:21-23 (focusing on the concepts of slave and free). Discussion: 1. Paul states that even a slave is the Lord's "freedman" (v. 22) and that believers are bought with a price. How does the knowledge of our spiritual freedom in Christ change our attitude toward unfair bosses or difficult job demands? 2. How can discontentment about your job status become an idol that separates you from God?	1 Corinthians 7:21-23
0:40 – 0:50	Application & Action	Exercise: Identify the primary spiritual need you see in your workplace (e.g., integrity, peace, patience). Action Step: Choose one Christian character trait (like patience or kindness) and commit to displaying it consistently in your workplace, seeing it as your specific, current "calling."	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Finding purpose isn't about <i>changing</i> your job; it's about changing your attitude toward the job you have. Closing Prayer: Pray for contentment and for the ability to see the sacred in the mundane of their work lives.	None

Session 3 (Couples Focus): Work, Stress, and Spiritual Rhythm

This session is designed for couples, addressing the challenges work places on marriage and how to maintain spiritual alignment.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt (Pairs): "Share with your spouse one way your work schedule or stress level affects your spouse the most." (5 minutes per person.)	None
0:10 – 0:20	Honoring the Sabbath in Marriage	Read Aloud: Exodus 20:8-11 (The Command to Keep the Sabbath). Discussion (Group): 1. When you allow work to encroach on your Sabbath rest, what suffers most in your marriage (communication, intimacy, parenting)? 2. How can a couple commit to protecting one day or even one evening a week as a "work-free" zone to honor God and their relationship?	Exodus 20:8-11
0:20 – 0:30	Discussion: Financial Stress & Unity	Read Aloud: Amos 3:3 ("Do two walk together unless they have agreed to do so?"). Discussion (Couples): 1. How has financial stress (from job changes, debt, etc.) impacted your unity? 2. How can you be "agreed" on your career path, not just financially, but spiritually (e.g., agreeing that integrity is more important than a higher salary)?	Amos 3:3
0:30 – 0:40	Sharing the Burden	Scripture: Galatians 6:2 ("Carry each other's burdens, and in this way you will fulfill the law of Christ."). Discussion (Group): 1. What are the signs that your spouse is carrying a work burden alone? (e.g., silence, excessive tiredness, irritability). 2. How can you, as a spouse, help "carry the burden" of their work stress without trying to fix their workplace problems? (Focus on listening, prayer, and encouragement.)	Galatians 6:2
0:40 – 0:50	Application & Action	Exercise (Couples): Plan an immediate Spiritual Rhythms Check-in . List one boundary you need to set <i>together</i> this week (e.g., "No work phones after 8 PM," or "Pray together before applying for a new job"). Action Step: Commit to reviewing this boundary together at the end of the week.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Work is essential, but marriage is sacred. Closing Prayer: Invite the couples to hold hands and pray briefly for one another's work success and spiritual protection from stress.	None

Session 4 (Couples Focus): Vocational Alignment and Shared Vision

This session helps couples see their combined career efforts as part of a larger, shared mission from God.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt (Pairs): Share the boundary you set last week and how successful you were in keeping it.	None
0:10 – 0:20	Unity in Purpose	Read Aloud: Ephesians 5:21 ("Submit to one another out of reverence for Christ."). Discussion (Group): 1. If both spouses have demanding careers, how does submission to Christ help you make joint decisions about career advancement, relocation, or cutting back hours? 2. Where is your career decision-making process currently driven by fear (of lacking) instead of faith (in God's provision)?	Ephesians 5:21
0:20 – 0:30	Discussion: Money as a Tool	Scripture: 1 Timothy 6:17-19 (Instructions to the rich). Discussion (Couples): 1. How can you, as a couple, use the money earned through your work (no matter the amount) as a tool for "good works" and generosity? 2. How do you guard your hearts against the trap of trusting in wealth rather than in God?	1 Timothy 6:17-19
0:30 – 0:40	The Shared Mission Field	Read Aloud: Deuteronomy 6:5-7 (The command to teach children). Discussion (Group): 1. If your primary calling is to honor God and build a godly home, how can your collective careers support that calling rather than detract from it? 2. How do your children or family see you model finding Christ-centered purpose in your daily work?	Deuteronomy 6:5-7
0:40 – 0:50	Application & Action	Exercise (Couples): The Mission Statement. Have each couple draft a single, simple sentence that defines their Shared Family/Marriage Mission (e.g., "Our purpose is to glorify God by raising kind children and serving the vulnerable in our community"). Action Step: Discuss how your current jobs either help or hinder this mission.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: When two careers are aligned under Christ, they become a powerful force for the Kingdom. Closing Prayer: Pray over the couples' mission statements, asking for clarity, unity, and provision as they seek to honor God through their work and family life.	None

Topic 5: Communication in Marriage:

Description: Explores principles for effective communication in marriage, including active listening, empathy, and conflict resolution.

Scripture: Ephesians 4:29, James 1:19, Proverbs 15:1, Proverbs 17:9

Focus: Understanding different communication styles, practicing active listening, expressing needs and emotions effectively, and resolving conflicts constructively.

Session 1: The Foundation of Communication (Ephesians 4:29)

This session establishes the biblical standard for marital communication: using words to build up and give grace.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt (Pairs): "Share one communication habit your spouse has that you truly appreciate, and one that sometimes creates friction."	None
0:10 – 0:20	The Standard for Speech	Read Aloud: Ephesians 4:29. Discussion: 1. Paul gives a negative command ("Let no corrupting talk come out of your mouths") and a positive command ("but only such as is good for building up"). What are examples of "corrupting talk" in marriage (e.g., sarcasm, nagging, criticism)? 2. What does it look like for a spouse's words to be "fit for the occasion," meaning timely and helpful?	Ephesians 4:29
0:20 – 0:30	Discussion: Grace and Needs	Key Question: What does it mean for your communication to "give grace to those who hear" ? Prompts: 1. How does extending grace in your communication change when your spouse is tired, stressed, or hurt? 2. How can you express a legitimate need or complaint without tearing down your spouse? (Focus on <i>the behavior</i> and not <i>the person</i> .)	Ephesians 4:29
0:30 – 0:40	Identifying Communication Killers	Tool Introduction: Briefly introduce Gottman's Four Horsemen of the Apocalypse as communication killers: Criticism, Contempt, Defensiveness, and Stonewalling . Discussion: Which of these four behaviors do you (or your spouse) fall back on most often during stress?	None
0:40 – 0:50	Application & Action	Exercise (Pairs): The Compliment Challenge. Each spouse must give the other a genuine, specific compliment about their character (not appearance) that they haven't shared recently. Action Step: Commit to catching your spouse doing something right and "building them up" with specific praise at least once per day this week.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Our words have the power of life and death (Proverbs 18:21). Use them to build up your home. Closing Prayer: Pray that God would grant the couple's wisdom and restraint in their speech.	None

Session 2: The Art of Active Listening (James 1:19)

This session focuses on the core skill of effective communication: listening with patience and understanding before speaking.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt (Pairs): Share one thing your spouse praised you for this week.	None
0:10 – 0:20	The Listener's Commandment	Read Aloud: James 1:19. Discussion: 1. Why does God command us to be " quick to hear " but " slow to speak " and " slow to anger "? What is the connection between the three? 2. What often makes you "slow to hear" your spouse (e.g., mental planning of your rebuttal, distraction)?	James 1:19
0:20 – 0:30	Discussion: Practicing Empathy	Key Question: When your spouse is sharing something difficult, are you listening to understand their feeling, or listening to fix their problem? Prompts: 1. How can you use non-verbal cues (eye contact, posture) to communicate to your spouse that you are listening actively? 2. Discuss the value of validating your spouse's feelings ("I can see why that made you angry") even if you don't agree with their conclusion.	None
0:30 – 0:40	The Tool of Reflection	Tool Introduction: Introduce Reflective Listening (also called Paraphrasing). The rule is: Before you respond, you must summarize what you heard your spouse say. Example: "So, what I hear you saying is that when I leave my dishes out, you feel disrespected and overwhelmed. Is that right?" Discussion: How would using this simple tool prevent arguments from escalating?	None
0:40 – 0:50	Application & Action	Exercise (Pairs): The Reflective Practice. Have one spouse talk about a low-stress issue (e.g., stress at work) for two minutes. The listener must practice reflective listening before giving any advice or opinion. Then switch roles. Action Step: Commit to using the phrase " What I hear you saying is... " at least three	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		times this week during a conversation with your spouse.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Listening is an act of love and humility. Closing Prayer: Pray for the Holy Spirit to give them patience and self-control, making them quick to hear and slow to speak.	None

Session 3: Conflict Resolution & The Soft Answer (Proverbs 15:1 & 17:9)

This session moves directly into conflict, teaching constructive responses that lead to reconciliation, not escalation.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt (Pairs): Share one instance this week where you successfully used reflective listening.	None
0:10 – 0:20	The Power of Tone	Read Aloud: Proverbs 15:1. Discussion: 1. What does a "soft answer" sound like in the heat of an argument? (It's not about being weak; it's about being low-intensity.) 2. How does a harsh or defensive response escalate the conflict instantly? What is your typical "harsh word" response?	Proverbs 15:1
0:20 – 0:30	Discussion: Handling Sin in Conflict	Read Aloud: Proverbs 17:9. Discussion: 1. What does it mean to "cover over an offense" with love? (It means choosing forgiveness and letting the issue go, rather than constantly bringing it back up.) 2. When does <i>covering</i> an offense become unhealthy (e.g., covering up abuse or ongoing sin)? How do we find the balance between grace and necessary confrontation?	Proverbs 17:9
0:30 – 0:40	The "Time-Out" Strategy	Tool Introduction: Discuss the value of taking a Time-Out during a high-intensity conflict. Key Rules for a Time-Out: 1. Agree in advance on the phrase to use ("I need a break"). 2. State a return time ("I need 20 minutes, I'll be back at 7:45"). 3. Use the time to pray and calm down, not rehearse your defense. Discussion: Why is this tool an act of love and biblical self-control?	None
0:40 – 0:50	Application & Action	Exercise (Pairs): The Re-Do. Have one spouse share a past conflict where they used a harsh word. Now, have the other spouse coach them to "re-do" that opening line using a "soft answer." Action Step: As a couple, choose your agreed-upon "Time-Out Phrase" and commit to using it this week before conflict escalates past a 7/10.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Peace in marriage is not the absence of conflict, but the presence of Christ in the midst of it. Closing Prayer: Pray for the Spirit	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		of Christ to guide their mouths and calm their hearts during disagreement.	

Session 4: Speaking the Truth in Love & Forgiveness (Ephesians 4:15 & Colossians 3:13)

This session brings together the concepts of truth-telling, love, and the ultimate necessity for lasting reconciliation: forgiveness.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt (Pairs): Share one instance where you had to " bite your tongue " to give a soft answer, and what the result was.	None
0:10 – 0:20	Truth and Love	Read Aloud: Ephesians 4:15. Discussion: 1. What is the danger of speaking truth without love in marriage? (It becomes cruelty or criticism.) 2. What is the danger of speaking love without truth ? (It leads to dishonesty and enabling unhealthy behavior.) 3. How do you prepare yourself to speak a difficult truth to your spouse with genuine love?	Ephesians 4:15
0:20 – 0:30	The Forgiveness Mandate	Read Aloud: Colossians 3:13. Discussion: 1. What does it mean to "bear with" one another? (It implies patience and endurance, seeing your spouse's weaknesses.) 2. Why is Christ's forgiveness for us the standard for our forgiveness of our spouse? How does your marriage reflect that standard?	Colossians 3:13
0:30 – 0:40	Discussion: Rebuilding Trust	Key Question: Forgiveness is given once, but trust is rebuilt over time. How do you help your spouse rebuild trust after you have hurt them? Prompts: 1. What is the difference between genuine repentance (changing behavior) and simply apologizing (saying words)? 2. What is one habit you can commit to that will intentionally build trust in your marriage?	None
0:40 – 0:50	Application & Action	Exercise (Pairs): The Forgiveness Prayer. Silently, reflect on one past offense you need to either request forgiveness for or extend forgiveness for . Then, face your spouse and share that reflection, offering or asking for forgiveness. Action Step: Commit to establishing a regular weekly (or daily) check-in time (5-10 minutes) to discuss small issues before they become major conflicts.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Communication isn't about winning; it's about drawing closer to your spouse and reflecting the heart of Christ. Closing Prayer: Pray for deep, lasting forgiveness and reconciliation in every marriage.	None

Topic 6: Finances & Faith:

Description: Examines biblical principles for managing finances and stewardship, including tithing, saving, and debt management.

Scripture: Proverbs 3:9-10, Malachi 3:10, Matthew 6:19-24, 2 Corinthians 9:6-8

Focus: Creating a budget, setting financial goals, managing debt, and giving generously to God's work.

Session 1: The Principle of Ownership and Stewardship (Matthew 6)

This session establishes the foundational biblical view that God owns everything, and we are merely managers, or **stewards**, of His resources.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "If you received an unexpected \$1,000 gift today, what would be the first three things you would do with it (without consulting anyone)?"	None
0:10 – 0:20	The Lord of Riches	Read Aloud: Matthew 6:19-21. Discussion: 1. Jesus contrasts earthly treasures (which decay) with heavenly treasures (v. 20). What are examples of "heavenly treasures" we should be investing in with our time and money? 2. Why does where you put your money directly reveal where your heart is focused (v. 21)?	Matthew 6:19-21
0:20 – 0:30	Discussion: Serving Two Masters	Read Aloud: Matthew 6:24. Key Question: Why is it impossible to serve both God and money (Mammon) ? What does it look like in practical life when money begins to demand our ultimate loyalty? Prompts: 1. When do financial decisions begin to be driven by fear or greed instead of faith? 2. In what area of your life does money most frequently compete with God for your time or energy?	Matthew 6:24
0:30 – 0:40	The Role of the Steward	Principle: Introduce the concept that God owns 100% of our money, and we are managers. Discussion: If God owns your income, how should that change the way you view the spending of the 90% that remains after the tithe? (Focus on accountability and wisdom.)	None
0:40 – 0:50	Application & Action	Exercise: The 1-Hour Test. Challenge members to track every dollar they spend for just one hour the next day. Action Step: Commit to pausing for a one-minute prayer before making any large purchase this week, asking, "Does this honor the Owner of this money?"	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Financial freedom begins when we declare God the Owner and Master of our	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		finances. Closing Prayer: Pray for clarity in financial decisions and trust in God's provision.	

Session 2: The Discipline of Giving (Malachi 3 & 2 Corinthians 9)

This session focuses on the biblical practice of **generosity**, particularly tithing, and the attitude required for joyful giving.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way you resisted the temptation to worry about money this week.	None
0:10 – 0:20	The Test of the Tithe	Read Aloud: Malachi 3:10. Discussion: 1. The tithe (10% of income) is the only place in the Bible where God invites us to "test" Him. What kind of faith does it require to give the "firstfruits" rather than the leftovers? 2. What does God promise to do when we faithfully tithe? (Open the floodgates, protect our resources.)	Malachi 3:10
0:20 – 0:30	Discussion: Joyful Giving	Read Aloud: 2 Corinthians 9:7. Key Question: What does it mean to give "not reluctantly or under compulsion," but to be a "cheerful giver?" Prompts: 1. How can resentment or worry steal the joy from your giving? 2. If you are struggling with cheerfulness, what mindset shift needs to happen? (Connecting the gift to God's love, not a bill.)	2 Corinthians 9:7
0:30 – 0:40	The Promise of Sowing and Reaping	Read Aloud: 2 Corinthians 9:6, 8. Discussion: 1. Paul uses the agricultural analogy of sowing generously . What is the spiritual consequence of sowing stingily versus sowing generously? 2. Verse 8 promises that God "will supply every need." How does consistent giving actually increase our trust in God's provision?	2 Corinthians 9:6, 8
0:40 – 0:50	Application & Action	Exercise: Discuss the difference between a Tithe (10% to the local church) and an Offering (sacrificial giving beyond the tithe). Action Step: Challenge members who are not currently tithing to commit to starting at a lower percentage (e.g., 3-5%) this month as a first step toward trust and obedience.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Generosity is not a financial transaction; it is a spiritual declaration of faith. Closing Prayer: Pray for the group to	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		experience the joy and blessing of radical generosity.	

Session 3: Debt and Saving (Proverbs)

This session tackles the critical issues of debt management and the wisdom of saving and planning for the future.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one unexpected blessing (financial or otherwise) you received after giving generously.	None
0:10 – 0:20	The Burden of Debt	Read Aloud: Proverbs 22:7 ("The borrower is servant to the lender."). Discussion: 1. What are the non-financial ways debt creates slavery in our lives (e.g., stress, limits job choices, causes marital friction)? 2. Discuss the difference between good debt (like a necessary, well-managed mortgage) and bad debt (like high-interest credit cards or personal loans).	Proverbs 22:7
0:20 – 0:30	Discussion: Wise Planning	Read Aloud: Proverbs 21:5 ("The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty."). Key Question: Why does the Bible consistently praise diligence, planning, and preparation? Prompts: 1. What does it look like to make "diligent plans" regarding your finances (e.g., saving, budgeting)? 2. What financial decision do you often make hastily that causes trouble later?	Proverbs 21:5
0:30 – 0:40	The Wisdom of Saving	Read Aloud: Proverbs 6:6-8 (The Ant). Discussion: 1. The ant prepares for the winter during the harvest. How does this encourage saving as a form of biblical wisdom and preparedness? 2. Where should saving fall in your monthly budget priority list, especially when compared to debt or wants? (Discuss savings as part of stewardship.)	Proverbs 6:6-8
0:40 – 0:50	Application & Action	Exercise: The 72-Hour Rule. Discuss applying a 72-hour waiting period before making any non-essential purchase over a certain dollar amount (e.g., \$100). Action Step: Commit to setting a realistic debt-reduction goal (e.g., paying off the smallest debt first) or a savings goal this week.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Financial freedom is achieved through disciplined planning and patient obedience. Closing Prayer: Pray for the breaking of financial bondage and for wisdom in managing budgets.	None

Session 4: Budgeting and Financial Unity (Proverbs & Couples Focus)

This session focuses on the practical application of budgeting and achieving financial unity, especially for couples.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the debt or savings goal you set last week.	None
0:10 – 0:20	The Budgeting Imperative	Read Aloud: Proverbs 24:3-4 ("By wisdom a house is built... and by knowledge the rooms are filled..."). Discussion: 1. How is a budget a tool of wisdom and knowledge ? (It helps you clearly see where your money is going and plan for the future.) 2. What are the consequences of <i>not</i> building your financial "house" with a budget? (Surprise, stress, and missed goals.)	Proverbs 24:3-4
0:20 – 0:30	Discussion: Financial Unity (Couples)	Read Aloud: Amos 3:3 ("Do two walk together unless they have agreed to do so?"). Key Question (Couples): How does hiding spending, disagreement over priorities, or different risk tolerances undermine your ability to "walk together" financially? Prompts: 1. Discuss your current financial roles: Who manages the bills, and who holds the vision? 2. How can you increase transparency and trust in your finances?	Amos 3:3
0:30 – 0:40	Setting Shared Goals	Scripture: Luke 14:28-30 (The Cost of Building). Tool Introduction: Discuss the three basic categories of money allocation: GIVE, SAVE, SPEND . Discussion: How can a couple prayerfully set clear, written, shared financial goals (e.g., saving a down payment, paying off a car) so they can "count the cost" together?	Luke 14:28-30
0:40 – 0:50	Application & Action	Exercise (Pairs/Individuals): The Envelope System/Zero-Based Budgeting. Introduce one simple, practical budgeting method. Action Step: Commit to sitting down for one hour this week to track your spending from last month and categorize it, identifying one area where you could immediately cut spending to increase saving or giving.	

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: A budget is a moral document, reflecting what you value. Make sure your values align with your faith. Closing Prayer: Pray for couples to experience financial unity and for individuals to find joy and peace through purposeful budgeting.	None

Topic 7: Raising Children with Faith:

Description: Provides guidance and encouragement for parents to raise their children in the Christian faith.

Scripture: Proverbs 22:6, Deuteronomy 6:4-9, Ephesians 6:4, Psalm 127:3

Focus: Teaching children about God, modeling faith in everyday life, and creating a loving and supportive family environment.

Session 1: The Mandate to Teach (Deuteronomy 6)

This session establishes the biblical responsibility of parents to diligently and consistently teach their children about God within the context of daily life.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Share one specific tradition (daily, weekly, or annual) from your childhood that shaped your view of faith or family."	None
0:10 – 0:20	The Greatest Commandment	Read Aloud: Deuteronomy 6:4-6. Discussion: 1. The instruction to teach children flows directly from the command to love the Lord your God with all your heart (v. 5). Why must a parent's personal passion for God precede their efforts to teach their children? 2. What does it mean for God's commandments to be "upon your heart" (v. 6) before you teach them?	Deuteronomy 6:4-6
0:20 – 0:30	Discussion: Teaching in the Everyday	Read Aloud: Deuteronomy 6:7. Key Question: What does it mean to "talk about them [God's commands] when you sit at home and when you walk along the road, when you lie down and when you get up?" Prompts: 1. How can you intentionally transition from teaching <i>about</i> God to showing God's truth through daily life (e.g., using a traffic jam as a lesson on patience)? 2. Discuss one time you successfully taught your child a spiritual lesson during an ordinary daily event.	Deuteronomy 6:7
0:30 – 0:40	Establishing Visible Markers	Read Aloud: Deuteronomy 6:8-9. Discussion: 1. The commands to tie God's words to hands, foreheads, doorposts, and gates were designed as visual triggers . What modern triggers can parents use to remind their family of God's presence? (e.g., a family motto, a dedicated family altar, a prayer before meals). 2. How can you create a home environment that visibly and consistently points to God?	Deuteronomy 6:8-9
0:40 – 0:50	Application & Action	Exercise: Have members identify one "lie down and get up" moment (bedtime or morning routine) and one "walk along the	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		road" moment (driving, chores). Action Step: Commit to using one of those moments this week to share a simple Bible story or ask a faith-based question.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Teaching is a lifestyle, not a scheduled event. Closing Prayer: Pray for diligence and creativity in the parents to make God's Word the constant backdrop of their home.	None

Session 2: The Power of Modeling (Ephesians 6)

This session focuses on the critical importance of parental behavior, emphasizing that children often learn more by watching their parents than by listening to their words.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one unexpected way your child responded to a faith question you asked them this week.	None
0:10 – 0:20	The Parent's Heart	Read Aloud: Ephesians 6:4. Discussion: 1. Paul instructs fathers (parents) not to " provoke your children to anger. " What are common ways parents unintentionally provoke anger or resentment in their children (e.g., impossible standards, criticism, hypocrisy)? 2. How does a parent's anger or lack of self-control undermine their attempts to teach their children spiritual truth?	Ephesians 6:4
0:20 – 0:30	Discussion: Training and Instruction	Key Question: What is the difference between simply punishing a child's behavior and offering "discipline and instruction that comes from the Lord?" Prompts: 1. When disciplining, how do you point the child back to a biblical principle (e.g., self-control, honesty) rather than just focusing on the consequence? 2. How can parents ensure their discipline is consistent and rooted in love, reflecting God's nature?	Ephesians 6:4
0:30 – 0:40	Modeling Imperfection and Grace	Principle: Children need to see their parents' repentance as much as their piety. Discussion: 1. How does admitting when you are wrong and asking your child for forgiveness teach them about humility, grace, and reconciliation? 2. Discuss the power of modeling healthy marriage communication and conflict resolution (Ephesians 4:29, James 1:19).	None
0:40 – 0:50	Application & Action	Exercise (Pairs/Individuals): Identify one area where your behavior consistently clashes with what you teach (e.g., teaching patience but road raging). Action Step: Commit to being mindful of that specific behavior this week and to verbally confessing a failure to your child and asking for forgiveness if you slip up.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Your home is your child's first seminary. Closing Prayer: Pray for the parents to walk in self-control and humility, modeling repentance and grace for their children.	None

Session 3: The Blessing of Children (Psalm 127)

This session celebrates the gift of children and reminds parents that their efforts are ultimately fruitless without reliance on the Lord.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one instance this week where you successfully showed humility or repentance to your child.	None
0:10 – 0:20	Built by the Lord	Read Aloud: Psalm 127:1-2. Discussion: 1. The Psalmist warns that effort is useless "unless the Lord builds the house" and "watches over the city." How does this apply to parenting? (We can't change our children's hearts; only God can.) 2. How does attempting to "build the house" (raise the children) solely through human effort lead to parental anxiety and burnout?	Psalm 127:1-2
0:20 – 0:30	Discussion: Children as a Gift	Read Aloud: Psalm 127:3. Key Question: How does viewing children as a "heritage from the Lord" and a "reward" change your perspective on the challenges of parenting? Prompts: 1. When you are frustrated, how can you pause and remind yourself that your child is a gift, not a burden? 2. How can you intentionally celebrate your child's unique personality and God-given gifts?	Psalm 127:3
0:30 – 0:40	Children as Arrows	Read Aloud: Psalm 127:4-5. Discussion: 1. The image of children being like "arrows in the hand of a warrior" implies training and a target . What spiritual "target" are you aiming your children toward? (Discipleship, mission, service). 2. How do you train your children to be "arrows" that will eventually leave the "quiver" (home) and engage the world for Christ?	Psalm 127:4-5
0:40 – 0:50	Application & Action	Exercise: The Prayer Shield. Have parents write down the name of each of their children. Action Step: Commit to praying specifically for your children's future faith and vocation (their "target" as an arrow) for five minutes daily this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Our job is to train and launch; God's job is to aim. Closing Prayer: Pray for the Holy Spirit to work directly in the hearts of the	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		children and for the parents to trust God's sovereignty over their family.	

Session 4: Creating a Supportive Environment (Proverbs 22:6)

This session focuses on the ultimate goal: providing intentional, individualized instruction and building a loving, supportive, faith-filled home.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one specific prayer request for one of your children this week.	None
0:10 – 0:20	Train Up the Child	Read Aloud: Proverbs 22:6. Discussion: 1. The verse is often translated as a promise, but it functions best as a principle . What does it mean to train a child "according to his way" or "in the way he should go?" (Focus on the child's individual temperament, gifting, and learning style.) 2. How can you customize your discipline and instruction to match your child's unique needs?	Proverbs 22:6
0:20 – 0:30	Discussion: The Spiritual Atmosphere	Principle: The environment of the home should be built on unconditional love and security . Prompts: 1. How does the health of the marriage (or parent-to-parent relationship) create the most stable environment for the children's faith? 2. How can parents ensure their children feel safe to ask difficult questions, share doubts, or confess mistakes without fear of judgment?	None
0:30 – 0:40	Finding Resources and Community	Tool Introduction: Discuss the value of partnering with the larger church body (Sunday School, Youth Group) and other Christian families. Discussion: 1. How can you intentionally connect your children with other godly mentors or role models outside of the family? 2. How can your small group best support each other as parents through shared resources, advice, and prayer?	None
0:40 – 0:50	Application & Action	Exercise: The Family Vision. Have parents write down one characteristic they want their adult children to possess (e.g., generous, humble, courageous). Action Step: Commit to finding a specific, age-appropriate book, Bible story, or activity this week that teaches or models that desired characteristic.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: We are partners with God in the high calling of discipleship. Closing Prayer: Pray over the entire group, asking God to strengthen their families, grant wisdom to their parenting, and confirm His faithfulness in the lives of their children.	None

Option for two more sessions

Optional Session 5: Navigating Technology and Culture

This session addresses the modern challenges of digital media, peer pressure, and helping children develop a Christ-like worldview in a digital age.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "What is the biggest cultural issue or technology (e.g., social media, video games) that causes tension in your home right now?"	None
0:10 – 0:20	Guarding the Heart	Read Aloud: Proverbs 4:23 ("Above all else, guard your heart, for everything you do flows from it."). Discussion: 1. How does modern technology (social media, constant news, entertainment) make it harder for both parents and children to "guard their hearts"? 2. What are practical boundaries (time limits, content filters, device location) that your family has found helpful in protecting the heart?	Proverbs 4:23
0:20 – 0:30	Discussion: Peer Pressure and Worldview	Read Aloud: Romans 12:2 ("Do not conform to the pattern of this world, but be transformed by the renewing of your mind."). Key Question: What does it mean for a child to " renew their mind " in the face of conflicting cultural messages? Prompts: 1. How can you coach your children to filter cultural trends (media, music, fashion) through a biblical worldview ? 2. How do you prepare your older children to respectfully engage with, rather than withdraw from, beliefs that oppose Christian truth?	Romans 12:2
0:30 – 0:40	Parents Modeling Digital Integrity	Principle: Children will adopt your habits, including your phone habits. Discussion: 1. Do your children see you prioritizing your phone over them? How does this impact the home environment? 2. Discuss the power of observing a " digital Sabbath " (a period where all non-essential screens are off) to teach children about rest and presence.	None
0:40 – 0:50	Application & Action	Exercise: The Device Audit. Have members identify the room in the house where technology use is least healthy (e.g., bedrooms, dining table). Action Step: Commit to establishing one new digital boundary this week (e.g., phones	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		charging in the kitchen overnight, no screens at the dinner table).	
0:50 – 1:00	Closing & Prayer	Leader Reflection: We are called to be in the world, not <i>of</i> it. Closing Prayer: Pray for wisdom in navigating the digital age and for protection from negative cultural influences.	None

Optional Session 6: Mission, Service, and Leaving a Legacy

This session shifts the focus outward, teaching children the importance of serving others and understanding their place in God's larger kingdom narrative.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the new digital boundary you implemented this week and how it affected your family life.	None
0:10 – 0:20	The Call to Service	Read Aloud: Matthew 25:40 ("Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."). Discussion: 1. How can you help children understand that serving the poor and marginalized is the same as serving Jesus ? 2. What age-appropriate service opportunities (e.g., packing lunch bags, writing letters, helping neighbors) can children participate in?	Matthew 25:40
0:20 – 0:30	Discussion: Modeling Generosity	Read Aloud: 2 Corinthians 9:7 ("Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."). Key Question: How do you involve your children in the family's giving decisions (tithing, offering) so they learn joy and ownership over generosity? Prompts: 1. Discuss the value of having children give money they've earned themselves. 2. How can you model being a "cheerful giver" of both money and time?	2 Corinthians 9:7
0:30 – 0:40	Raising Global Citizens	Scripture: Acts 1:8 ("...and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."). Discussion: 1. How can parents broaden their children's worldview to care for missions and people beyond their local community? 2. Discuss ways to teach children about the persecuted church or support a global ministry as a family.	Acts 1:8
0:40 – 0:50	Application & Action	Exercise: Family Mission Field. Have parents brainstorm 2-3 local groups their family could serve (e.g., nursing home, food bank, neighborhood cleanup). Action Step: Commit to planning and executing one family service	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		project (small or large) within the next month to model active faith.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: The true success of parenting is raising adults who love God and love their neighbor. Closing Prayer: Pray over the parents' desire to leave a spiritual legacy of faith, service, and generous living.	None

Topic 8: Forgiveness in Relationships:

Description: This study explores the importance of forgiveness in relationships, the challenges of forgiving, and the process of offering and receiving forgiveness.

Scripture: Matthew 6:14-15, Ephesians 4:32, Colossians 3:13, Luke 6:37

Focus: Understanding the biblical basis for forgiveness, identifying the barriers to forgiveness, and practicing forgiveness in your relationships.

Cultural Issues:

Session 1: The Divine Standard for Forgiveness (Matthew 6)

This session establishes the link between receiving God's forgiveness and our mandate to extend it to others.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Share one historical or fictional example of a person demonstrating radical, unexpected forgiveness."	None
0:10 – 0:20	The Prayer Connection	Read Aloud: Matthew 6:14-15 (The condition attached to the Lord's Prayer). Discussion: 1. Why does Jesus make our forgiveness of others a condition for receiving God's forgiveness? 2. How does holding onto unforgiveness demonstrate a failure to grasp the magnitude of God's grace toward you?	Matthew 6:14-15
0:20 – 0:30	Discussion: The Unforgiving Servant	Read Aloud: Matthew 18:21-35 (The Parable of the Unforgiving Servant). Key Question: What does the servant's debt of ten thousand talents (an astronomical, unpayable amount) represent in our lives? What does the fellow servant's debt of one hundred denarii (a small amount) represent?	Matthew 18:21-35
0:30 – 0:40	The Magnitude of Grace	Prompts: 1. In the parable, the master cancels the huge debt immediately. How does remembering your own forgiveness make the offense committed against you seem less significant in comparison? 2. When Jesus commands us to forgive "seventy times seven" (Matthew 18:22), what is He teaching us about the limit of forgiveness?	Matthew 18:22
0:40 – 0:50	Application & Action	Exercise: Defining Debt. Silently identify one person in your life you are currently withholding full forgiveness from. Write down the "debt" they owe you (e.g., apology, restitution, pain). Action Step: Commit to praying for that person daily this week, asking God to help you see their offense through the lens of your own debt cancellation.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: We forgive others not because they deserve it, but because we were forgiven. Closing Prayer: Pray for the humility to forgive, reflecting the standard Christ has set.	None

Session 2: The Action of Forgiveness (Ephesians 4 & Colossians 3)

This session clarifies that forgiveness is an **act of the will**, a choice we make, rather than a feeling we wait for.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share a moment this week when you struggled to forgive but remembered the parable of the unforgiving servant.	None
0:10 – 0:20	The Positive Command	Read Aloud: Ephesians 4:32. Discussion: 1. What are the two actions commanded here? (Be kind and compassionate). How do these feelings precede and support the act of forgiveness? 2. The standard is "just as in Christ God forgave you." What are the characteristics of Christ's forgiveness that we must imitate? (It was full, free, and undeserved.)	Ephesians 4:32
0:20 – 0:30	Discussion: Bearing and Forgiving	Read Aloud: Colossians 3:13. Key Question: What is the difference between " bearing with one another " (showing patience for an ongoing difficulty) and " forgiving one another " (releasing an offense)? Prompts: 1. Which is harder for you: bearing with a minor annoyance or forgiving a major wound? Why? 2. Discuss the spiritual freedom that comes from <i>releasing</i> the right to punish or seek revenge.	Colossians 3:13
0:30 – 0:40	Forgiveness is a Promise	Principle: Forgiveness is a promise you make to yourself and to God to not hold the offense against the person, not bring it up again, and not punish them for it. Discussion: Why is it necessary to forgive the person even if the emotional pain (the feeling) lingers? (The feeling is a process; the forgiveness is a decision.)	None
0:40 – 0:50	Application & Action	Exercise (Pairs/Individuals): The Verbal Release. If safe and appropriate, write a short, one-sentence statement of forgiveness (e.g., "I choose to release you from the debt you owe me for X, just as Christ released me"). Action Step: Commit to verbally forgiving one minor offense your spouse or a family member commits this week, demonstrating the practice.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Forgiveness is less about the offender and more about setting your own heart free. Closing Prayer: Pray for the strength to choose the act of forgiveness, regardless of the lingering emotion.	None

Session 3: Barriers to Forgiveness: Anger and Bitterness

This session tackles two major emotional obstacles that prevent us from extending forgiveness: unresolved anger and crippling bitterness.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one experience this week where you successfully chose the <i>act</i> of forgiveness over the <i>feeling</i> of resentment.	None
0:10 – 0:20	The Danger of Bitterness	Read Aloud: Hebrews 12:15 ("See to it that no one fails to obtain the grace of God; that no 'root of bitterness' springs up and causes trouble..."). Discussion: 1. The writer calls bitterness a "root." What does this imagery suggest about how unforgiveness grows and spreads within our hearts? 2. How does bitterness "defile many" in your life (e.g., does it affect your marriage, your parenting, your prayer life)?	Hebrews 12:15
0:20 – 0:30	Discussion: Dealing with Anger Biblically	Read Aloud: Ephesians 4:26-27 ("Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."). Key Question: What is the difference between healthy, righteous anger (which addresses sin) and sinful anger (which leads to spite and revenge)? Prompts: 1. Why is it dangerous to let the "sun go down" on anger? (It turns into resentment or bitterness.) 2. What action should you take when you feel anger rising in response to an offense?	Ephesians 4:26-27
0:30 – 0:40	Unforgiveness as Self-Punishment	Principle: Holding a grudge is like drinking poison and waiting for the other person to die. Discussion: How does bitterness prevent you from fully enjoying God's blessings and the present moment? (It chains you to the past offense.)	None
0:40 – 0:50	Application & Action	Exercise: Identifying the Root. Silently reflect on whether your current struggle with forgiveness is primarily driven by: a) Unresolved anger (a hot emotion) or b) Bitterness (a cold, chronic resentment). Action Step: Commit to specifically praying for	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		the healing of the bitterness (asking God to remove the root) this week.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Don't allow the devil a foothold through unresolved anger. Closing Prayer: Pray for the release of bitterness and the replacement of anger with God's peaceful grace.	None

Session 4: Forgiving When There is No Repentance

This session addresses the hardest challenge: extending forgiveness when the offending person does not apologize, show remorse, or seek reconciliation.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share how the focus on anger/bitterness helped clarify your personal struggle with unforgiveness.	None
0:10 – 0:20	The Cost of Christ	Read Aloud: Romans 5:8 ("But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."). Discussion: 1. When did Christ forgive us? (Before we repented, while we were still His enemies.) 2. How does Christ's act of forgiving us <i>unconditionally</i> free us to forgive those who remain unrepentant?	Romans 5:8
0:20 – 0:30	Discussion: Forgiveness vs. Reconciliation	Key Distinction: Forgiveness is unilateral (it's between you and God, and a choice you make). Reconciliation is bilateral (it requires repentance and mutual trust). Prompts: 1. Why is it crucial to separate these two concepts for your own emotional and spiritual health? 2. Can you forgive someone even if you cannot safely reconcile with them (e.g., due to abuse or ongoing harm)? Why?	None
0:30 – 0:40	Releasing Justice to God	Read Aloud: Romans 12:19 ("Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."). Discussion: What freedom comes from surrendering your need for personal justice and revenge to God? (You trust Him to administer perfect justice.)	Romans 12:19
0:40 – 0:50	Application & Action	Exercise: The Letter of Release. Instruct members to write a non-sent letter (not to be mailed!) to the unrepentant offender. The letter should contain three parts: 1) Acknowledge the pain of the offense. 2) State your unconditional forgiveness and release of debt. 3) Surrender the offender and the need for justice to God . Action Step: Commit to	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		rereading that letter and praying the contents any time the resentment flares up this week.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: You are called to be an agent of grace, not an administrator of justice. Closing Prayer: Pray for the strength to release unrepentant people into God's perfect, just hands.	None

Session 5: The Process of Receiving Forgiveness (Psalm 32)

This session turns the focus inward, addressing the freedom and joy that comes from admitting our own wrongs and receiving God's forgiveness.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share how writing the "Letter of Release" helped clarify your feelings about an unrepentant person.	None
0:10 – 0:20	The Joy of Being Forgiven	Read Aloud: Psalm 32:1-2. Discussion: 1. David describes the joy of having "transgression forgiven" and "sin covered." What are the physical and emotional symptoms of carrying around unconfessed sin, as David describes in verse 3? 2. Why is receiving forgiveness the foundation for extending it to others?	Psalm 32:1-2
0:20 – 0:30	Discussion: Confession and Honesty	Read Aloud: Psalm 32:3-5. Key Question: What is the difference between simply feeling guilty about a sin and genuinely confessing it to God? Prompts: 1. Why did David's "bones waste away" when he kept silent (v. 3)? 2. What does confession require beyond just saying "I messed up?" (Naming the sin specifically and admitting fault.)	Psalm 32:3-5
0:30 – 0:40	The Fear of True Freedom	Principle: Sometimes, we struggle to forgive ourselves because we don't fully accept God's forgiveness. Discussion: 1. Why do people sometimes punish themselves long after God has forgiven them? (It can feel easier to pay a personal penalty than to accept free grace.) 2. How does the truth of Micah 7:19 ("He will again have compassion on us... He will hurl all our iniquities into the depths of the sea") assure us of God's complete forgiveness?	None
0:40 – 0:50	Application & Action	Exercise: The Confession Prayer. Have members silently confess one current unconfessed sin to God, then write down Psalm 32:5 next to it as their assurance of pardon. Action Step: Commit to spending five minutes daily this week meditating on a key verse of God's forgiveness (e.g., Psalm 103:12 or 1 John 1:9).	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: You are forgiven. Go and live in that freedom. Closing Prayer: Pray for the ability to accept God's grace and cease self-punishment.	None

Session 6: Forgiveness in the Church and Community (Luke 6)

This final session broadens the scope of forgiveness, focusing on developing a merciful spirit in all relationships and within the broader community of faith.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way accepting God's forgiveness this week changed your attitude toward yourself.	None
0:10 – 0:20	The Merciful Command	Read Aloud: Luke 6:37. Discussion: 1. Jesus gives a simple command: " Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven. " How are these three concepts linked? 2. How does the habit of judging others prevent us from forgiving them?	Luke 6:37
0:20 – 0:30	Discussion: Extending Mercy	Key Question: What is the difference between forgiveness (releasing a debt) and mercy (showing compassion and kindness to someone who deserves the opposite)? Prompts: 1. How can your small group become a laboratory for practicing mercy, especially when group members fail or disappoint? 2. How does withholding mercy damage the unity and mission of the church?	None
0:30 – 0:40	The Golden Rule of Forgiveness	Read Aloud: Luke 6:38 ("Give, and it will be given to you..."). Discussion: 1. This verse, often applied to money, applies beautifully to forgiveness and mercy. What kind of measure of grace are you currently using on others? 2. What does the "good measure, pressed down, shaken together and running over" look like when applied to the way you treat people who irritate you?	Luke 6:38
0:40 – 0:50	Application & Action	Exercise: The Mercy Target. Have members identify one person <i>outside</i> of their immediate family (e.g., a difficult coworker, a church member who hurt them) who needs their mercy, not necessarily their reconciliation. Action Step: Commit to an act of kindness or a silent prayer of blessing for that specific "mercy target" this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Be a wellspring of forgiveness and mercy, reflecting Christ in all your relationships. Closing Prayer: Pray for the entire	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		group to be known as people who are quick to forgive, slow to judge, and overflowing with mercy.	

Topic 9: Social Justice & Biblical Justice:

Description: Explores the biblical basis for social justice and how Christians can advocate for the marginalized and oppressed.

Scripture: Micah 6:8, Isaiah 1:17, Matthew 25:31-46, Luke 4:18-19

Focus: Understanding the root causes of injustice, advocating for systemic change, and serving those in need.

Session 1: Defining Justice and Righteousness (Micah 6:8)

This foundational session defines biblical justice and establishes the clear divine mandate for action, rooted in God's own character.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "What is the first thing that comes to mind when you hear the phrase 'social justice'? Share one feeling—positive or negative—it evokes for you."	None
0:10 – 0:20	The Threefold Command	Read Aloud: Micah 6:8. Discussion: 1. God tells us what is "good." What are the three non-negotiable requirements? (Act justly, love mercy, and walk humbly). 2. How are these three actions interrelated? (E.g., you can't truly act justly without humble dependence on God.)	Micah 6:8
0:20 – 0:30	Discussion: Justice vs. Mercy	Key Distinction: Justice (Hebrew: <i>mishpat</i>) is giving people what they are due (often related to systems and fairness). Mercy (Hebrew: <i>hesed</i>) is demonstrating steadfast love and kindness to those who <i>don't</i> deserve it. Prompts: 1. When do Christians tend to prioritize justice over mercy, and when do they prioritize mercy over justice? 2. How does an effective pursuit of biblical justice require <i>both</i> (e.g., helping a victim (mercy) while also changing the law (justice))?	Micah 6:8
0:30 – 0:40	Walking Humbly with God	Prompts: 1. Why is humility essential to justice work? (It keeps us from self-righteousness and burnout.) 2. How does recognizing our own failures help us approach the oppressed and the oppressor with grace?	Micah 6:8
0:40 – 0:50	Application & Action	Exercise: Have members identify a past time they spoke out for justice but lacked humility. Action Step: Commit to finding one opportunity this week to demonstrate mercy (an act of personal kindness) to a marginalized person, and one opportunity to commit to learning about a local injustice (a systemic problem).	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: God cares about <i>how</i> we live, not just <i>what</i> we believe. Closing Prayer: Pray for wisdom to pursue justice and mercy in the group's spheres of influence.	None

Session 2: The Priority of the Marginalized (Isaiah 1)

This session examines God's specific bias toward the vulnerable and oppressed, making their cause a central indicator of true worship.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one experience this week where you demonstrated mercy or learned about a local injustice.	None
0:10 – 0:20	Worship vs. Obedience	Read Aloud: Isaiah 1:10-17. Discussion: 1. The people were offering religious rituals (sacrifices, prayers, feasts), but God rejected them (v. 13-15). Why? 2. What does this passage teach us about the futility of worship without obedience to justice?	Isaiah 1:10-15
0:20 – 0:30	Discussion: Who Are the Vulnerable?	Read Aloud: Isaiah 1:17. Key Question: God specifically names the oppressed , the fatherless , and the widow . Who are the equivalents of these groups in your local community today? (E.g., refugees, children in foster care, single mothers, elderly without resources). Prompts: 1. How does modern society typically exploit the "fatherless" (the powerless)? 2. Why does serving these groups validate our faith more than elaborate religious services?	Isaiah 1:17
0:30 – 0:40	Learning to "Plead the Cause"	Prompts: 1. What does it mean to " plead the cause " (advocate) for the marginalized? (It means using your voice, money, and power on their behalf.) 2. Discuss the difference between pity (a passive feeling) and compassion (a feeling that leads to active help).	Isaiah 1:17
0:40 – 0:50	Application & Action	Exercise: Mapping Vulnerability. Silently list three places where vulnerable people gather or live in your local area (e.g., homeless shelters, specific schools, refugee centers). Action Step: Commit to researching one local organization this week that <i>pleads the cause</i> of one of those vulnerable groups.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: True worship is defined by how we treat the forgotten among us. Closing Prayer: Pray that God would open their eyes and hearts to the needs of the vulnerable in their city.	None

Session 3: Jesus and the Mission of Justice (Luke 4)

This session focuses on Jesus' own mission statement, demonstrating that preaching and acts of justice were inseparable parts of His ministry.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the name of the local justice organization you researched this week and their mission.	None
0:10 – 0:20	Jesus' Mission Statement	Read Aloud: Luke 4:18-19 (Jesus reading from Isaiah). Discussion: 1. Jesus says He was sent to " proclaim good news to the poor " and " proclaim liberty to the captives. " What are the spiritual dimensions (forgiveness, freedom from sin) and the physical dimensions (economic poverty, actual imprisonment) of this mission? 2. How does Jesus' ministry model the unity of evangelism and social action ?	Luke 4:18-19
0:20 – 0:30	Discussion: Liberty to the Captives	Key Question: What are the forms of " captivity " or " oppression " in our world today that Christians are called to address? (E.g., human trafficking, crippling debt, addiction, lack of education.) Prompts: 1. Where do you see people living in spiritual or physical "darkness" today? 2. How can we, as a small group, participate in bringing " release to the prisoners "?	Luke 4:18-19
0:30 – 0:40	The Acceptable Year of the Lord	Prompts: 1. This phrase refers to the Old Testament <i>Year of Jubilee</i> , a time when debts were cancelled and land was returned. How does the concept of Jubilee inform the Christian's approach to economic justice and equality? 2. How can we practice "Jubilee principles" in our personal finances (e.g., generous debt cancellation within family/church, giving away surplus)?	Luke 4:19
0:40 – 0:50	Application & Action	Exercise: Personal Witness. Have members identify one person they know who is experiencing a form of "captivity" (financial, spiritual, or emotional). Action Step: Commit to praying for that individual and planning a way to offer a word of good news or a practical act of service this week.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: We are the hands and feet of Jesus, carrying on His mission to heal and free. Closing Prayer: Pray for the boldness to address both spiritual and physical poverty in their lives.	None

Session 4: The Judgment Standard (Matthew 25)

This session uses Jesus' parable of the sheep and the goats to clarify that active compassion for the needy is the final, decisive measure of true faith.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way you offered good news or service to a captive person this week.	None
0:10 – 0:20	The Final Judgment	Read Aloud: Matthew 25:31-40 (Focus on the Sheep, v. 34-40). Discussion: 1. The righteous sheep are blessed because they fed the hungry, clothed the naked, and visited the imprisoned. Why are they surprised by this blessing? 2. What does it mean that when we serve the "least of these," we are actually serving Jesus Himself ?	Matthew 25:34-40
0:20 – 0:30	Discussion: The Test of Neglect	Read Aloud: Matthew 25:41-46 (Focus on the Goats, v. 41-46). Key Question: The goats are condemned not for active sin, but for neglect and omission (failing to serve). Prompts: 1. How does this passage challenge the idea that salvation is simply intellectual assent without active compassion? 2. What is the biggest challenge to serving the needy (e.g., time, fear, apathy)?	Matthew 25:41-46
0:30 – 0:40	Identifying "The Least of These"	Prompts: 1. Beyond the obvious categories (hungry, imprisoned), who are the "invisible" marginalized people that we overlook in our affluent society? (E.g., elderly living alone, immigrant workers, children who rely on school for meals.) 2. How can you intentionally restructure your daily routine or budget to ensure you see and serve "the least" on a regular basis?	None
0:40 – 0:50	Application & Action	Exercise: Audit Your Week. Have members review their schedule from the previous week. Action Step: Commit to swapping out one leisure activity (e.g., one hour of TV, scrolling) for one hour of intentional, active service or learning about a marginalized group this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: Our faith is judged by the love we show to those who can give nothing back. Closing Prayer: Pray for the courage to live out a	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		faith that is active and compassionate, ready for the Master's return.	

Session 5: Systemic Injustice and Advocacy

This session differentiates between **symptoms** (individual needs) and **systems** (root causes), encouraging thoughtful advocacy for systemic change.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one leisure activity you swapped out for intentional service this week.	None
0:10 – 0:20	Understanding Root Causes	Read Aloud: Proverbs 31:8-9. Discussion: 1. The Proverb instructs us to "open your mouth for the mute" and "defend the rights of the poor and needy." What does this teach us about using our voice for systemic change (advocacy) rather than just giving charity (relief)? 2. What are examples of systemic injustice (root causes) that keep people poor, even if they work hard (e.g., predatory lending, unfair wages, biased housing)?	Proverbs 31:8-9
0:20 – 0:30	Discussion: Advocacy vs. Relief	Key Distinction: Relief addresses immediate needs (handing out a blanket). Development addresses long-term skills (job training). Advocacy addresses laws and policies (changing the minimum wage). Prompts: 1. Why is it necessary for Christians to engage in all three? 2. Why is advocacy often the hardest and least popular form of justice work?	None
0:30 – 0:40	The Role of the Citizen	Read Aloud: Romans 13:1-4 (Regarding Governing Authorities). Discussion: 1. Since God ordained governing authorities, how can Christians use their civic responsibility (voting, contacting officials) to ensure those authorities carry out God's standard of justice? 2. How can we advocate for systemic change while still respecting the governing process?	Romans 13:1-4
0:40 – 0:50	Application & Action	Exercise: Identify a System. Have members identify one systemic problem they see locally (e.g., poor public transport, lack of affordable housing). Action Step: Commit to learning one specific policy solution related to that problem this week and praying for its implementation.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: Wisdom requires us to address both the symptom and the cause. Closing Prayer: Pray for wisdom for local officials and for the group to be thoughtful advocates for the common good.	None

Session 6: Preventing Burnout and Sustaining Compassion

This final session focuses on the spiritual practices necessary to sustain long-term justice work without sacrificing personal faith or falling into despair.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the systemic problem you learned about this week and one policy solution.	None
0:10 – 0:20	The Danger of Burnout	Read Aloud: Mark 6:31 ("Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'"). Discussion: 1. Even Jesus required rest and withdrawal. How is burnout a spiritual problem, not just a physical one? 2. How does the failure to rest assume that your effort is more necessary than God's power ?	Mark 6:31
0:20 – 0:30	Discussion: The Source of Strength	Read Aloud: Isaiah 40:31 ("But those who hope in the LORD will renew their strength. They will soar on wings like eagles..."). Key Question: How does consistently renewing your hope and trust in the Lord act as a sustainable source of energy for the demanding work of justice? Prompts: 1. What does your " quiet place " look like, and how often are you truly withdrawing to it? 2. How can the small group serve as a source of mutual rest and encouragement to prevent burnout?	Isaiah 40:31
0:30 – 0:40	Celebrating Small Victories	Principle: Justice work is a marathon, not a sprint. We must celebrate incremental progress. Discussion: 1. What small victory (an answered prayer, a change of heart, a small success in service) have you witnessed recently? 2. Why is cultivating joy essential for counteracting the overwhelming despair that injustice can bring?	None
0:40 – 0:50	Application & Action	Exercise: The Commitment to Rest. Have members identify one way they will intentionally practice rest and renewal this week (e.g., a quiet time extension, a media fast, dedicated prayer). Action Step: Commit to finding one small, tangible, and visible way to practice joy this week (e.g., singing, playing, laughing).	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: We work for justice because God reigns, not because we despair. Closing Prayer: Pray for strength, humility, joy, and the sustained passion to seek the Kingdom of God through acts of justice and mercy.	None

Topic 10: Navigating Social Media with Wisdom:

Description: Provides guidance for using social media in a responsible and Christ-like manner.

Scripture: Proverbs 4:23, Philippians 4:8, Ephesians 5:15-16, Colossians 4:6

Focus: Setting boundaries for social media use, avoiding comparison and envy, and using social media to share the gospel and encourage others.

Session 1: Guarding the Heart and Mind (Proverbs 4 & Philippians 4)

This session focuses on internal discipline—setting boundaries and managing the mental and emotional impact of social media based on scriptural principles.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "What is the very first app you check when you wake up, and why?"	None
0:10 – 0:20	Guard Your Heart	Read Aloud: Proverbs 4:23. Discussion: 1. The Proverb says everything we do flows from the heart. How does the content we consume on social media (gossip, negativity, materialism) pollute or compromise the heart? 2. What are the digital "gateways" (accounts, apps, times of day) where you are most vulnerable to harmful content?	Proverbs 4:23
0:20 – 0:30	The Comparison Trap	Scripture: 2 Corinthians 10:12 (Those who compare themselves with themselves are not wise). Discussion: Key Question: How does the curated, perfected world presented on social media fuel comparison and envy ? Prompts: 1. What are the common results of comparison (e.g., anxiety, discontentment, dissatisfaction with one's life)? 2. How can you train your mind to view another person's success or blessing as an opportunity to rejoice with them instead of comparing your journey to theirs?	None
0:30 – 0:40	Filtering with Truth	Read Aloud: Philippians 4:8. Key Question: If you applied the Philippians 4:8 filter (true, noble, right, pure, lovely, admirable, excellent) to your social media feed, what percentage of content would you have to scroll past? Prompts: 1. How can you intentionally adjust your follows, groups, and content sources to fill your mind with things that fit this filter? 2. Discuss one account you need to <i>mute</i> or <i>unfollow</i> to protect your mind.	Philippians 4:8
0:40 – 0:50	Application & Action	Exercise: The Time Audit. Silently estimate how many hours per day you spend on social media. Action Step: Commit to setting one small but firm time or location boundary this week (e.g., No	

Time	Activity	Description & Discussion Questions	Focus Scripture
		phones during meals, no scrolling after 9 PM, or using a time-limiting app).	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Digital wisdom starts with discipline over your attention. Closing Prayer: Pray for the Holy Spirit to help them guard their hearts and minds, choosing truth over comparison.	None

Session 2: Communication and Stewardship (Ephesians 5 & Colossians 4)

This session shifts to outward behavior—how we use our words online, manage our time, and steward the opportunity social media gives us to encourage and share the Gospel.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the time/location boundary you set last week and how it affected your focus.	None
0:10 – 0:20	Stewardship of Time	Read Aloud: Ephesians 5:15-16. Discussion: 1. What does it mean to " make the most of every opportunity " or "redeem the time"? How does endless scrolling steal time from more valuable Kingdom work? 2. How can you intentionally use social media purposefully (checking for a specific goal) rather than mindlessly?	Ephesians 5:15-16
0:20 – 0:30	Discussion: Salt and Grace	Read Aloud: Colossians 4:6. Key Question: What does it mean for your online speech to always be "full of grace" and "seasoned with salt"? Prompts: 1. Where do you see Christians frequently failing to be gracious online (e.g., political debates, doctrinal arguments)? 2. How can you ensure your online comments are " salty " (wise, thought-provoking) without being abrasive or condemning ?	Colossians 4:6
0:30 – 0:40	The Online Witness	Scripture: 1 Peter 2:12 (Live such good lives among the pagans that... they may see your good deeds and glorify God). Discussion: 1. If an unbeliever viewed only your social media feed, what would they conclude is most important to you (Jesus, politics, hobbies)? 2. How can you use your online presence as a quiet, consistent witness—not through forced evangelism, but through modeling joy, patience, and integrity?	None
0:40 – 0:50	Application & Action	Exercise: The 5:1 Rule. Commit to posting or commenting five times with encouragement, love, or truth for every one time you post about your own needs or make a complaint. Action Step: Commit to spending 5 minutes this week to audit your last five posts and evaluate whether they	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		were encouraging or self-serving, then commit to making your next three posts deliberately encouraging to others.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Use your digital voice as a megaphone for grace and truth. Closing Prayer: Pray for wisdom in their online interactions, that their words would draw people closer to Christ, and for the humility to log off when necessary.	None

Topic 11: Understanding & Addressing Loneliness:

Description: Examines the causes and consequences of loneliness and offers biblical solutions for building meaningful connections.

Scripture: Genesis 2:18, Ecclesiastes 4:9-12, Hebrews 10:24-25, 1 Corinthians 12:12-27

Focus: Identifying the root causes of loneliness, building healthy relationships, and serving others in the community.

Foundational Studies

Session 1: The Divine Design for Connection (Genesis 2 & Ecclesiastes 4)

This session explores the fundamental, God-given need for relationship and the inherent dangers of trying to live life alone.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Share one activity you enjoy doing alone, and one activity you would always prefer to do with someone else."	None
0:10 – 0:20	The First Problem	Read Aloud: Genesis 2:18. Discussion: 1. Before sin entered the world, God declared only one thing was "not good." What was it, and what does this verse tell us about the foundational, non-negotiable human need for relationship ? 2. Why is true loneliness defined not by being alone, but by being without deep connection ?	Genesis 2:18
0:20 – 0:30	Discussion: The Power of Two	Read Aloud: Ecclesiastes 4:9-12. Key Question: The Preacher lists four specific benefits of having a companion. Which benefit (better return for labor, support when fallen, warmth, defense) do you value most right now? Prompts: 1. When you fall down in life (spiritually or emotionally), how does the absence of a close friend make the struggle harder? 2. How can working alongside another Christian (v. 9) bring "better return" on spiritual and professional effort?	Ecclesiastes 4:9-12
0:30 – 0:40	The Threefold Cord	Prompts: 1. The "threefold cord" (v. 12) is stronger than a single thread. In the context of Christian fellowship, who makes up the third strand? (The Holy Spirit/Christ). 2. How is a relationship where Christ is the center qualitatively different from a purely secular friendship?	Ecclesiastes 4:9-12
0:40 – 0:50	Application & Action	Exercise: Identifying Isolation Points. Have members identify one recent behavior that was an attempt to cope with loneliness that actually fueled isolation (e.g., spending excessive time on social media, binge-watching TV). Action Step: Commit to reaching out to one person you haven't spoken to in a while with an intentional,	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		non-demanding invitation (e.g., "Thinking of you, want to grab a coffee this week?").	
0:50 – 1:00	Closing & Prayer	Leader Reflection: Loneliness is not a personal failure; it's a signal of a core human need. Closing Prayer: Pray for the courage to pursue healthy, Christ-centered relationships this week.	None

Session 2: Cultivating Community and Connection (Hebrews 10 & 1 Corinthians 12)

This session focuses on the practical role of the church and small group in curing loneliness, emphasizing mutual contribution and encouragement.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the result of your intentional outreach from last week.	None
0:10 – 0:20	The Small Group Mandate	Read Aloud: Hebrews 10:24-25. Discussion: 1. What does it mean to " spur one another on toward love and good deeds "? How is this the opposite of passive attendance? 2. Why does the writer warn against "giving up meeting together"? What happens to our faith when we try to sustain it in isolation?	Hebrews 10:24-25
0:20 – 0:30	Discussion: Contribution vs. Consumption	Key Principle: The greatest cure for loneliness is contribution . Key Question: When you feel lonely in a large group, are you approaching the environment with a consumer mindset ("What can I get?") or a contributor mindset ("What can I give?")? Prompts: 1. How does focusing on serving others shift your internal focus away from your own unmet needs? 2. Discuss one way you can commit to contributing to the life of your church or small group this month.	None
0:30 – 0:40	No Part is Unimportant	Read Aloud: 1 Corinthians 12:12, 18, 26. Discussion: 1. Paul uses the body analogy again to emphasize that every member, even the seemingly weaker or "less honorable" one, is absolutely necessary. How does understanding your necessary role combat feelings of isolation? 2. What does it look like to truly " suffer with " a part of the body that is hurting, and what does it look like to " rejoice with " a part that is honored?	1 Corinthians 12:12, 18, 26
0:40 – 0:50	Application & Action	Exercise: The 5-Minute Connector. Often, the barrier to connection is the first five minutes. Action Step: Commit to intentionally practicing the following strategy this week:	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		Ask a genuine question, listen actively (James 1:19), and share one specific thing you appreciate about the person. Use this in a church setting.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: The answer to loneliness is not just <i>being loved</i> , but <i>finding a purpose</i> in loving others. Closing Prayer: Pray for the group to feel deeply connected to Christ and to find purpose in serving the body.	

Topic 12: The Character of God

Description: A study exploring various attributes of God (love, justice, mercy, holiness, etc.) and what they mean for our lives.

Scripture: Selected passages showcasing God's attributes (e.g., 1 John 4:8 for love, Psalm 89:14 for justice).

Session 1: God is Love (1 John 4:7-12)

This session establishes the fundamental truth of God's nature as love, exploring how this attribute is expressed and what it requires of us.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "Share the most powerful example of unconditional love you have ever witnessed."	None
0:10 – 0:20	Defining the Attribute	Read Aloud: 1 John 4:7-12. Discussion: 1. The text states: " God is love " (v. 8). This isn't just that God <i>has</i> love, but that it is His essence. How does this attribute define all other attributes (e.g., God is <i>lovingly</i> just)? 2. How did God demonstrate His love most clearly to us (v. 9-10)?	1 John 4:7-10
0:20 – 0:30	Discussion: Love Demonstrated	Key Question: What does it mean that love "is not that we loved God, but that he loved us" (v. 10)? Prompts: 1. How does knowing God initiated the relationship affect your confidence and security in your faith? 2. Why is God's love agape (sacrificial and seeking the highest good of the other) rather than merely emotional?	1 John 4:10
0:30 – 0:40	Love Required of Us	Read Aloud: 1 John 4:11-12. Prompts: 1. Our love for one another makes God visible in the world (v. 12). Where is your life currently falling short in visibly reflecting God's love to your neighbor or family? 2. How is genuine love the ultimate proof that you know God (v. 7-8)?	1 John 4:11-12
0:40 – 0:50	Application & Action	Exercise: The Daily Love Audit. Identify one person you encounter regularly who is difficult to love. Action Step: Commit to praying for that person and performing one agape (sacrificial) act of kindness for them this week, without expectation of thanks.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: God's love is the source of our existence and the goal of our life. Closing Prayer: Pray that God's perfect love would cast out all fear in the hearts of the group.	None

Session 2: God is Holy (Isaiah 6 & 1 Peter 1)

This session explores God's majestic and separate nature—His holiness—and the call for us to reflect that holiness in our own lives.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the sacrificial act of kindness you performed this week.	None
0:10 – 0:20	Encountering Holiness	Read Aloud: Isaiah 6:1-5 (Isaiah's vision of the Lord). Discussion: 1. The seraphim cry "Holy, holy, holy." Why is this the only attribute repeated three times? (It emphasizes God's total separation, purity, and absolute perfection.) 2. What was Isaiah's immediate reaction to the holiness of God (v. 5)? Why is recognizing God's holiness essential to recognizing our need for grace?	Isaiah 6:1-5
0:20 – 0:30	Discussion: The Call to Purity	Read Aloud: 1 Peter 1:15-16. Key Question: What does it mean to be holy when we are still living in an imperfect world? (It means being set apart from sin and devoted to God.) Prompts: 1. Where in your life (e.g., entertainment, speech, habits) is God calling you to be "set apart" this week? 2. How does the holiness of God motivate us to pursue purity, knowing that God is the standard?	1 Peter 1:15-16
0:30 – 0:40	Holiness and Grace	Principle: God's holiness demands justice for sin, but God's love (Session 1) provides the way through Christ's sacrifice. Discussion: How should the combination of God's absolute holiness and His absolute grace produce both fear (reverence) and immense gratitude in our hearts?	None
0:40 – 0:50	Application & Action	Exercise: The Set-Apart Audit. Identify one area of your life where you feel you have compromised your standards to fit into the world. Action Step: Commit to setting one specific boundary this week (e.g., avoiding a certain type of entertainment, dedicating a set time for Bible reading) to pursue holiness.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: We are holy because He is holy. Closing Prayer: Pray for the reverence and desire to pursue holiness in the group's daily choices.	None

Session 3: God is Just and Righteous (Psalm 89 & Romans 3)

This session examines God's commitment to fairness and moral perfection, exploring how His justice is revealed in judgment and salvation.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the boundary you set this week to pursue holiness.	None
0:10 – 0:20	The Throne of Justice	Read Aloud: Psalm 89:14. Discussion: 1. Righteousness and justice are the foundation of God's throne. Why must God be perfectly just in order for Him to be trustworthy and good? 2. How should knowing that God will ultimately set all things right (vindicating the innocent, punishing the wicked) change the way we respond to current injustices?	Psalm 89:14
0:20 – 0:30	Discussion: God's Righteousness Revealed	Read Aloud: Romans 3:23-26. Key Question: How does the Cross solve the seemingly impossible tension between God's justice (sin must be punished) and God's love (He wants to save us)? Prompts: 1. What does it mean that God presented Jesus as an atoning sacrifice (v. 25)? 2. How does the Cross prove God is both "just and the justifier" of those who believe (v. 26)?	Romans 3:23-26
0:30 – 0:40	Living Justly	Principle: Because God is just, we are called to do justice (Micah 6:8). Discussion: 1. Where do you struggle most with practicing justice (e.g., treating people impartially, speaking truth to power, avoiding gossip)? 2. How does the knowledge of God's final justice motivate you to live with integrity in business, school, or relationships?	None
0:40 – 0:50	Application & Action	Exercise: The Integrity Check. Identify one specific situation this week where you feel tempted to cut corners or speak unfairly. Action Step: Commit to actively seeking wisdom and integrity (a <i>just</i> solution) in that one situation this week, asking God for guidance.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: The Cross is the ultimate display of God's perfect justice and love. Closing Prayer: Pray for the strength to live lives of integrity, reflecting God's righteousness.	None

Session 4: God is Merciful and Gracious (Psalm 103 & Lamentations 3)

This session focuses on God's enduring kindness, compassion, and patience toward His people, often described as His mercy and grace.¹

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way you acted with integrity in a challenging situation this week.	None
0:10 – 0:20	The Extent of Mercy	Read Aloud: Psalm 103:8-12. Discussion: 1. What does it mean that God is "slow to anger, abounding in love" (v. 8)? 2. How far does God remove our sin from us (v. 12)? Why is this imagery of distance so comforting to the believer?	Psalm 103:8-12
0:20 – 0:30	Discussion: Everlasting Compassion	Read Aloud: Lamentations 3:22-23. Key Question: Why are God's mercies new every morning ? Prompts: 1. How does God's constant, fresh mercy enable you to continue pursuing Him even after a failure or a hard season? 2. What does it mean that God is faithful (His promise to be merciful is always true) even when we are unfaithful?	Lamentations 3:22-23
0:30 – 0:40	Modeling Mercy	Principle: We receive mercy so we can give mercy. Discussion: 1. Where do you struggle to show grace and patience to others (e.g., toward drivers, coworkers, family members)? 2. How does remembering that God treats you with mercy help you show compassion when others fall short?	None
0:40 – 0:50	Application & Action	Exercise: The 24-Hour Mercy Reminder. Identify a recurring mistake or weakness in your life that you frequently ask God to forgive. Action Step: Commit to thanking God for His <i>new</i> mercies every morning this week, and commit to extending that same fresh mercy to one person who irritates you.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: God's patience is not weakness; it is His overflowing love. Closing Prayer: Pray for a spirit of thankfulness and	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		for the ability to demonstrate great mercy to those around them.	

Session 5: God is Omniscient (All-Knowing) and Wise (Psalm 139 & Proverbs 3)

This session focuses on God's perfect, complete knowledge and wisdom, and what that means for trusting His plan over our own.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share an instance this week where you saw God's mercy as fresh and new.	None
0:10 – 0:20	The Scope of Knowledge	Read Aloud: Psalm 139:1-6. Discussion: 1. The Psalmist describes God knowing our thoughts, words, and actions before they happen. How does this comprehensive knowledge make you feel (e.g., comforted, exposed, secure)? 2. How is God's omniscience (knowing everything) a comfort when you feel misunderstood or lonely?	Psalm 139:1-6
0:20 – 0:30	Discussion: Trusting His Wisdom	Read Aloud: Proverbs 3:5-6. Key Question: Why is "trusting in the Lord" inextricably linked to not leaning on our "own understanding?" Prompts: 1. When do you struggle the most with leaning on your own understanding (e.g., financial planning, relationship crisis, career choice)? 2. What does it look like to "acknowledge" God in all your ways, surrendering control and asking for guidance?	Proverbs 3:5-6
0:30 – 0:40	God's Perfect Plan	Read Aloud: Psalm 139:13-16 (Focus on being "fearfully and wonderfully made"). Principle: God's wisdom is seen in the intentional creation of each life and the planning of our days. Discussion: How does the knowledge that God already knows the end of your story help you trust Him with the confusing parts of the middle?	Psalm 139:13-16
0:40 – 0:50	Application & Action	Exercise: The Surrender Statement. Identify one specific decision or situation that is causing you confusion or anxiety. Action Step: Commit to praying Proverbs 3:5-6 over that situation every day this week, consciously surrendering your need to control or understand the outcome.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: The wisest path is always the path of trust. Closing Prayer: Pray for the ability to surrender control to God's perfect knowledge and wisdom.	None

Session 6: God is Immutable and Faithful (Malachi 3 & 2 Timothy 2)

This final session focuses on God's unchanging nature, which guarantees His reliability and provides the anchor for our hope.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the situation you surrendered to God's wisdom this week and any peace you experienced as a result.	None
0:10 – 0:20	The Unchanging God	Read Aloud: Malachi 3:6 ("For I the LORD do not change; therefore you, O children of Jacob, are not consumed."). Discussion: 1. What does it mean that God is immutable (He does not change His character, will, or promises)? 2. How is God's immutability the source of your hope and security ? (If He changed, His promises wouldn't be reliable.)	Malachi 3:6
0:20 – 0:30	Discussion: The Anchor of Faithfulness	Read Aloud: 2 Timothy 2:13. Key Question: What does it mean that God " remains faithful, for he cannot deny himself ?" Prompts: 1. How does God's faithfulness remain true even when we are unfaithful, weak, or doubt Him? 2. Discuss one specific promise of God that you rely on when your circumstances or feelings change.	2 Timothy 2:13
0:30 – 0:40	The Consistency of God	Principle: Since God's love, justice, mercy, and holiness are all immutable, we can rely on them equally. Discussion: 1. How does recognizing God's unchanging nature provide stability during periods of intense change (e.g., job loss, moving, relational stress)? 2. How can you model faithfulness to others in your small group or family, reflecting this attribute of God?	None
0:40 – 0:50	Application & Action	Exercise: The Anchor Verse. Write down a favorite Scripture that confirms God's unchanging character (e.g., Psalm 103:17, Hebrews 13:8). Action Step: Commit to writing that verse on a card and carrying it with you this week, looking at it any time you feel uncertain or stressed.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	<p>Leader Reflection: The greatest character trait of God is His faithfulness to all His other traits.</p> <p>Closing Prayer: Pray for the entire group to be anchored in the immutable, faithful character of God.</p>	None

Topic 13: The Holy Spirit

Description: Exploring the person and work of the Holy Spirit in the lives of believers.

Scripture: Acts 2, John 14:16-17, Galatians 5:22-23, 1 Corinthians 12

Session 1: Who is the Holy Spirit? (John 14:16-17)

This session introduces the Holy Spirit as a distinct person of the Trinity, emphasizing His role as our Helper and permanent presence.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Icebreaker	Prompt: "If you could ask a divine helper to assist you with one aspect of life (e.g., patience, wisdom, endurance), what would it be?"	None
0:10 – 0:20	The Promise of the Helper	Read Aloud: John 14:16-17. Discussion: 1. Jesus calls the Spirit the " Advocate " or " Helper " (<i>Paraclete</i>). What does this title mean practically (e.g., one who comes alongside, a counselor, a legal defender)? 2. Jesus says the world " neither sees him nor knows him " (v. 17). What does this tell us about the nature of the Spirit and the need for faith to perceive His work?	John 14:16-17
0:20 – 0:30	Discussion: A Person, Not a Force	Principle: The Spirit is the third Person of the Trinity, not an impersonal force or "it." Prompts: 1. The Bible says the Spirit speaks, intercedes, loves, and grieves . How does seeing the Spirit as a Person change the way you relate to Him in prayer? 2. Why is the Spirit's permanent presence (" will be in you ") a greater blessing than Jesus' physical presence was before His ascension?	None
0:30 – 0:40	The Indwelling Spirit	Read Aloud: 1 Corinthians 3:16 ("Do you not know that you yourselves are God's temple and that God's Spirit dwells in your midst?"). Discussion: What does it mean that your body is the Spirit's temple ? How should this truth impact your choices regarding holiness, media consumption, and relationships?	1 Corinthians 3:16
0:40 – 0:50	Application & Action	Exercise: The Invitation. Identify one area of your life where you have been operating purely in your own strength (e.g., resisting a temptation, completing a difficult task). Action Step: Commit to spending five minutes daily this week explicitly inviting the Holy Spirit to be your Helper in that specific area.	None

Time	Activity	Description & Discussion Questions	Focus Scripture
0:50 – 1:00	Closing & Prayer	Leader Reflection: The Holy Spirit is the personal presence of God living in you. Closing Prayer: Pray for an increase in the group's awareness of the Spirit's indwelling presence.	None

Session 2: The Spirit's Role in Salvation and Assurance (Acts 2)

This session focuses on the Spirit's central role in the New Covenant, specifically in bringing about salvation, assurance, and the birth of the church.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way the Holy Spirit helped you in a difficult situation this week.	None
0:10 – 0:20	The Day of Pentecost	Read Aloud: Acts 2:1-4, 38-39. Discussion: 1. Pentecost marked the reversal of Babel—bringing unity where there was division. How does the Spirit build unity in our local church community? 2. Peter says the "promise is for you and for your children" (v. 39). What is the connection between repentance, baptism, and receiving the Holy Spirit?	Acts 2:38-39
0:20 – 0:30	Discussion: New Birth	Scripture: Titus 3:5 ("He saved us through the washing of rebirth and renewal by the Holy Spirit"). Key Question: What does it mean to be "born again" or "renewed" by the Spirit? Prompts: 1. How does the Spirit convince you of your sin, leading you to Christ? 2. The Spirit is often called the "Seal" (Ephesians 1:13). How does the Holy Spirit serve as God's mark or guarantee that you belong to Him and are saved?	None
0:30 – 0:40	The Spirit's Testimony	Scripture: Romans 8:16 ("The Spirit himself testifies with our spirit that we are God's children."). Discussion: 1. How does the Spirit give you assurance of salvation when you face doubt or fear? 2. How can you distinguish the quiet, biblical testimony of the Spirit from just wishful thinking?	Romans 8:16
0:40 – 0:50	Application & Action	Exercise: Journaling Assurance. Have members write down three specific, concrete reasons they know they are a child of God (e.g., love for Scripture, conviction of sin, desire to obey). Action Step: Commit to asking the Holy Spirit for increased assurance and faith daily this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: The Spirit is the down payment on your eternal inheritance. Closing Prayer: Pray for the Spirit to fill the group with joy and a deep, unshakable assurance of their salvation.	None

Session 3: The Spirit and Sanctification (Galatians 5:16-18)

This session focuses on the Spirit's role in the ongoing process of sanctification—making us more like Christ and empowering us to resist sin.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share a moment this week when the Holy Spirit gave you assurance.	None
0:10 – 0:20	The Spiritual Conflict	Read Aloud: Galatians 5:16-18. Discussion: 1. Paul describes an active war between the " flesh " (sinful nature) and the " Spirit ." What does this internal conflict feel like in daily life? 2. How does the struggle confirm that you are truly a believer (v. 17)?	Galatians 5:16-18
0:20 – 0:30	Discussion: Walking by the Spirit	Key Question: What does it mean practically to " walk by the Spirit " (v. 16)? Prompts: 1. Is it a feeling, a choice, or a prayer? 2. Discuss concrete, proactive steps we can take to "walk" in the Spirit (e.g., consistent Bible reading, accountability, focusing on God's truth).	Galatians 5:16
0:30 – 0:40	The Works of the Flesh	Read Aloud: Galatians 5:19-21 (Briefly read the list of "works of the flesh"). Discussion: 1. Which "works of the flesh" do you see most prominently displayed in modern society (or even within the church)? 2. Why does habitual, unrepentant living according to the flesh demonstrate a failure to submit to the Spirit?	Galatians 5:19-21
0:40 – 0:50	Application & Action	Exercise: Identifying the Foothold. Identify one "work of the flesh" that has been a particular struggle lately. Action Step: Commit to confessing that struggle daily and asking the Holy Spirit to give you the power to resist and replace the sinful pattern with a biblical discipline this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: You are not meant to fight the flesh alone; the Spirit is your power source. Closing Prayer: Pray for the strength to walk in the Spirit and overcome the desires of the flesh.	None

Session 4: The Fruit of the Spirit (Galatians 5:22-23)

This session focuses on the observable, Christ-like character traits the Holy Spirit produces in a yielded life, emphasizing that fruit is grown, not generated.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share one way you successfully resisted a temptation this week by walking in the Spirit.	None
0:10 – 0:20	Singular Fruit, Many Flavors	Read Aloud: Galatians 5:22-23. Discussion: 1. Notice the text says "the fruit of the Spirit" (singular), not "fruits" (plural). What does this imply about the unity and interconnectedness of these nine traits? 2. Which trait listed is your life currently demonstrating the most, and which one is the most challenging for you?	Galatians 5:22-23
0:20 – 0:30	Discussion: Growth, Not Works	Key Question: Why is this called " fruit "? (Because fruit is the natural, inevitable result of a healthy root system, not something you manufacture.) Prompts: 1. How does trying to manufacture patience or joy through sheer willpower lead to exhaustion and failure? 2. What does it look like to " abide " (John 15:5) in Christ so that the Spirit naturally produces this fruit?	

| 0:30 – 0:40 | The Centrality of Love | Principle: Love is the first fruit and the container for all the others. Discussion: How is every other fruit an expression of love? (E.g., joy is love rejoicing, patience is love enduring, kindness is love in action.) | Galatians 5:22 |

| 0:40 – 0:50 | Application & Action | Exercise: The Desired Fruit. Have members choose the single Fruit of the Spirit they most desire to grow in this season (e.g., self-control, peace). Action Step: Commit to finding one specific Scripture verse that defines and encourages that chosen fruit, and meditate on it daily this week. | None |

| 0:50 – 1:00 | Closing & Prayer | Leader Reflection: Character transformation is the quiet, primary work of the Holy Spirit. Closing Prayer: Pray for God to prune and cultivate their hearts so the beautiful fruit of the Spirit may grow. | None |

Session 5: The Gifts of the Spirit (1 Corinthians 12)

This session explores the **spiritual gifts** (charismata) given by the Spirit for the mutual upbuilding of the church, focusing on unity and function.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share the verse you chose to meditate on regarding your desired fruit.	None
0:10 – 0:20	Unity in Diversity	Read Aloud: 1 Corinthians 12:4-7. Discussion: 1. Paul stresses three types of diversity (gifts, service, working), but one source (the Spirit, the Lord, the God). What does this emphasize about the unity of the church's mission? 2. Verse 7 says gifts are for the " common good ." Why are spiritual gifts always designed to be used outward, not inward?	1 Corinthians 12:4-7
0:20 – 0:30	Discussion: The Body Analogy	Read Aloud: 1 Corinthians 12:12-14, 18. Key Question: If the church is a body, what does it mean to say to another part, "I don't need you?" (v. 21). Prompts: 1. How does thinking of your gift as a necessary function in the body (like an ear or an eye) prevent pride or insecurity? 2. Why is every gift, even the less public ones (v. 23), essential to the health of the church?	1 Corinthians 12:12-14, 18
0:30 – 0:40	Identifying and Using Your Gifts	Scripture: 1 Peter 4:10-11 (Using gifts to glorify God). Discussion: 1. Discuss the two broad categories of gifts in 1 Peter: Speaking and Serving . Which category do you most naturally gravitate toward? 2. How can you, as a group, affirm the gifts you see operating in one another?	None
0:40 – 0:50	Application & Action	Exercise: The Gift Audit. Identify one gift you believe God has given you (e.g., teaching, serving, mercy, encouragement). Action Step: Commit to seeking out one opportunity this week to intentionally use that gift for the benefit of someone else in the group or the wider church.	
0:50 – 1:00	Closing & Prayer	Leader Reflection: The Spirit empowers us for service and equips us for mission. Closing Prayer: Pray for the Holy Spirit to reveal and activate the spiritual gifts within the group members.	None

Session 6: The Spirit of Truth and Prayer (John 16 & Romans 8)

This final session covers two critical, intimate works of the Holy Spirit: guiding us into all truth and interceding for us in prayer.

Time	Activity	Description & Discussion Questions	Focus Scripture
0:00 – 0:10	Welcome & Check-in	Prompt: Share how you intentionally used your spiritual gift for someone else this week.	None
0:10 – 0:20	The Spirit of Truth	Read Aloud: John 16:13-14. Discussion: 1. Jesus promises the Spirit will guide us into " all the truth. " How does the Spirit use Scripture, prayer, and wise counsel to lead you? 2. Why does the Spirit never draw attention to Himself but instead always points to Jesus ("He will glorify me")?	John 16:13-14
0:20 – 0:30	Discussion: The Intercessor	Read Aloud: Romans 8:26-27. Key Question: What comfort does it bring you to know that the Holy Spirit is interceding for you when you don't know how or what to pray? Prompts: 1. How does this passage encourage you when your prayer life feels weak or confused? 2. How does the Spirit ensure that His prayers are always aligned with "the will of God" (v. 27)?	Romans 8:26-27
0:30 – 0:40	The Spirit and the Word	Scripture: Ephesians 6:17 ("...the sword of the Spirit, which is the word of God."). Principle: The Holy Spirit works through the Scriptures. Discussion: How can we better yield to the Spirit's guidance by giving more attention and reverence to the Bible?	None
0:40 – 0:50	Application & Action	Exercise: The Guided Prayer. Spend 5-7 minutes praying silently, asking the Holy Spirit (the Intercessor) to take over your confused prayers, and asking the Spirit of Truth to reveal a specific truth in your life. Action Step: Commit to making the Holy Spirit the first person you consult when seeking guidance or struggling with prayer this week.	None
0:50 – 1:00	Closing & Prayer	Leader Reflection: The Holy Spirit is the ultimate source of power, guidance, and intimacy with God. Closing Prayer: Pray a final blessing over the	None

Time	Activity	Description & Discussion Questions	Focus Scripture
		group, asking for the fullness of the Holy Spirit's guidance, comfort, and truth in their lives.	