

Discovery Bible Study

Letting God speak through his Word

Adapted from "The DBS (Discovery Bible Study) in a nutshell"
by G. Brady, Lipscomb University.

Today's Agenda

- DBS process and leader tips
- Break
- Practice DBS session

Why "Discovery"?

- Leads to better retention.
- Encourages life-long Bible learning.
- Encourages studying and learning together with others.

For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Isaiah 55:10-11

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12

Your word is a lamp to my feet and a light to my path.

Psalms 119:105

DBS Overview

- Eight questions or steps.
- Focus is on a single passage.
- Techniques as a discussion leader.
- Focus is God's Word, and works with any passage.

DBS Overview

- Requires very little preparation: You learn together.
- Demonstrates much of how to "do church".
- Very "visitor friendly".

Review of G. Baines Comments

DBS Techniques

- Take notes during the discussion.
 - Shows you value what people are sharing.
 - Shows that you are listening.
 - Encourages contributions.
 - Synthesize and restate for clarity.
 - Good for take home notes or email after study.
- Don't force participation.

DBS Techniques

- Don't let anyone dominate.
- NO hyperlinking (referring to other books, passages, etc.)
 - Focus only on the one passage.
 - Keeps regulars and visitors on a level playing field.
 - Keeps folks from chasing rabbits.
 - Be gentle but firm when reminding (group will help!).
 - Let God speak through this passage.

DBS Techniques

- Provide good leader feedback
 - "Good thought!"
 - "I wrote [...]. Did I capture what you said?"
 - "Oh thanks, that is insightful."
- Clamping
 - Gentle: "Those are good thoughts. Let's hear from others."
 - Firm: "It is important that we give others a chance to share."

#1: From last week, for what are you thankful?

- Easy starting dialog, even for first time visitors.
- Starts the meeting off on a positive note.
- Helps the group learn about each other's lives - good for later conversations.
- Just 60 seconds.
- Don't force everyone to share.

#2: What challenges did you face last week?

- Sharing some of our own life challenges.
- Helps members empathize and understand each other.
- Creates a bit more openness.
- Connects the group through common struggles.

#3: How did your "I will" commitments go?

- Gentle accountability from the previous study.
- Promotes continuity between meetings.
- Conveys that others care about their walk with God.
- Reinforces teachings from the last study.

Read, Read, Retell, Details - RRRD

- Have one volunteer read the passage.
- Have a second volunteer read the passage again, preferably from a different version.
- Have someone retell the passage from memory, while the group listens.
- Review the retelling with the group - any details missing?

Read, Read, Retell, Details - RRRD

- Hearing the passage three times solidifies it.
- Reading from two versions focuses on the thought, rather than specific phrasing.
- Having someone retell, followed by the review of missing details, encourages folks to listen closely to details.
- Keep the review gentle and friendly.

#4: What does this passage say about God?

- "God..."
- Silence is okay - they are thinking.
- Using good leader verbal skills encourages digging.
 - "You are right. I had not noticed that."
- God reveals Himself through His Word. Let Him.
- Hyperlinking is easy - don't go there. Focus on passage.

#5: What does this passage say about people?

- "People..."
- God's Word is touching their heart. Let it.
- As they describe "people", they may be describing themselves.
- They "move into" the scripture and application begins.

#6: What does this passage say about obedience?

- The "I will..." statements.
- How should I change my life based on what I just learned about God and people?
- What is God calling me to do?
- Each statement starts with "I will..."
- Try to get six to 10 "I will..." statements.

Our "I will..." statements from Mark 6:45-56

- I will try to respond with less fear to the surprising.
- I will look for God's glory and hand in my life.
- I will recognize when God is working in my life.
- I will not let my heart be hardened as to who God is.
- I will remember to ask Him for help, instead of rowing against the wind.
- I will acknowledge God's presence, even during struggles.
- I will set aside time alone to pray.
- I will seek His healing in my life.
- I will go where He wants me to go.
- I will look for others who need healing by God.
- I will be uplifted in God's presence.
- I will not be overconfident of my own abilities.

#7: Who needs to hear this?

- Who in their circle of contacts needs to hear this?
- Encourages sharing of God's Word with others.
- Moves focus back outward to the needs of others.
- Creates opportunities for visitors at the next meeting.

#8: What challenges will you face this week?

- Recognition of needs of members in the group.
- Support one another - binds the group together.
- Refrain from asking for "prayer requests", unless the members are ready for that.
 - "Prayer requests" can make some people uncomfortable and cause some of them to not share.

Closing with Prayer

- Thank God for His Word.
- Pray that God's Word to continue to shape us.
- Thank God for the items of thanks at the start of the meeting (see Step #1).
- Pray for the challenges members are facing.

Lather, Rinse, Repeat Next Meeting!

Break

#1: From last week, for what are you thankful?

#2: What challenges did you face last week?

#3: How did your "I will" commitments go?

RRRD: John 11:1-44

#4: What does this passage say about *God*?

#5: What does this passage say about *people*?

#6: What does this passage say about *obedience*?

#7: Who needs to hear this?

#8: What challenges will you face this week?

Discussion

Thank you!

Contact me at jeff@mckune.net

The DBS (“Discovery Bible Study”) in a nutshell

**Isaiah 55:11 says,
“When my word goes forth, it shall not return empty or void,
but will accomplish the thing for which I sent it.”**

This verse best encapsulates the DBS. God’s word does what He said it would do—and the DBS helps us get out of the way so that God proves Himself faithful to His promise. There is absolutely nothing “mystical” about the DBS, but it is miraculous. Here is why I think God is honoring this Disciple-Making Model in profound ways:

1. **The DBS is a God-honoring and God-exalting process.** People directly engage and rub up against God’s word. In doing so, He—He alone—receives the glory as He proves Himself faithful over and over again as ***HE*** enlightens the hearts of people to discover who He is directly from His word.
 2. **The Holy Spirit becomes the Teacher.** It gets the teacher, dvds, and other ‘book studies’ out of the way, allowing the “True Teacher” –the Holy Spirit—to enter and teach.
 3. **There is a dependency on God** to reveal Truth—and He does—every time.
 4. **God delights in speaking through people;** He speaks through His word and through people to reveal Himself in the DBS process. That is spectacular to see unfold. No kidding, it is an adventure each time.
 5. **The DBS disciples and inherently makes disciples.** So far, I’ve done the DBS about 150 times. Never once (and there is no exaggeration here) has the ball fumbled down the field—not once. It is stunning every time—especially with those who are seeking or who are young in their walk with Christ. And it is refreshing and rehabilitating for those of us who think we’ve been disciplined and are good disciplers.
 6. **The DBS is relentless in shepherding towards transformational living** through: personal authenticity, accountability, personal responsibility, evangelism, prayer, and acts of service.
- People often tire of a study, but I’ve not experienced anyone “tiring” of the DBS process because it is so natural, engaging, and empowering. Who gets tired of encountering the God of the Universe?

The DBS is much like a cake: it needs to be **tasted first** in order to really “get it”. Then, after tasting it, a discussion of why it was so good and how it was made is more profitable and enlightening. It’s the “tasting” that makes the difference, as the ingredients below don’t “wow” or convince. But like most good cakes, it’s about simple, good ingredients—mixed in the right way and in precise amounts--that make it work. The same is true with the DBS.

(By way of observation, everyone **initially** wants to “tweak” the DBS process—especially those who’ve not tasted or tested it for very long. I advise to stay the course. Watch and see God honor this process. The words, the order, and the methodology behind each ordered step have immense value, purpose, and intentionality. You will find that in “tasting and seeing it” that the Lord, indeed, is good.

The best thing that you can do is to DO the DBS with a group of people AS SOON AS POSSIBLE. There’s no need to stock the pond; the DBS will hold its own with anyone as long as you cling tightly to the process. Test and taste it.

The DBS (“Discovery Bible Study”) in a nutshell

**Thankful? • Challenge? • How did it go? • Read-Read-Retell-Detail •
God? • People? • Obedience • I will • Share? • Challenge?**

	The DBS in 17 words	What to say...	Purpose
1	Thankful?	<i>From this past week, what is something you're thankful for?</i>	<ul style="list-style-type: none"> Positions our hearts to be grateful Models prayer Practices gratitude and proper perspective on life
2	Challenge?	<i>From this past week, what was challenging for you?</i>	<ul style="list-style-type: none"> Positions our hearts to admit that we have needs and Implies we need help along the way by admitting imperfections in life and people Notice we intentionally did not use words like “struggle” or “prayer requests”. These tend to be inflammatory and emotional language. Guys especially will shut down. ‘Challenge’ works very well with everyone.
3	How did it go?	<i>How did it go?</i>	<ul style="list-style-type: none"> Based on the previous week’s DBS “I will statements”/ “Share”/ ending “Challenge”
P A U S E	R-R-R-D <i>Read • Read • Re-tell • Details</i>	1. Reader 1 – reads passage all the way through 2. Reader 2 – same as above (useful to read from another translation) 3. Reteller – <ol style="list-style-type: none"> The Reteller should feel NO pressure to memorize or capture everything because... The <u>group will then follow up with any missing/important “DETAILS”</u>. This should not be a time to knit-pick or interpret, but simply fill-in key points 	<ul style="list-style-type: none"> *(See the footnotes below) This is what I call the “special sauce” (goofy, I realize). It brings to focus God’s word, where everyone can listen and attend Avoid having each person read one verse, which is highly distracting and promotes inattention After hearing the passage read twice, the Reteller simply retells as if to a 10-year old Be sure that the Re-teller does NOT interpret, but simply tells the essence of the narrative/theme/parable Retelling should take 30-60 seconds “Churched-up” folks have the greatest difficulty retelling as they tend to “go seminary” on the group. Kindly remind them to K.I.S.S. (“keep it simple, Sweetheart”).

The DBS (“Discovery Bible Study”) in a nutshell

*4	God?	<i>What does this passage say about God?</i>	<ul style="list-style-type: none"> • Questions #4-6 are the core of the DBS • It is important to have each group record what they discover (in questions #4-5-6) so that they can share with the entire group (assuming there are divided into multiple smaller groups). I’ve noticed that incredible things are being discovered, but only to evaporate before sharing with the entire group. Have someone (other than the facilitator) to jot down what is being discovered in order to share with the larger group. • Notice the *asterisk. The asterisk makes or breaks the process!! The asterisk asks, “Where is THAT found in the passage?” Meaning, there is to be NO hyperlinking to any other passage, sermon, verse, or text. →Why? • It keeps the “sheep away from the wolves” (inerrant theology). If I allow John Piper, Charles Stanley, Rick Warren, or “Good Theologian John Doe” in—as good as they are—I’ve now opened the door for someone to potentially reference a Rob Bell or Joel Osteen, et al. (or whomever your poster-child is for inerrant theology). • By not hyperlinking, this allows the “pedestrian” and the “seminarian” to be on equal footing. The moment you let “Matthew-Mark-Luke & John” in, you disenfranchise and alienate others in the group who aren’t as “churched up” as you. I know that this sounds nearly heretical, but countless people in your church DON’T connect in a small group for this very reason--because they aren’t knowledgeable enough or “churched up” enough as others who’ve been doing church for literally decades. This, in part, is why the DBS is so effective among mixed age groups and life-stages!!
*5	People?	<i>What does this passage say about people/man?</i>	
*6	Obedience?	<i>What does this passage say about obedience?</i>	
6b	I will . . .	<i>In light of what we now know about his passage, what is God calling you to do this week?</i>	<ul style="list-style-type: none"> • This is the CENTERPIECE of the DBS (& where most curriculum fails). • As you post what has been observed, give time (a minute or two) for people to simply examine, breathe, & meditate. Allow them time to ask, “God, what do you want me

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			<p>to do this week because of what I’ve seen today?” Don’t rush this part. Breathe and let others do the same. (1-2 minutes)</p> <ul style="list-style-type: none"> • This is the transformational part, where my life begins to look differently. I become intentional. Because of my new or reinforced beliefs about God and Man, how do I behave differently this week? • What am I going to commit to and become accountable for (with this group)?
7	Share?	<p><i>How will I live this out loud this week? Who needs to hear this (content or the DBS method)?</i></p>	<ul style="list-style-type: none"> • Here, the DBS provokes evangelism and intentional “living out loud” of what I’ve learned--for others to see or know • It puts me on mission for the week • Maybe I share the content from the Bible, or maybe it’s simply going home and sharing the DBS method with your spouse so that the family can begin a Bible study around the kitchen table.
8	Challenge?	<p><i>In this upcoming week, what is going to be a challenge?</i></p>	<ul style="list-style-type: none"> • Again, notice we didn’t go “prayer request” on anyone. We end like we began, except this time we want to know about an upcoming challenge for this next week. • Typically, what happens is that group members do, in fact, pray here—but don’t force or make this the expectation. Be sensitive to the group members (especially if they aren’t Believers—because to whom would they be praying?) If you’re among the churching up, then go for it. • These challenges are a means for the group members to have their lives INTERSECT outside of the confines of the church—to meet a need, text someone and pray for them on that day when their ‘challenge’ is going to present itself. Be spurred on to “love and good deeds” and go walk in them. Don’t just leave “it” there in the holy huddle of a classroom. Go do life with each other outside of the church. Live out Biblical community—to do some real life TOGETHER beyond the DBS.

The DBS (“Discovery Bible Study”) in a nutshell

Roles:

1. Facilitator – pace & purity – the Shepherd
 - a. Goes first – sets the level of authenticity - models
 - b. Engages the group members and keeps the group moving
 - c. Makes group aware of time (about a minute-90 seconds per person)
 - d. Ensures no one person makes this a personal therapy session
 - e. Guards the integrity of the model, strictly keeping to the text, allowing no hyperlinking, helps group to have fun in “outing” others in their tendency to hyperlink
2. *Reader 1 – reads passage all the way through
3. *Reader 2 – same as above (useful to read from another translation)
4. *Re-teller

About the process:

- Questions 1-2 help us to “look back” and form community by expressing gratitude and our needs.
- Question 3 ushers in accountability and responsibility for action and transformational, missional living from the previous week (assuming you have the nearly the same group as last week).
- R-R-R-D is the “special sauce”. (When is the last time you’ve attended a small group and actually heard God’s word 3 times? If you stopped here, you’d be ahead of 99% of most other Sunday School classes across the country). I love to hear someone “retell” what they’ve heard. It challenges me every time as I wonder: “Do I have this episode firmly in **my** mind and heart, ready to retell it to others?”
- Questions 4-6 are the core of the DBS. They help us to “look up.” They remain constant and are enough to feast on until Jesus returns. Displaying/recording what group members are discovering is absolutely crucial for the edification of the entire group. I’ve used a white board, flip-chart paper, several napkins, an ipad/iphone, and even an old cardboard box.
- Question 6b is the centerpiece. It is where we enact and choose to obey and behave as a Son or Daughter of the King. We take on responsibility and commit to living out something that God has birthed in our hearts or made us aware of. Most of the time the “I will” statements are nothing terribly profound. In fact, they are mostly “simple,” but often not easy or natural, requiring effort, intentionality, risk, and loads of faith to execute. In the end, isn’t it always about walking by faith and trusting that Jesus’ way is the better way? The “I will” statements are often hard to get to (because of time); make every effort to reach them. **They are game-changers** for the individual and your church.

The DBS (“Discovery Bible Study”) in a nutshell

- Question 7. Evangelism – moving from “me” to “thee” – developing a heart to love others – moving outward with my focus – being intentional, on mission, and like Jesus.
- Question 8. Challenge for this next week – where lives intersect outside of the walls of the church or DBS – where other group members see opportunities for acts of service and love and prayer. This, too, is a game-changer.

I hope you’ll taste the cake.

Please call if I can help field any questions.

-gbaines

615/594-4646

54 TRIAL DBS SERIES

9 Major Categories
6 Felt Need Issues per Category
6 Studies per Felt Need

Purpose

Because people do not always want to commit to a 16 or 20-week study, we have designed Trial Discovery Bible Studies that ask people to only commit to 6 weeks (or 6 sessions) and are designed with the felt-needs of the group in mind.

Among the 9 Major Categories you will certainly find one that fits your target audience. The point is **not to do all** of these studies like a curriculum. The point is to find **just one** that fits your target group of people and do it for six sessions in order to find who the Person of Peace actually is.

Then you can move into a longer series introducing them to who Jesus is. Nearly all of the Scriptures used in these DBS's are narrative in nature which makes it easier for not-yet believers to enter into discussion and makes it conducive to 'story-telling'. Our desire is to get people quickly into Scripture that's relevant to their lives in order to see who is responding to God.

9 CATEGORIES WITH FELT NEED TOPICS

(each topic has a 6-session DBS series)

MEN

1. Masculinity
2. Accountability
3. Discipleship
4. Attitude Adjustment
5. Performance Anxiety
6. Issues Men Face

MARRIAGE

1. Getting Along at Home
2. Balancing Work and Home
3. Communication Conflict
4. Intimacy
5. Spiritually Single
6. Miscarriage

MARKETPLACE

1. Relationships at Work
2. Too Much Stress!
3. Business Ethics
4. Finding the Right Job
5. Bored and Burned Out
6. Entrepreneurs

WOMEN

1. Real Beauty
2. When Life is Not a Party
3. Being a Godly Woman
4. Coping with Change
5. Holding Your Own
6. Issues Women Face

PARENTING

1. How It's Done
2. Family Time
3. Strong-willed Children
4. Adolescents
5. Challenging Issues/Special Needs
6. Parents in Pain

SPECIAL NEEDS

1. Self-Esteem
2. Financial Stress
3. Living with Pain
4. Caregivers
5. Empty Nesters/When the Kids Are Gone
6. Growing Older

SINGLES

1. Love and Loneliness
2. Pressures
3. Being a Complete Person
4. How to Find a Partner
5. Sexuality
6. Issues Singles Face

YOUTH

1. Discovering My Real Identity
2. Finding Friends and Fitting In
3. What Do I Believe?
4. Surviving Day to Day
5. Getting Along with My Parents
6. Hot Issues for Youth

RECOVERY

1. Healthy Habits
2. Healing Broken Relationships
3. Picking Up After Divorce
4. Grief and Loss
5. Abuse
6. 12 Steps

MEN - MASCULINITY - "I get mixed messages about what a man should be - somewhere between macho and passive. I know Jesus is God, but is he also someone I can look to as the ultimate man?"

1. The Divine Jesus	"God with us"	Matthew 1:18-25
2. The Human Jesus	"Isn't this Joseph's son?"	Luke 4:14-30
3. The Initiated Jesus	Baptized and tempted	Matthew 3:13-4:11
4. The Tough Jesus	Temple cleansing time	Mark 11:12-19
5. The Tender Jesus	"Jesus wept"	John 11:1-44
6. The Triumphant Jesus	Jesus' death	Luke 23:44-49

MEN - ACCOUNTABILITY - "It's about time men got together and got real. I know what's right and what I need to do. I don't need advice, but I do need a group of guys to listen, keep what I say to themselves, and hold me accountable."

1. Our Need for Others	Raising the roof for a friend	Mark 2:1-12
2. Our Need for Accountability	Gehazi caught red-handed	2 Kings 5:1-27
3. Our Need for Support	David's mighty men	2 Samuel 23:8-23
4. Our Need for Counsel	Rehoboam needs advice	1 Kings 12:1-24
5. Our Need for Correction	Nathan rebukes David	2 Samuel 12:1-14
6. Our Need for Mentoring	Moses commissions Joshua	Numbers 27:12-23

MEN - DISCIPLESHIP - "Could anyone tell me what it means to be a man of God? I'm tired of pious Jesus talk and Sunday Christians. If I'm going to commit to this, I'm going all the way."

1. Fighting Spirit	David and Goliath	1 Samuel 17:12-50
2. Total Commitment	The rich young man	Mark 10:17-31
3. Obedience	Abraham's greatest test	Genesis 22:1-19
4. Teachable Spirit	Peter's stretching vision	Acts 10:1-23
5. Spreading the Word	Don't just stand there	Acts 1:1-11
6. God's Man at Home	"As for me and my house"	Joshua 24:1-27

MEN - ATTITUDE ADJUSTMENT - "Pressure is closing in on me. Too many demands. Not enough time. Money. My job. My kids. My marriage. Things are out of control and getting worse. I can't take this rat race anymore."

1. Pressures	Three men and a furnace	Daniel 3:1-30
2. Demands	Moses and spoiled Israel	Numbers 11:4-34
3. Chaos	Paul and Silas in prison	Acts 16:16-40
4. Blowing It	Peter denies Jesus	Luke 22:54-62
5. Family Stress	Fractured family	Luke 15:11-32
6. Moving On	Peter steps out of the boat	Matthew 14:22-33

MEN - PERFORMANCE ANXIETY - "I constantly feel like my job is on the line. I'm always afraid I'm not measuring up. Even when I'm home I worry about work."

1. Who Is the Boss?	Workers in the vineyard	Matthew 20:1-16
2. What's My Responsibility?	Parable of the talents	Matthew 25:14-30
3. What's God's Responsibility?	God fights Gideon's battle	Judges 7:1-25
4. Working for Tyrants	Bricks and straw	Exodus 5:1-21
5. Worry is Overwhelming	Moses under stress	Exodus 5:22-6:12
6. Being Content	Abram gives Lot a choice	Genesis 13:1-18

MEN – ISSUES MEN FACE – “There are some things I need to talk about, although it won't be easy. I'm sure other guys fight the same battles. We just don't tell each other. I think I'm ready to talk.”

1. Opening Up	A Pharisee and a tax collector	Luke 18:9-14
2. Fatal Attraction	David and Bathsheba	2 Samuel 11:1-27
3. My Dark Side	Dirty dancing	Mark 6:14-29
4. My Doubts	I believe, help my unbelief	Mark 9:14-29
5. Authority Figures	King Saul fails badly	1 Samuel 13:1-15
6. Spiritual Responsibility	Eli: A failure at home	1 Samuel 2:12-26

WOMEN – REAL BEAUTY – “It's a constant battle! My hair, my shape and my clothes are never quite right. I know I don't need to measure up to the glamorous stereotype, but where can I find a role model for real beauty?”

1. I Don't Measure Up	Amazing affirmation	John 7:53-8:11
2. Struggle to Stay in Shape	Leah and Rachel	Genesis 29:31-30:24
3. Keeping Up My Image	Queen of Sheba	1 Kings 10:1-13
4. Finding My Own Style	Stylish love	Luke 7:36-50
5. Staying Focused	Wealthy woman focused	2 Kings 4:8-37
6. Achieving Real Beauty	Mary's song	Luke 1:39-56

WOMEN – WHEN LIFE IS NOT A PARTY – “I never thought my life would be like this. I've had so many disappointments and unfulfilled expectations. I try so hard, but things just don't go the way I've hoped. What am I doing wrong?”

1. Where's The Romance?	Rachel and Leah	Genesis 29:1-30
2. Grown Up, and Doing This?	Swallowing pride	Jonah 1:1-17
3. Where's My Dream House?	The house built on rock	Matthew 7:24-29
4. Where's My Dream Family?	Rebekah tricks Isaac	Genesis 27:1-40
5. Weren't We Best Friends?	Hagar's favor turns sour	Genesis 16:1-16
6. No More Goodbyes!	Mary must say goodbye	John 20:1-18

WOMEN – BEING A GODLY WOMAN – “What does God want me to be like? How can I apply what the Bible says about women to real life today?”

1. Seeking God's Truth	Queen of Sheba	1 Kings 10:1-13
2. Using My Gifts	Priscilla	Acts 18:1-4, 18-28
3. Caring for Others	Shunammite woman	2 Kings 4:8-37
4. Being Bold, Yet Wise	Esther	Esther 4:6-17; 7:1-10
5. Trusting God in the Unknown	Ruth	Ruth 1:1-22
6. Giving God the Glory	Mary, mother of Jesus	Luke 1:39-56

WOMEN – COPING WITH CHANGE – “My head is spinning. Last year we moved. I went back to work. My youngest child is starting school. Can somebody throw me a life jacket to survive all the emotions that go along with change?”

1. My Changing Relationships	Ruth chooses a new family	Ruth 1:1-22
2. My Changing Home	Abram and Sarai on the move	Genesis 11:27-12:9
3. My Changing Career	First disciples called	Luke 5:1-11
4. My Changing Children	Mary's changing child	Luke 2:41-52
5. My Changing Age	Sarah receives a promise	Genesis 18:1-15
6. My Changing Spiritual Life	Woman gets “living water”	John 4:7-30

WOMEN – HOLDING YOUR OWN – “I feel like I’m giving and always giving in. I want to be a giving person, but I have needs too. How and when do I speak up for myself?”

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| 1. Empathy vs. Obsession | Jesus mourns with friends | John 11:1-44 |
| 2. Servanthood vs. Setting Limits | Mary chooses not to serve | Luke 10:38-42 |
| 3. Caring for Myself | Accepting help from others | Exodus 18:1-27 |
| 4. Speaking Up | Esther speaks for her people | Esther 4:6-17; 7:1-10 |
| 5. A Strong Woman | Deborah guides Israel | Judges 4:1-24 |
| 6. At Peace with Myself | Jesus at peace in the temple | Luke 2:41-52 |

WOMEN – ISSUES WOMEN FACE – “I wish I could talk to other women about some things I can’t escape. Like questions and feelings about career vs. family. About roles at home and in the community. And issues that require trust to even bring up.”

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| 1. To Work... or Not to Work | Lydia the businesswoman | Acts 16:11-15 |
| 2. What About Submission? | One flesh | Genesis 2:4-25 |
| 3. My Role in the Community | Priscilla’s gift | Acts 18:1-4, 18-28 |
| 4. Can I Love Too Much? | Learning not to do it all | Exodus 18:1-27 |
| 5. Why Didn’t God Help? | Amnon rapes Tamar | 2 Samuel 13:1-22 |
| 6. Recovering from Abuse | Jesus heals a bleeding woman | Mark 5:24-34 |

SINGLES – LOVE AND LONELINESS – “I often go for days without a hug or meaningful conversation. Sometimes singleness is like being a social leper. How can I deal with this isolation?”

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| 1. I Don’t Fit Anywhere | Elijah in the wilderness | 1 Kings 19:1-18 |
| 2. My Need for a Loving Touch | A touching act | Luke 7:36-50 |
| 3. My Need for Communication | Early connections | Acts 2:42-47 |
| 4. My Need for Companionship | God provides a companion | Genesis 2:4-25 |
| 5. Busyness vs. Loneliness | Jesus’ life of balance | Mark 1:29-39 |
| 6. Making the Most of My Life | Lydia: a servant open to God | Acts 16:11-15 |

SINGLES – PRESSURES – “Panic attack . . . Dirty laundry. Leaking plumbing. Broken car. Checkbook a disaster. Health problems. I’m a capable person, but how can I survive on my own?”

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| 1. Making My Own Living | Widow become salesperson | 2 Kings 4:1-7 |
| 2. Coping with Crisis | Joseph stands under pressure | Genesis 39:1-23 |
| 3. Dealing with My Health | Jesus heals a long sickness | John 5:1-15 |
| 4. Managing My Finances | Making the most of what I have | Matthew 25:14-30 |
| 5. Dealing with Family Issues | God supports Hagar | Genesis 21:1-21 |
| 6. Handling My Emotions | Paul’s vision brings comfort | Acts 18:5-17 |

SINGLES – BEING A COMPLETE PERSON – “Jesus was single. Is it possible God wants me to remain single for life? How can he call singleness a ‘gift’? Couldn’t I serve him better with a partner? How can I be ‘whole’ for him now as a single?”

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| 1. Did Jesus Ever Feel Lonely? | Alone in the wilderness | Matthew 3:13-4:11 |
| 2. The ‘Gift’ of Singleness | A high calling | 1 Corinthians 7:25-35 |
| 3. Am I called to be Single? | Each has his own gift | 1 Corinthians 7:36-40 |
| 4. How Can I Best Serve? | The Greatest servant | Mark 10:35-45 |
| 5. How Should I Pray? | Jesus prays for God’s will | Mark 14:32-42 |
| 6. A Whole in One | “I can do everything” | Philippians 4:10-23 |

SINGLES – HOW TO FIND A PARTNER – “The singles bar is a drag . . . but the church scene isn’t much better. I’m about ready to give up on a real relationship and forget the whole dating game.”

1. Where Should I Look?	Isaac looks for love	Genesis 24:1-29,50-67
2. Staying Disciplined	Samson loses control	Judges 14:1-20
3. Finding the Right Fit	Priscilla and Aquila	Acts 18:1-4,18-28
4. Making Myself “Right”	Solomon desires God’s best	I Kings 3:1-28
5. What About My Fears?	Gideon overcomes his fears	Judges 6:1-40
6. When God Says “Wait”	Jacob and Rachel wait	Genesis 29:1-30

SINGLES – SEXUALITY – “The whole world tells me to do it. God gave me these desires. What does he expect me to do with them? Is there anyone out there who struggles with the stuff I struggle with?”

1. Are My Desires Normal?	David is tempted	2 Samuel 11:1-27
2. What Are God’s Standards?	Nathan rebukes David	2 Samuel 12:1-14
3. Isn’t Sex an Act of Love?	“Love” takes over Samson	Judges 16:1-22
4. How Long Can I Wait?	Jacob puts in his time	Genesis 29:1-30
5. What If I’ve Made Mistakes?	Jesus forgives a prostitute	Luke 7:36-50
6. Dealing with My Frustrations	A greater power for Elisha	2 Kings 6:8-23

SINGLES – ISSUES SINGLES FACE – “What kinds of friends do I look for? How do I keep from being burned again? Should I live in community or alone? Should I go back to school or volunteer overseas? What does God want me to do?”

1. Whom to Pick for Friends	David’s friendship of character	I Samuel 20:1-42
2. When to Risk with Others	Seventy-seven times	Matthew 18:21-35
3. Where to Live	Israel’s cloud of guidance	Numbers 9:15-10:36
4. How to Spend My Life	The Good Samaritan	Luke 10:25-37
5. Where to Use My Talents	David in Saul’s service	I Samuel 16:14-23
6. What About the Future?	Noah waits on God	Genesis 8:1-22

MARRIAGE – GETTING ALONG AT HOME – “We don’t have a bad relationship, but why isn’t marriage more fun? I want to be my spouse’s best friend – as well as lover. How can I do a better job of living with the one I married?”

1. In Good Times and Bad	Isaac and Rebekah; 1 st love	Genesis 24:1-29,50-67
2. Love, Honor and Cherish	Ruth and Boaz; mutual respect	Ruth 2:1-23
3. ‘Til Death Do Us Part	Jacob and Rachel; worth the wait	Genesis 29:1-30
4. Serving One Another	Footwashing; whose job is it?	John 13:1-17
5. Friends	Adam and Eve; one flesh	Genesis 2:4-25
6. And Lovers	Celebrate difference!	Song of Songs 6:13-8:4

MARRIAGE – BALANCING WORK AND HOME – “We both have so many demands for our time and energy. How can we give our best to our work without it coming at the expense of our family? I don’t want to lose what we’re supposed to be working for!”

1. Teammates	Adam and Eve; one flesh	Genesis 2:4-25
2. Roommates	Martha in the kitchen	Luke 10:38-42
3. Work and Stress	Workers in the vineyard	Matthew 20:1-16
4. Stress management	Jesus deals with demands	Mark 1:29-39
5. Serving Each Other	Footwashing	John 13:1-17
6. Faithful and Fulfilled	Priscilla and Aquila work together	Acts 18:1-4,18-28

MARRIAGE – COMMUNICATION CONFLICT – “Whether it’s how to guard an evening or how to spend our income – we have a different point of view. How can we relate to each other in a way that pulls us together instead of apart?”

1. Power of Commitment	Joseph marries Mary	Matthew 1:18-25
2. Power of Words	David and Michal: cutting words	2 Samuel 6:1-23
3. Acting on Impulse	Abram, Sarai and Hagar	Genesis 16:1-16
4. Dealing with Conflict	Abraham and Sarah disagree	Genesis 21:1-21
5. Pulling Apart	Adam and Eve blame each other	Genesis 3:1-24
6. Pulling Together	Mutual respect	Ephesians 5:22-6:9

MARRIAGE – INTIMACY – “The world exalts sex as the ultimate high. But we both have different needs. We’d like more romance and sizzle in our love life. How does God want us to enjoy this gift?”

1. God’s Gift	Delighting in love	Song of Songs 1:1-14
2. Sharing Yourself	Wooing words	Song of Songs 1:15-2:15
3. The Rhythm of Romance	Absence grows love	Song of Songs 2:16-3:11
4. Only You	Can’t keep my eyes off you	Song of Songs 5:9-6:9
5. Sensitive Sex	Celebrate difference!	Song of Songs 6:13-8:4
6. Committed Love	The power of love	Song of Songs 8:5-14

MARRIAGE – SPIRITUALLY SINGLE – “Since we’ve been married, my husband won’t come to church with me. I want our children to grow up with Christian teaching, but he doesn’t back me up. How can I please God and my husband?”

1. Don’t Give Up	A household conversion	Acts 16:16-40
2. God’s Love and Ours	Abraham pleads for Sodom	Genesis 18:16-33
3. Putting Things in God’s Hands	Abraham’s greatest test	Genesis 22:1-19
4. Who’s Number 1?	Take a warning from Solomon	1 Kings 10:23-11:13
5. God is at Work	Praying for Peter in prison	Acts 12:1-19
6. Your Spiritual Family	Mary and John at the cross	John 19:16-27

MARRIAGE – MISCARRIAGE – “It tears me up to walk past the baby’s room. Now I wish we hadn’t gotten so excited and made so many plans. I’m dying inside, and I’ve got to talk to someone who has gone through this.”

1. When Life Falls Apart	Job’s life collapses	Job 1:1-22
2. Shattered Dreams	Elisha and a grieving woman	2 Kings 4:8-37
3. Marital Stress	Jacob and Rachel under stress	Genesis 29:31-30:24
4. Releasing the Pain	Hannah pours out her soul	1 Samuel 1:1-28
5. God Cares	Jesus weeps over death	John 11:1-44
6. Life Goes On	David pleads, then accepts	2 Samuel 12:15-25

MARRIAGE – HOW IT’S DONE – “I got into parenting before I was ready. Other people make it sound so easy. My mother just laughs. My grandmother says everything will be okay. But I’m trying to raise my kids without a map. Please help.”

1. Preparation	Mary and Joseph become parents	Luke 2:1-20
2. Dedication	Jesus presented in the temple	Luke 2:21-40
3. Expectations	A mother’s high hopes	Matthew 20:20-28
4. Confrontation	Eli’s failure to restore his sons	1 Samuel 3:1-21
5. Consecration	Abraham’s greatest test	Genesis 22:1-19
6. Celebration	Homecoming party	Luke 15:11-32

PARENTING – FAMILY TIME – “We want to create memories as a family. Will our kids remember their childhood in a way that feels good to them and honors God?”

1. Proper Priorities	God commands a day off	Exodus 16:1-35
2. Time Together	Supper time	John 13:1-17
3. Family Traditions	Passover: a family ritual	Exodus 12:1-30
4. Family Vacations	A “vacation” with 5000 surprises	Mark 6:30-44
5. Worshiping Together	The fellowship of believers	Acts 2:42-47
6. Lasting Values	Stones of memorial	Joshua 3:14-4:24

PARENTING – STRONG-WILLED CHILDREN – “My daughter always wants to paint outside the lines. She is really a good kid, and I love her a lot, but I don’t know what to do. How do you raise a child who was born with a strong will?”

1. Where Are My Instructions?	Jesus was a strong-willed child	Luke 2:41-52
2. Born to Be Wild	The devil made me do it	Genesis 3:1-24
3. Necessary Discipline	Eli: a parent who failed	I Samuel 3:1-21
4. Dealing with Anger	Moses faces his critics	Numbers 11:4-34
5. When the Kids Drive You Crazy	Little Jacob grabs for power	Genesis 25:19-34
6. Happy Endings	Jacob’s strength comes through	Genesis 32:22-32

PARENTING – ADOLESCENTS – “My teenager is about to drive me crazy. The music. Posters. Clothes. It’s outrageous! We can’t even talk about it without shouting. How can we make it through adolescence?!”

1. Stressful Times	Trouble in the family	Luke 15:11-32
2. Confusing Times	When Jesus didn’t come home	Luke 2:41-52
3. Angry Times	The golden calf	Exodus 32:1-35
4. Decisions, Decisions!	Samson’s dating dilemma	Judges 14:1-20
5. A Parent’s Responsibility	Eli’s failure to restrain his sons	I Samuel 3:1-21
6. Getting Along	Joseph: a kid with an ‘attitude’	Genesis 37:1-11

PARENTING – CHALLENGING ISSUES, SPECIAL NEEDS – “God have me a very special child. Now, I need the wisdom to raise this child. I feel somewhat alone and nobody understands.”

1. Adopted Children	Moses: an adopted child	Exodus 1:22-2:25
2. Children of Divorce	Ishmael: Rejected and dejected	Genesis 21:1-21
3. Single-Parent Children	Double blessing for a single parent	I Kings 17:1-24
4. Children with Disabilities	Why was he born blind?	John 9:1-34
5. Gifted Children	Jesus perplexes his parents	Luke 2:41-52
6. Substitute Parents	Esther: raised by a relative	Esther 2:1-18

PARENTING – PARENTS IN PAIN – “Where did we go wrong? I never dreamed our son would make the choices he has. Didn’t our values sink in at all? And how do we relate to him now? What should or shouldn’t we say to him?”

1. Sharing Your Story	Prodigal: a parable of pain	Luke 15:11-32
2. Coping with Grief	Eli and his wayward sons	I Samuel 2:12-26
3. Dealing with Disappointment	Chaos in David’s family	2 Samuel 13:23-39
4. Knowing How to Relate	David longs for Absalom	2 Samuel 14:1-33
5. Feeling Their Pain	Peter disowns Jesus	Luke 22:54-62
6. Believing in Miracles	Jesus forgives Peter	John 21:1-25

YOUTH – DISCOVERING MY REAL IDENTITY – “I know I’m good at some things and not so good at others. I don’t want to be weird, but I do want to be myself. What makes me unique? How can I be all that I was meant to be?”

1. Being Real	A Pharisee and a tax collector	Luke 18:9-14
2. My Uniqueness	Zacchaeus	Luke 19:1-10
3. My Personality	Mary and Martha	Luke 10:38-42
4. My Abilities	Using your ‘talents’	Matthew 25:14-30
5. Strengths and Weaknesses	Gideon’s fears	Judges 6:1-40
6. God’s Call	Following Jesus	Luke 5:1-11

YOUTH – FINDING FRIENDS AND FITTING IN – “I always feel out of place. It’s so hard to fit in. I don’t want to come off like I’m either shy or obnoxious. Can I be myself and still have friends?”

1. Acceptance	Paul’s struggle for acceptance	Acts 9:20-31
2. Fitting In	“The Lord looks at the heart”	I Samuel 16:1-13
3. Being Myself	David can’t use Saul’s armor	I Samuel 17:12-50
4. Feeling Secure	David and Jonathan – Part 1	I Samuel 18:1-30
5. Getting Close	David and Jonathan – Part 2	I Samuel 20:1-42
6. True Friends	Four friends who cared	Mark 2:1-12

YOUTH – WHAT DO I BELIEVE? – “I’ve done the church thing. It’s easy to let all that teaching go in one ear and out the other. I think it’s time to know what I really believe, and really believe what I already know.”

1. God the Father Almighty	Maker of heaven and earth	Genesis 1:1-2:3
2. Jesus Christ	An angel visits Mary	Luke 1:26-38
3. Holy Spirit	The Spirit shakes things up	Acts 4:1-31
4. Christian Church	The cost in “being there”	Acts 4:32-37
5. Forgiveness of Sins	Jesus: my substitute	Mark 15:1-15
6. Resurrection and Life	A new day dawns	Matthew 28:1-20

YOUTH – SURVIVING DAY TO DAY – “I have to buy my own clothes. Beg people for a ride. Make a C average in school just to stay on the team. Everybody’s on my back. And my best friend didn’t call tonight. Life stinks.”

1. Stressed Out	Facing storms	Mark 4:35-41
2. Daily Grind	Slaving away in Egypt	Exodus 5:1-21
3. Making the Grade	Parable of the talents	Matthew 25:14-30
4. Feeling Alone	Jesus in Gethsemane	Mark 14:32-42
5. Dealing with Disappointment	Jesus is betrayed and arrested	Matthew 26:47-56
6. Facing Failure	Peter disowns Jesus	Luke 22:54-62

YOUTH – GETTING ALONG WITH PARENTS – “In my parents’ eyes, I can’t do anything right. I don’t look right, act right, study right, spend money right or pick friends right. As long as I’m still at home, will I always be wrong?”

1. Parental Requests	Jesus and his mom at a wedding	John 2:1-11
2. Parental Expectations	A mother’s dream	Matthew 20:20-28
3. Family Tension	When Jesus didn’t come home	Luke 2:41-52
4. Dealing with Frustrations	Jesus and his family	Mark 3:20-35
5. Arguing Over Relationships	Samson and his women	Judges 14:1-20
6. Making Things Right	A son returns home	Luke 15:11-32

YOUTH – HOT ISSUES FOR YOUTH – “My friend is pregnant. Another is talking about suicide. What do I do? School is a jungle. People get beat up. Drugs are everywhere. If my parents knew what I have to face every day, they would freak out!”

1. Life in the Jungle	Jesus is tempted	Matthew 3:13-4:11
2. Loose Morals	David and Bathsheba	2 Samuel 11:1-27
3. Hidden Secrets	David – you are the man!	2 Samuel 12:1-14
4. Don't Get Used	Dirty Dancing	Mark 6:14-29
5. Just Say No	Daniel stays 'clean'	Daniel 1:1-21
6. Take a Stand	Daniel in the lion's den	Daniel 6:1-24

MARKETPLACE – RELATIONSHIPS AT WORK – “I don't know which is worse – working under someone or supervising others. I've done both and either way I've been frustrated. How can I get along with the people I work with?”

1. Life with My Co-workers	Who is greatest?	Mark 10:35-45
2. Life with My Boss	David spares Saul	1 Samuel 24:1-22
3. Life as a Supervisor	Boaz lets Ruth glean	Ruth 2:1-23
4. Life with my Competitors	Elisha deals in strength & grace	2 Kings 6:8-23
5. Letting God Be the Boss	Gideon takes orders from God	Judges 7:1-25
6. Letting the Spirit Guide Me	Paul follows the Lord's lead	Acts 18:5-17

MARKETPLACE – TOO MUCH STRESS! – “The stress I'm under every day is incredible. Deadlines, projects, personnel – plus home and family. If I don't find a way to release some of this pressure, I'm gonna crack!”

1. Stress From My Work	Calm for the storm	Mark 4:35-41
2. Stress on the Job	Sexual harassment	Genesis 39:1-23
3. Stress in a Secular World	Abraham pleads for Sodom	Genesis 18:16-33
4. Stress From a Changing World	Tower of Babel	Genesis 11:1-9
5. Balancing Work and Rest	Jesus feeds 5000	Mark 6:30-44
6. Keeping Stress Under Control	Moses gets a grip	Exodus 17:1-16

MARKETPLACE – BUSINESS ETHICS – “It sounds easy to succeed in the business world, but how many 'shortcuts' am I prepared to make? Is it really possible to do the right thing in regards to other people and still get ahead?”

1. Life of Integrity	Job loses it all	Job 1:1-22
2. Lack of Integrity	Ananias and Sapphira	Acts 5:1-11
3. Values of Integrity	Rich fool faces regret	Luke 12:13-21
4. Integrity and Conscience	Parable of the shrewd manager	Luke 16:1-15
5. Integrity and Authority	Paying taxes to Caesar	Mark 12:13-17
6. Rewards of Integrity	Job receives just reward	Job 42:7-17

MARKETPLACE – FINDING THE RIGHT JOB – “For years I felt like I was in over my head. Then I didn't even have a job for a while. And now I'm overqualified and unfulfilled! Will I ever be content?”

1. Overqualified	Jesus takes a job beneath him	John 13:1-17
2. Over My Head	Moses asked to do too much	Exodus 18:1-27
3. Laid Off	Joseph loses his job	Genesis 37:12-36
4. Unemployed	Moses called in the desert	Exodus 3:1-22
5. Unfulfilled	Bored as a brickmaker	Exodus 5:1-21
6. Finding My Passion	Paul's passion revealed	Acts 16:1-32

MARKETPLACE – BORED AND BURNED OUT – “My job is like a broken record. The same thing over and over. By 10 a.m. I’m already tired. By noon, I’m ready to go home. Is it me . . . or my work? Maybe I need an attitude adjustment.”

1. Why Work?	A bedridden paralytic	John 5:1-15
2. Why Am I Here?	Philip does productive networking	Acts 8:26-40
3. Where Am I Heading?	Abram’s call to move out	Genesis 11:27-12:9
4. How Can God Use Me?	Peter’s windfall	Luke 5:1-11
5. How’s My Attitude	Trouble on the horizon	Jonah 1:1-17
6. To Stay or to Go?	Gideon seeks God’s guidance	Judges 6:1-40

MARKETPLACE – ENTREPRENEURS – “I was excited to start my own business, but now I’m not sure. Rather than working when I want to, I’m working all the time. It’s a huge investment. Will my dream become a nightmare?”

1. Following My Dream	Jacob leaves Laban	Genesis 31:1-21
2. Risking My Reputation	Laban pursues Jacob	Genesis 31:22-55
3. Paying the Price	Jacob’s financial & emotional toll	Genesis 32:1-21
4. Forfeiting My Stability	Jacob wrestles with God	Genesis 32:22-32
5. Putting in My Time	Jacob’s slow going	Genesis 33:1-20
6. Measuring My Success	Jacob returns to Bethel	Genesis 35:1-15

SPECIAL NEEDS – SELF-ESTEEM – “No matter what others do to show their love for me, I just can’t seem to accept it. People say that since God created me I’m special. I want to believe that, but I’m having a hard time feeling it.”

1. By Design	Created in his image	Genesis 1:1-2:3
2. Accepted by God	Jesus and Zacchaeus	Luke 19:1-10
3. Chosen by God	David chosen for his ‘heart’	1 Samuel 16:1-13
4. Healthy Humility	A Pharisee and a tax collector	Luke 18:9-14
5. Gifted and Endowed	God empowers Moses	Exodus 4:1-17
6. Making a Contribution	The widow’s offering	Mark 12:41-44

SPECIAL NEEDS – FINANCIAL STRESS – “My house isn’t paid for. And I’ve got all these other loans to pay off. And now these credit card bills. How did I get myself into this mess? I could ask a relative for a loan, but I would rather die than admit I’ve blown it. What do I do?”

1. Hard Times	Hitting bottom	Luke 15:11-32
2. Facing the Stress	Jesus faces pressure	Luke 4:14-30
3. Taking Responsibility	Parable of the talents	Matthew 25:14-30
4. Tough Decisions	Parable of the shrewd manager	Luke 16:1-15
5. Mutual Aid	Believers share their possessions	Acts 4:32-37
6. In God We Trust	The widow’s oil	2 Kings 4:1-7

SPECIAL NEEDS – LIVING WITH PAIN – “I feel like I’m dragging a ball and chain around with me. How can I deal each day with the pain I’m in, plus the guilt I feel for being such a burden to others?”

1. Where is God When I Hurt?	The pool paralytic	John 5:1-15
2. Pain and Blame	Why was he born blind?	John 9:1-34
3. Pain and Shame	Jesus heals an ‘unclean’ woman	Mark 5:24-34
4. Pain and Comfort	Four friends who cared	Mark 2:1-12
5. Pain and Perspective	The suffering of Job	Job 2:1-10
6. Pain and Persistence	Parable of the persistent widow	Luke 18:1-8

SPECIAL NEEDS – CAREGIVERS – “I want to help any way I can, but their constant demands are so draining on me. How can I care for others without burning out myself?”

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| 1. Taking a Break | Manna and the Sabbath | Exodus 16:1-35 |
| 2. Dealing with Demands | Moses gets weary | Exodus 17:1-16 |
| 3. Sharing the Load | Moses decides to delegate | Exodus 18:1-27 |
| 4. Setting Limits | Mary chooses what's better | Luke 10:38-42 |
| 5. Surviving the Stress | Jesus withdraws to pray | Mark 1:29-39 |
| 6. Heeding the Call | The sheep and the goats | Matthew 25:31-46 |

SPECIAL NEEDS – EMPTY NESTERS-WHEN THE KIDS ARE GONE – “I guess I wasn't prepared for the kids being gone. It's like part of my identity went with them. I feel like it's halftime and a whole new strategy needs to be made for the second half of life.”

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| 1. Tough Times | Naomi: a bitter empty nester | Ruth 1:1-22 |
| 2. New Perspective | Naomi gets a grandson | Ruth 4:1-22 |
| 3. Looking Ahead | Parable of the rich fool | Luke 12:13-21 |
| 4. Hearing God | The call of Abram | Genesis 11:27-12:9 |
| 5. Investing Yourself | Moses and the burning bush | Exodus 3:1-22 |
| 6. Taking Risks | Peter steps out of the boat | Matthew 14:22-33 |

SPECIAL NEEDS – GROWING OLDER – “Others may say I'm too old, but I want to feel like the best is yet to come! How can I look back with gratitude, and look ahead by passing on to someone else what I've learned?”

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| 1. Faith Journey | The call of Abram | Genesis 11:27-12:9 |
| 2. Never Too Old | Noah builds a boat | Genesis 6:5-7:12 |
| 3. The Power of Blessing | Simeon and Anna bless Jesus | Luke 2:21-40 |
| 4. Leaving a Legacy | Moses commissions Joshua | Numbers 27:12-23 |
| 5. Looking Back | Remembering God's faithfulness | Joshua 23:1-16 |
| 6. Looking Ahead | Jesus raises Lazarus | John 11:1-44 |

RECOVERY – HEALTHY HABITS – “I've read so many books. I've tried so many diets and exercise plans. They either don't work or I don't stick with them. I hate what I've become and I can't stand to look at myself in the mirror. What do I do? I feel like giving up.”

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| 1. Frustrations | The disciples in Gethsemane | Mark 14:32-42 |
| 2. Healthy Habits | Daniel's discipline | Daniel 1:1-21 |
| 3. Living in Balance | Enough manna for each day | Exodus 16:1-35 |
| 4. A Matter of Control | Israelites crave other food | Numbers 11:4-34 |
| 5. Don't Give Up | Children of Israel turn back | Numbers 13:26-14:45 |
| 6. Consistent and Persistent | The walls of Jericho | Joshua 5:13-6:21 |

RECOVERY – HEALING BROKEN RELATIONSHIPS – “My family and I have hurt each other in the past. That's why I turned my back on them. But time is running out and in my heart I want to try to make things right. But I'm afraid and need some help.”

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| 1. I Have a Dream | Parable of the Prodigal Son | Luke 15:11-32 |
| 2. Heart's Desire | Longing for reconciliation | 2 Samuel 14:1-33 |
| 3. Called to Reconcile | The unmerciful servant | Matthew 18:21-35 |
| 4. Taking the Initiative | Joseph reaches out | Genesis 45:1-28 |
| 5. Anxious Anticipation | Jacob prepares to meet Esau | Genesis 32:1-21 |
| 6. Homecoming | Jacob and Esau reunited | Genesis 33:1-20 |

RECOVERY – PICKING UP AFTER DIVORCE – “The divorce is final, but I still feel numb. On the outside, things haven't changed that much. But on the inside, it's another matter. I feel lost. Alone with my anger. How can I ever start to heal?”

7. The Death of a Dream	Naomi: empty and bitter	Ruth 1:1-22
8. Dealing with Anger	Cain and Abel	Genesis 4:1-26
9. Taking the High Road	The unmerciful servant	Matthew 18:21-35
10. Lost Identity	Jesus heals an 'unclean' woman	Mark 5:24-34
11. God Cares	Elijah and a single mother	1 Kings 17:1-24
12. Hope for Healing	On the road to Emmaus	Luke 24:13-35

RECOVERY – GRIEF AND LOSS – “Since he died, I've felt like half of me died too. Why did he die and leave me so alone? I keep waking up in the night, thinking he's there. What stages do I have to go through to get some relief?”

13. Denial	Elisha and a woman in denial	2 Kings 4:8-37
14. Anger	Naomi: empty and bitter	Ruth 1:1-22
15. Bargaining	David “bargains” with God	2 Samuel 12:15-25
16. Depression	Jacob mourns for Joseph	Genesis 37:12-36
17. Acceptance	The suffering of Job	Job 2:1-10
18. Hope	Jesus raise Lazarus	John 11:1-44

RECOVERY – ABUSE – “The hardest thing I ever did was share my darkest secret. Now that I've dared to open up the wound, what can I do to heal the pain? I know I'm not alone, but who can help me through this?”

1. Expressing Emotion	Tamar raped by her half-brother	2 Samuel 13:1-22
2. No More Shame	Jesus heals an 'unclean' woman	Mark 5:24-34
3. Matters of the Heart	The unmerciful servant	Matthew 18:21-35
4. You're Not Alone	God speaks to Elijah	1 Kings 19:1-18
5. Walking in Love	David spares Saul	1 Samuel 24:1-22
6. Hope for Healing	On the road to Emmaus	Luke 24:13-35

RECOVERY – 12 STEPS – “I'm hooked, and this thing is stronger than I am. I know I need a 'Higher Power' and I know that 'Higher Power' is God. How can God help me break the stranglehold of this addiction?”

1. Going Beyond Denial	A Pharisee and a tax collector	Luke 18:9-14
2. Naming the Higher Power	Elijah and the prophets of Baal	1 Kings 18:16-40
3. Coming to God	A possessed man set free	Luke 8:26-39
4. Confession	Josiah's reform	2 Kings 23:1-25
5. Making Amends	Zacchaeus makes things right	Luke 19:1-10
6. An Addiction-Free Lifestyle	Crossing the Red Sea	Exodus 14:5-31

Discovery Bible Study

Isaiah 55:10-11

For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Step	Remember	What to say
1	Thankful?	From this past week, what is something for which you are thankful?
2	Challenge?	From this past week, what was challenging for you?
3	How did it go?	How did it go? (Based on previous week's "I will", "Share", and "Challenge" statements.)
Passage	R-R-R-D Read, Read, Re-tell, Details	<ol style="list-style-type: none"> Reader 1 reads the passage all the way through. Reader 2 reads the passage all the way through (useful to read from another translation). Re-teller <ol style="list-style-type: none"> The Re-teller should feel NO pressure to memorize or capture everything because... The group will then follow-up with any missing or important details. This should not be a time to nitpick or interpret, but simply fill-in key points.
4	God?	What does this passage say about God?
5	People?	What does this passage say about people?
6	Obedience?	What does this passage say about obedience? "I will..." statement.
7	Share?	How will I live this out this week? Who needs to hear this (content or DBS method)?
8	Challenge?	In this upcoming week, what is going to be a challenge?

Adapted from "The DBS (Discovery Bible Study) in a nutshell" by G. Brady, Lipscomb University.

<https://www.lipscomb.edu/missions/upload/file/65178/discovery%20bible%20study.pdf>