

BIBLE SHORTS

Group Notes



Series 1

Episode 1: Going Deeper into Faith | Stephen Jones

Read One of the Following: Luke 5:1-11 | Matthew 14:22-33 | John 21

Watch Video

Questions for Reflection and Discussion:

1. In the video, Stephen suggested three possible responses to Jesus: Commit to follow, Commit to more, Come back. Which one did you find yourself drawn to?
2. Peter left behind his life as a fisherman to follow Jesus. What do you need to let go of as you respond to Jesus?
3. Peter stepped out of the boat. Where do you need to trust more as you respond to Jesus' call on your life?
4. Peter swallowed his pride and had the awkward conversation with Jesus. Where do you need to seek forgiveness and be restored?

Pray: Jesus, as we think about the disciple Peter today, please help us to also think about where each of us is at with you. Help us to hear your voice and show each of us what we need to do to follow you closer.

Episode 2: Can We Trust the Bible? | Amy Orr Ewing

Read: Nehemiah 8:1-12

Watch Video

Questions for Reflection and Discussion:

1. What are the responses of God's people as they hear the Bible for the first time in generations? Does anything else stand out to you from this story?
2. What are some reasons people find it difficult to trust what the Bible says? What's one question or difficulty you have with the Bible?
3. What gives you the most confidence in the Bible? Historical evidence, outside sources or literary studies? Or something else?
4. Amy says that the more we read the Bible the more our confidence in it grows as we discover the truth within. How can you commit to spending more time exploring the Bible? What would help you do this?

Pray: Thank you Lord for your Word the Bible. Help us to read it more, to trust it more, but also to be more honest when we have questions and difficulties. We pray today you would help us with all these things. Amen.

Episode 3: Get to Know Jesus | Dave Martin

Read: Mark 1:16–20 | Mark 8:27:–30

Watch Video

Questions for Reflection and Discussion:

1. Have you ever read a gospel, like the book of Mark, all the way through?
2. How well do you know Jesus? Or does He feel more like an idea than a real person?
3. Jesus calls Andrew and Simon Peter first to follow Him. Have you ever thought that Jesus, a real person, is also calling you to follow Him? Imagine he entered this room now, what would he say to you?
4. Secondly, Jesus calls Andrew and Simon Peter to become “fishers of men.” How would you put that in your own words, what does Jesus mean by “fishers of men?”

Pray: Lord would you challenge us today to not be passive or lazy, but to look at your Word in a fresh way. Help us to really get to know you for ourselves.

Episode 4: Becoming Like Jesus | Dave Barry

Read: Matthew 4:18–25, Matthew 9:35–10:8

Watch Video

Questions for Reflection and Discussion:

1. If the environment we spend time in “forms” us, what or who is forming you? What people or places have the biggest influence on you?
2. Dave says “If we want to become like Jesus, our focus must be on him and what is he doing/saying.” How can you spend more time with Jesus, watching Him, learning from Him and copying Him?
3. Dave says discipleship is not a quick fix, but a process – like learning an instrument. Think of one “sour note” you played this week: an attitude, choice or behaviour that has not been very Christ-like. Pray about this, and ask Jesus to start re-forming your actions.
4. This is not a process we need to go through alone! Who can come with you as you follow Jesus? Who will challenge you? Who will champion you?

Pray: Jesus, help me to think deeply about who and what is influencing me. Help us to look inside and consider who we are becoming: are we becoming more like you or less like you each day?

Episode 5: Counting the Cost | Mike Glass

Read: Luke 14:25-35

Watch Video

Questions for Reflection and Discussion:

1. What is something in your life that you had to be prepared for, that you had to consider the dangers/costs of before you committed to it?
2. How can the invitation to follow Jesus be free and yet still be costly?
3. Is God really our top priority, the pinnacle of all our relationships? How can we shift our priorities so that Jesus is actually at the top?
4. What might we need to actually, practically give up to follow Jesus? What's the one thing you aren't willing to give up?

Pray: God, reveal my true priorities to me today. What do I love most, and what am I unwilling to give up for you? Help me to make you my one greatest priority and love, because I can't do it myself.

Episode 6: Making Disciples | Eilidh Lockhart

Read: Matthew 28:18-20

Watch Video

Questions for Reflection and Discussion:

1. How would you define a "disciple" in your own words?
2. Have you stopped at the decision to follow Jesus, or are you pressing on as you grow in discipleship?
3. Have you tried explaining Jesus to others before? What were the encouragements or discouragements?
4. Who can you think of that God might be leading you to disciple?

Pray: God, I admit I am not always growing as your disciple, and I am afraid to disciple others. Today I commit to following you more closely, and to inviting other to do the same.

Episode 7: Make Disciples of the Nations | Douglas Humphries

Read: Revelation 7:9–10, Matthew 9:35–38

Watch Video

Questions for Reflection and Discussion:

1. What do you imagine when you hear the words of Revelation 7? What picture is in your head?
2. What does Matthew 9:38 say is the starting point for any disciple-making?
3. Who is “across the road” from you, who you can share the news of Jesus with?
4. What kind of opportunities have you heard of or had yourself to serve and share about Jesus abroad?

Pray: Lord please help me to have a heart for the nations, just as You love all the people You have made. Whether I am at home or abroad, fill my heart with Your love for all the peoples, cultures and countries of the world.

Episode 8: Sharing Your Faith | Cheri Young

Read: 2 Timothy 1:7–9

Watch Video

Questions for Reflection and Discussion

1. What scenario comes to mind when you think about “sharing your faith”? What reactions might you expect?
2. Do you think people can sometimes be pushy or awkward about sharing their faith? Do you think this is the best way to be an effective witness?
3. In what ways do we act like we’re ashamed of the gospel?
4. What difference does it make that we are sharing the Jesus’ good news and not just our personal opinions?

Pray: Jesus, please help me to not be ashamed of you, but to be filled with love, awe and gratitude for you in my own heart. Then may my love for you shine out to others.

Episode 9: Living Out Your Faith on Social Media | Inonge Siluka

Read: 1 Thessalonians 2:8 , 1 Peter 3:15–16

Watch Video

Questions for Reflection and Discussion:

1. What are one good and one bad example (in your opinion) that you've seen of someone sharing about their faith on social media?
2. How could you use social media to share how the gospel is impacting you? How can you be more authentic about your life and faith in what you post?
3. What are the people in your community saying and sharing? What are some questions you can ask to understand what is influencing them and their view of the world?
4. 1 Peter 3:15–16 says to be prepared to share and answer questions about the gospel, but to do so with gentleness and respect. What tips would you give someone for being gentle and respectful online?

Pray: Lord, I want to give every part of my life over to you, including my life online. Help me to use this tool to be authentic, gentle and respectful, sharing my life and your gospel in a meaningful way.

Series 2

Episode 1: The God Who Sees Us | Dee Jess

Read: Genesis 16:13

Watch Video

Questions for Reflection and Discussion:

1. In the video, Dee talks about an upside-down Kingdom. In what ways does life in the Kingdom of God look different to the world?
2. How is King Jesus different from other kings and world rulers?
3. We can come unannounced into the King of King's presence. How does this shape your relationship with God?
4. It is quoted "Our greatest need is to be recognised". Do you think this could be true for yourself and your peers? Why?
5. Jesus, the King of Kings, sees us and knows who we truly are. How does knowing this truth impact your social interactions and use of social media?
6. What does it look like as Christians to be part of God's kingdom family?

Pray: Thank you God that "In a sea of faces, God sees me". You know you not just my name, but you know my heart. Thank you that my truest identity is in Christ, and in Him I can be seen and known without fear. Help me to love and see others as you do.

Episode 2: How Jesus Loves Us | Stephen Jones

Read: Luke 15: 11- 20

Watch Video

Questions for Reflection and Discussion:

1. Who in this parable does the father and son represent? In what ways are we similar to the son?
2. In this parable, the son after spending his inheritance gets job feeding pigs. Why would Jesus talking about a Jew feeding the pigs be controversial in that time?
3. Do you find the reaction of the father surprising? Why/ why not?
4. The parable represents the father as God and the son as us, Gods children. What does this show us how God views us?
5. There was not a moment when the son needed to tell the father his rehearsed speech. What does this tell us about our own prayer life?
6. His story teaches us that no matter how far gone think we are, God is waiting for us to come back. Why do we know that God is always there ready to forgive?

Pray: Father, help me to remember that I am your child, fully loved and accepted. Help me to know there's nothing I can do to make you love me more or less. If there are ways I have run away from you, please call me back and draw me close to you.

Episode 3: How Jesus Keeps His Promises | Sarah Coghlan

Read: Jeremiah 31:31

Watch Video

Questions for Reflection and Discussion:

1. What is the role of the prophets in the Bible?
2. Why is context so important to our understanding of the Bible?
3. How did Jesus fulfil the prophesy in Jeremiah 31:31?
4. From Genesis to Revelation, God kept His covenant with his people. What does this show us about the character of God?
5. Why do the words of the Old Testament prophets still hold significance for us today? Do all those promises still apply to us?
6. God called the prophets to step on the solid covenant He made with his people. Where can you step out in faith and be bold for God this week?

Pray: Thank you God that you kept your promises and Covenants with the people of the Bible, and that you also will keep your promises with me. Help me to trust you with the big things and the small things, and forgive me when I get it wrong. Like you did with the prophets, please speak to me this week.

Episode 4: How Jesus Walks With Us in Our Doubts | Helen Warnock

Read: Luke: 13–35

Watch Video

Questions for Reflection and Discussion:

1. When were you last surprised by Jesus?
2. What is Jesus' reaction to the disciples having uncertainty and questions? What does this show us about the character of Jesus? Is this surprising?
3. This story reminds us that Jesus comes along when we are not sure, and full of questions. How does this change the way you deal with seasons of doubt?
4. Why did Jesus wait for the disciples to invite Him into their home? What does this tell us about who Jesus is?
5. Imagine yourselves in the shoes of the disciples. You are sat at the table with Jesus, and you are starting to realise it is the resurrected Jesus at the table. What would be your reaction?
6. If you feel you can be honest, what are some doubts that you are facing in your faith journey? What difference does it make knowing that Jesus meets us and walks with us in our struggles?

Pray: Jesus – I want to admit my doubts to you now. I don't always understand and I don't always trust you. Like these two disciples, would you please also walk with me today? Help me to wrestle with these truths so that I can understand and give me the grace I need to keep on wrestling. Would you also speak to my heart so that it burns with faith and help me to recognise and love you.

Episode 5: How Jesus Forgives | Scott MacDonald

Read: Matthew 6: 9-15

Watch Video

Questions for Reflection and Discussion:

1. What is your experience of showing forgiveness to others? Do you find it easy or difficult?
2. Jesus encourages us twice in this Bible passage to forgive those who sin against you. Why do you think Jesus emphasises this so strongly?
3. In the video, Scott says, 'If we want to be people of grace, we need to start receiving that grace ourselves'. How can knowing we need God's grace help us offer forgiveness to those who have hurt us?
4. How is living a life of forgiveness good for us?
5. The video mentioned that praying for the success of those who have hurt you as the final step of total forgiveness. What things can you pray for the good of those who have hurt you?
6. What are three actions can you take away with you today to practically help you forgive others?

Pray: (Invite the young people to privately think of one person they need to forgive) Father, I know that I have received forgiveness and grace from you beyond what I deserve. Although I don't feel like it, help me in my heart to forgive those who have hurt me, so that I can be free in your name. My love and grace isn't as big as yours, so please would you fill me up with forgiveness where I am unable. Thank you God that your love is offered freely to everyone, and that you love me.

*please be aware that this topic may bring up serious experiences or even trauma for some young people. If a young person discloses any experience of abuse with you during the discussion or prayer, please be sure to pass this disclosure on to the safeguarding officer in your organisation or school.

Episode 6: How Jesus Teaches Us To Pray | Cammy Swinton

Read: Matthew 6: 9-15

Watch Video

Questions for Reflection and Discussion:

1. Prayer is a two-way conversation with God. What does this look like when you pray? Do you ever listen for God?
2. Our Father is the glorious, holy and righteous God. How should this humbling view of God change the way you pray?
3. How would someone's perspective or lifestyle change if they knew they belonged in a different country? What does it mean as followers of Jesus Christ to now be citizens of the Kingdom of Heaven?
4. How can praying "His will be done" help us to deny ourselves and give up our worldly desires?
5. When was the last time you prayed for God to give you your daily bread? To only give you what you need today, no more, no less? What are your true daily needs?
6. We need to come to the Lord daily. What practical steps can you take today to pray more regularly. How can this model of prayer that Jesus provides help?

Pray: (have the young people reflect on their daily needs – what do they truly need today?)
Father, I want to ask you now for what I need today (pause). Thank you for all you do for me every day, and forgive me when I don't recognise all your good gifts. Please help me to start thinking and living like a citizen of heaven, seeing my life and this world from a Heavenly perspective. Help me to listen to you and follow you every day.

Episode 7: How Jesus Displays Humility | Stephen Jones

Read: Matthew 21: 1-9

Watch Video

Questions for Reflection and Discussion:

1. What kind of King do you think Israel was expecting? Why did people expect that Jesus would be a conquering, military King?
2. Do you find it surprising that Jesus rode into Jerusalem on Donkey? Why/ why not? How would a king or world leader arrive in a city today?
3. The video mentioned that kings rode donkeys during times of peace, and horses into battle. What does this teach us about what type of leader Jesus is? How is this different to other rulers?
4. "Jesus came to carry a cross, not a sword. He wore a Crown of Thorns, not a crown of gold." What does this tell us about why Jesus came to earth?
5. The video mentioned that Jesus has all power over all Creation. Yet he is humble. That is how he approaches us. How does this teach us to live and treat others? What does humility look like in action?
6. Jesus is asking, "Can I come alongside you and live your life with you?" What's the difference between believing in Jesus and letting him live with you?

Pray: Jesus, thank you that you were the Servant King. That even as God incarnate, you chose a life of service, sacrifice and humility. Help me also to think less of myself, to put others first and find ways to serve. Jesus, would you walk with me and teach me how to live. Amen.

Episode 8: The God of the Nations | Inonge Siluka

Read: Revelation 7:9

Watch Video

Questions for Reflection and Discussion:

1. What are some of the assumptions people from different cultures and backgrounds may have about Christianity?
2. In the West, we often see things through an individualistic lens, but other cultures see life through a community lens. What does the Gospel say about communities?
3. Why is it important to have genuine friendships with people in different communities, rather than seeing them as projects?
4. What does it look like to see everyone, no matter of their background or culture, as 'image bearers to be loved'?
5. Have you ever visited a different country, or experienced a different culture here in this country? What ways can we listen well when we are in a different cultural context?
6. Inonge mentioned that 'Diversity is at the heart of who God is.' How does this challenge you? Are there ways you can be more open to diversity at school or in church?

Pray: Thank you God, that loved the whole world so much that you sent us your son. Help me to also love the whole world, even people and places that I don't quite understand. Thank you that you also made me, my family and my culture in your image, and help me to also see this beauty in others.

Episode 9: How We Can See God In The Struggle With Mental Health | Dave Rickards

Read: Psalm 43: 3-5

Watch Video

Questions for Reflection and Discussion:

1. There are many Heros of the Bible that struggled with mental health (Elijah, Jeremiah, Job, Jonah, David). Do you find that reassuring to know that many Bible characters were sometimes not okay? Why?
2. These Heros of the Bibles all let rip at times and did not hide telling God how they felt? What should we do when we are struggling?
3. How do Bible passages, such as the Psalms, help us with our mental health?
4. In Psalm 43, the Worship Leader put his hope in the promises God has given him. How can we put our hope in the promises God has given us?
5. The video said, "Someone is listening and someone can feel what you feel. Someone understands. Because Jesus knows." How can we be certain that Jesus knows and understands how we feel?
6. Is there someone in your life who struggles with some aspect of their mental health? How can you be a good friend to them today?

Pray: God, we know that you don't promise us a life free from struggle and suffering, but we know you are with us in the middle of it all, and that you will one day make all things new. That one day there will be no more death or mourning or crying. A day when we will be free from all mental health struggles. Until then Lord, help us to be compassionate, resilient and to trust in you.

Episode 10: How We Can Live Different | Christy Goodwin

Read: Matthew 7:24-29

Watch Video

Questions for Reflection and Discussion:

1. This passage compares listening and doing the Word of God to 'a wise man who builds his house on a rock.' Why is it important to not only listen to Christ's teaching, but to put it into practice? Isn't it enough just to believe it?
2. In the video, Christy talks about having ears blocked up to God. Where are you on the Spiritual hearing scale? If one side is as 'Clean as a whistle' and the other side is having your 'Ears fully blocked up', where would you place yourself?
3. The video mentions three ways as Christians we can build our lives on Jesus: Listen to Him, do what He says and live different. Is there any from the list you find easier to do? Any that you struggle with? Why do you think that is?
4. The more you get to know and spend time with someone, the more you recognise and listen to their voice. What steps could you take in your daily life to know God more?
5. What would your life look like if you treated God the way you treat your phone?
6. The video says, "Building your life on Jesus is not going to happen by accident. It takes time, intentionality, practice." What are three things you can do this week to build your life on Jesus more?

Pray: Jesus, would you help me today to put your teachings into practice in my life. Would you bring something to my mind even now that I have heard from you, but not actually done. (pause) I want to be a doer of your word and not a hearer only, so help me to unblock my ears and my heart Lord, so your words can come in and change my life. Amen.

Series 3

Episode 1: What Are You Living For? | Kenny Borthwick

Read: Philippians 3:17-21

Watch Video

Questions for Reflection and Discussion:

1. What comes to your mind when someone says the word 'disciple'?
2. How is being a Christian like being the citizen of a new country? Why does Kenny call this "finding his forever home?"
3. Another metaphor for being a Christian is "following the narrow path." Imagine you're driving on a main motorway, but you pull off and start going down a tiny country road. How is this like following Jesus?
4. Kenny says we need to A – Admit our failings (sin) and B– Believe in Jesus to start this journey. But why do we have to admit to anything to believe in Jesus? What do we have to admit to?
5. Secondly, we should C– consider the cost and D– go and do what God wants us to. What kinds of costs did the first disciples pay for following Jesus? What might the costs be for us today?

Pray: Invite the group to close their eyes and imagine two roads ahead of them. A huge wide road with lots of people, and tiny country lane with only a few. What is stopping them from taking the narrow road, what would be different or challenging about taking this road? Invite the Holy Spirit to speak to each one about what it means to follow Christ and be his disciple.

Episode 2: Hope Beyond Hurt | Rachel Coker

Read: Bible passages – Genesis 39:2, 20 ; Psalm 23

Watch Video

Questions for Reflection and Discussion:

1. Have you ever had a time when it felt like nothing was going your way? What helped you to get through that?
2. Are you familiar with the story of Joseph? What are some of the terrible things that happened to him?
3. Have any of you experienced a sense of God's presence or his help in the middle of something difficult?
4. Which lines stick out to you the most in Psalm 23? (you could hand out a print out of this passage, or read it aloud again)
5. If God is always there, why does he let us go through hard times or disappointments? If he loves us, shouldn't he always make life easy for us?

Pray: Joseph famously said to his brothers, "You intended to harm me, but God intended it for good, to accomplish what is now being done, the saving of many lives." Why not invite the group to reflect on something that has hurt or disappointed them, and then pray this verse over the group.

Episode 3: Peace That Passes Understanding | Christy Goodwin

Read: Philippians 4:1–9

Watch Video

Questions for Reflection and Discussion:

1. What are some of your smaller fears? Like Christy, have you ever done something silly to try and avoid them?
2. Have you ever fallen out with a friend like the two women in the passage? Did you manage to forgive each other?
3. Is there any fear in your life which is robbing you of peace? What are some common things that people your age regularly worry about?
4. How does time online and on social media affect your mind? Make a short list of what you've been watching and think about how it's effected your thought life.
5. What do you really think about the idea of "supernatural peace?" How does it work and where does it come from?

Pray: For a group prayer, you could have everyone write down one worry or fear and put it into a bowl (not read out). Remind the group that we can give all our fears to God, and that Jesus promises to give us peace. Pray over these fears and next week, bring out the bowl and gently ask if anyone felt extra peace about them!

Episode 4: Living in the Body of Christ | Stephen Jones

Read: Philippians 1:26–30. 1 Corinthians 12:14–27. Psalm 133:1–2

Watch Video

Questions for Reflection and Discussion:

1. What's one thing that stood out to you from the passages Stephen read?
2. Which gifts or talents are the highest valued in our society? What about in our church communities?
3. Does God value the same things as we do? What do you think God values most in people?
4. How easy do you find it to connect with people different to you at school or in church, rather than just staying in your comfort zone? How do we get better at this?
5. The Psalmist used the metaphor of oil running down Aaron's beard to show how good it is to live in unity, which sounds very odd to us! But how did Stephen explain this metaphor?

Pray: Remind the group that feeling devalued or left out can destroy the unity that God has for his people. Is there anyone in their peer group or at their church who is on outside of things and might be feeling devalued? Pray for those individuals, and ask God for an opportunity this week to help make that person feel valued, included and loved. Remind the group of this next week and have them share any experiences they had, or actions they took!

Episode 5: Shining Light in the Darkness | Pete Wynters

Read: Acts 16:16-34

Watch Video

Questions for Reflection and Discussion:

1. Do you feel something new is happening in our society – a faith awakening?
2. We live in a society where we are free to worship, but in many situations we don't feel very free to talk about faith. Why do you think this is?
3. Have you ever experienced people shutting conversations about faith down? Do you think that mindset is changing among your peers?
4. Paul and Silas pray and sing praise, even in prison! We might not want to sing in public, but what are other ways we can let our inner freedom shine out so that others notice?
5. Have you had any conversations about Jesus, God or faith recently? Why did that person choose to talk to you?

Pray: To close, encourage your group to pray for God to send them one person to have a faith conversation with this week. Whether they are strong Christians, or just exploring, God can use these conversations to encourage and develop all of us. Next week, ask if this prayer was answered and if anyone did have a faith conversation!

Episode 6: Why Does God Allow Suffering? | Steve Osmund

Read: Bible passage – Revelation 21:1-4

Watch Video

Questions for Reflection and Discussion:

1. How do atheists or people in other faiths deal with the question of suffering? How do most people your age think about pain and suffering?
2. Have you struggled with the idea that God allows pain and suffering in the world, or in our lives?
3. In your experience, has God ever used pain for a good purpose?
4. What's one example of how people sometimes cause their own suffering through their choices?
5. If you had God's power, what bad things would you get rid of? Would you do it straight away, or wait until a certain point? Why do you think God is ultimately waiting (like it says in Revelation)?

Pray: Ask each member of the group to think of someone in their lives, or even in the news, who is suffering. They could write these down, or share them with the group. Pray over these together, and remind them in the prayer that God also sees each of our pain, and cares for us.

Episode 7: Following Jesus When Neurodivergent | Erin Burnett

Read: John 15:15; 1 Corinthians 12:12–31; Matthew 11:28–30

Watch Video

Questions for Reflection and Discussion:

1. How does being neurodiverse affect someone's experience of school? What about their experience of church and faith?
2. Do you tend to think of God more as a close friend or God as distantly powerful? Do you find a more emotional or logical response to faith comes more naturally to you? Or somewhere in the middle? (You could have your group place themselves on a sliding scale between these ideas, either on a bit of paper or by standing up and choosing a side of the room)
3. Do you think going for prayer walks or listening to passages would be more helpful for you than sitting quietly? What other creative ways of connecting with God can you think of?
4. Are you tempted to be a perfectionist at following God's commands, judging others and feeling anxious about failing? What are other ways we sometimes make following Jesus into a burden?
5. If you are neurodiverse, how can you be encouraged by these verses and connect with God in ways that work for you? If you are neurotypical, have you ever thought that your neurodiverse friends might approach faith a little differently?

Pray: Have each member of the group reflect in a way that they feel different from their peers or those around them. Then pray a prayer of thanksgiving for our unique differences, that God highly values each of us and has made us into one body.

Episode 8: Choosing Contentment | Stephen Jones

Read: Philippians 4:10–13, 6; 1 Thessalonians 5:18

Watch Video

Questions for Reflection and Discussion:

1. What are a few things most people your age feel discontent or even resentful about? How much of this is due to comparing ourselves and our situations with other people.
2. Write down five things you are thankful to God for in your life.
3. What's one way you can be more generous towards the people at your school?
4. How can you keep a more steady focus on Jesus as you run the race of faith, rather than looking at the people next to you? Think of two things that have distracted you from Jesus.
5. What's something you've had to wait a long time for? What is worth waiting for?

Pray: Stephen says a major way to feel contentment is to give our worries to God in prayer. Have each person in the group imagine their particular worries are balled up in their hands. Have them squeeze their fist tight! Then tell them to give these worries or fears to God in 5 seconds – they can open their fist, throw their worries, or shake their hands free of them. Remind them that hanging onto worries, fears and anxieties can rob us of contentment. We can let them go and hand them over to God!

Episode 9: Lectio Divina | Jen Robertson

Read: Philippians 2: 5-11

Watch Video

Questions for Reflection and Discussion:

1. Do you ever read the Bible by yourself? Do you find it easy or difficult?
2. Lectio Divina ("Holy Reading" in Latin) is a way to read the Bible, but it always starts and finishes with prayer. What does prayer have to do with understanding the Bible?
3. What caught your attention as Jen read the passage? Which specific verses, words or themes?
4. Why is it important to read the passage two or more times in Lectio Divina? What does that accomplish?
5. Did you feel God encouraging you or challenging you in any specific way through the passage? What's one action you're going to do because of it?

Activity Option: This could be a good opportunity for your group to try out Lectio Divina for themselves. You could pass around print outs of Philippians 2:5-11 and follow the video, pausing for prayer, note-taking and reflection, repeating the passage twice.

Pray: Pray that your group would be inspired to read their Bibles this week, and that God would speak directly to everyone in their group through the Scriptures. Remind the group next week, and find out what everyone was reading, and what God said to them!