



Dwell on God's Praiseworthy Gifts and Virtues



**BIBLE
GEEKS**

13-SESSION GUIDED STUDY
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biblegeeks.fm/good

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INTRODUCTION

“Change the Channel”



PREPARE FOR LAUNCH
Preview the 13 Session-Study
[Watch the video](#) or read below.



BONUS RESOURCE

Feel free to listen to our introduction to this guided study, **Weekly episode #153, “We’re Back!”** to help you prepare for the upcoming sessions.

biblegeeks.fm/153



Gifts

Sessions
1 to 8



Virtues

Sessions
9 to 13

When I go on road trips, I still like to listen to the radio. It's fun to hear the sounds change from region to region: from country music to mariachi to local, public radio. And when it goes static, or you hear some coarse language you'd rather avoid, you scan for a new station. You tune into something good. And like the racket on the radio we don't want to hear, it's easy to dwell on discouraging thoughts. But when the darkness gets noisy, we need to change the channel and tune into "*whatever is true ... honorable ... just ... pure ... lovely*" and "*commendable*." Scripture says, "*if there is anything worthy of praise*" to "*think about these things*" (Phil. 4:8).



THE BIG IDEA BEHIND THIS 13-SESSION STUDY

The Lord doesn't just want us to do good things (Phil. 4:9) — he also wants us to think about good things (Phil. 4:8)!

Of course, tuning our thoughts isn't as easy as pushing a button on a console. It takes careful attention (Prov. 4:23; Eph. 5:14-15). But like a wild field becomes a garden when tended, we can sow "*pure ... lovely ... commendable*" thoughts and cultivate new thinking habits. Paul paints a portrait of a mature Christian mind throughout Philippians, culminating in Phil. 4:4-13, where he shows us how to know the "*peace of God*" and the "*God of peace*" (Phil. 4:7, 9). Our key verse (Phil. 4:8) falls between those two phrases, showing us the path to maturity and peace.

So for the following thirteen lessons, we'll meditate on **God's gifts** and **virtues**. Because when we spend time thinking about and talking about the good things God has poured into his world (James 1:17), we become more grateful, committed servants. And as we meditate on his excellent virtues (2 Peter 1:3-8), we learn to treasure what he treasures.

So in these conversations, we pray you'll find new hope, joy, and strength. May we recognize God's abundant grace and light through which we will overcome the darkness (2 Cor. 4:6,16).



THE BIG QUESTION

Has the noise of the world drowned out the good things of God in your heart?

SESSION
1

THE CONVERSATION STARTER

“Samurai Squirrels”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read Matt. 6:28-30; Gen. 1:1-31; Acts 14:15-17



BONUS RESOURCE

Feel free to listen to **Weekly episode #154, “Thar Be Dragons!”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/154



Have you heard of the Comedy Wildlife Photography Awards? Every year, judges vote on hundreds of photos of the silliest and most unexpected animal hijinks submitted by amateur and professional photographers worldwide. From laughing lions to samurai squirrels, snugly seals to goofy grizzly bears — chances are you've never seen God's creation quite like this! But whether you're laughing at pictures of silly animals, taking a quiet evening walk in the woods with a friend, or just enjoying a breathtaking sunrise alone, it's not hard to understand why God called this world "good" in those first few days of creation (Gen. 1:4, 10, 12, 18, 21, 25)! So, as we begin to explore some good things together, starting with God's incredible gifts, what happens when we sit in wonder at God's work in nature?



THE BIG IDEA

When we don't take in the natural world, we miss a window into the wonder of God's goodness and greatness.

It's undoubtedly important to immerse yourself in God's Word, learning more and more about him from the Bible. But don't rob yourself of the joy of glimpsing into his invisible attributes — his eternal power and divine nature — all around you (Rom. 1:19-20)! So take a walk, sit quietly in nature, and maybe watch for some wacky wildlife while you're at it. Let the time you spend enjoying God's creation reinforce how excellent and loving he is.

Looking around at the complexity of this world, it's clear that only God could have made "*heaven and the earth and the sea and all that is in them*" (Acts 14:15). Only a being with unmatched power and wisdom could have made such a rich and magnificent place. And it's not just his power on display, but we're also struck by his goodness — to each one of us! Like Paul said, "*He did not leave himself without witness, for he did good by giving you rains from heaven and fruitful seasons, satisfying your hearts with food and gladness*" (Acts 14:17).



THE BIG QUESTION

How has God's creation impacted how you view him?

Nature

WONDER AT GOD'S WORK IN NATURE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch "Samurai Squirrels" – biblegeeks.fm/daily-259 ▶▶



ICE BREAKER — Get everyone engaged and talking.

What's the weirdest thing you've ever seen in nature?

ACT I



JESUS SAID — Matthew 6:28-30

What's the main point of this passage?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you've never noticed before – or have always loved about these words?

Nature

WONDER AT GOD'S WORK IN NATURE

ACT II

**POETRY IN MOTION — Psalm 148**

The last 5 psalms (146-150) all start and end with this word “Hallelujah,” and focus on God’s praise. This psalm – familiar from hymns like “Hallelujah, Praise Jehovah” – calls on all creation to declare his glory. Prepare to move through it quickly, drawing out an insight from each section. When studying in a group, consider having one person assigned to each section, and then having a brief group discussion for that section. (For example, one person shares their thoughts on verses 1-2, then the group discusses, followed by another person sharing their thoughts on verses 3-6, etc.)

Psalm 145:1-2

Main Point:

Key Verse:

Key Word:

Insight/Application:

Psalm 145:3-6

Main Point:

Key Verse:

Key Word:

Insight/Application:

Psalm 145:7-10

Main Point:

Key Verse:

Key Word:

Insight/Application:

Psalm 145:11-14

Main Point:

Key Verse:

Key Word:

Insight/Application:

Nature

WONDER AT GOD'S WORK IN NATURE

ACT III



REACH OUT — Connect with each other with this question.

When have you been particularly struck by God's creation, and how did it affect you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Go on a nature walk and meditate on God's wondrous works.



REQUEST — Go to God in a closing prayer.

For example: "Creator of heaven and earth, help me see your power to speak into existence all that I see around me." (cf. Gen. 1:1-31)



NEXT SESSION — Work

Prepare by reading John 6:27; Col. 3:23; Eccl. 5:18-20

SESSION
2

THE CONVERSATION STARTER
“Off to Work I Go”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read John 6:27; Col. 3:23; Eccl. 5:18-20



BONUS RESOURCE

Feel free to listen to **Weekly episode #155, “Gotta Eat a Vegetable”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/155



I've never worked in a mine, but Disney's seven whistling dwarves seemed to enjoy it way more than they had any right to. How does anyone find that much joy in their work? I remember a bumper sticker that read, "I owe, I owe, so off to work I go." And it's true, we all have bills to pay, and sometimes feeding the family is all that keeps us grinding. So, is work one of God's good gifts to embrace or a curse to endure?



THE BIG IDEA

The chance to do good work and appreciate the work of others is worth celebrating.

As God the worker (John 5:17) created the universe, separating and ordering (Gen. 1:2-10), then filling it and making it useful (Gen. 1:11-31), we imitate him. Made in his image (Gen. 1:26), we subdue his good world (Gen. 1:28) with wisdom, creativity, and character that reflect his glory.

After the fall, the curse brought adversity to working the ground (Gen. 3:17-19), but work wasn't a curse. Even in Eden, God gave humans a job (Gen. 2:15). And he helps us work (Ps. 127:1; Prov. 16:3; John 15:5), allowing us to make a difference in big and small ways, from fixing a faucet to teaching the gospel. "By working hard" we receive the blessing of giving more than we get (Acts 20:33-35; cf. Luke 13:6-9). So even when the company, the people, and the job frustrate us, we find satisfaction in doing our part well. Because to "enjoy life" means pouring "your might" into "whatever your hand finds to do" (Eccl. 9:9-10).

So we work to fulfill our *purpose*; not just for a *paycheck* or *proof* of our worth. We were "*created for good works*" (Eph. 2:8-10), and doing good work is a *good work* (Eph. 6:5-9; 1 Tim. 5:8-14). All work is holy when we offer it to God — we're "*serving the Lord Christ*" (Col. 3:22-24) while making widgets, folding laundry, or doing math homework.



THE BIG QUESTION

How does your work change when you see it as a gift from God?

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch “Off to Work I Go” – biblegeeks.fm/daily-260 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What task do you secretly love to do?

ACT I



FINDING JESUS — Colossians 3:22-24

What’s the main point of this passage?

Does the passage mention or reference Christ? What does it say about him?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

What parts of this passage remind you of the character and actions of Christ?

How can reflecting on and applying this passage draw us closer to Christ?

Work

EMBRACE THE OPPORTUNITY TO DO GOOD WORK

ACT II



TOP 4 PROVERBS — Work

Look through the list below (or any other resource you want to use) and choose four favorite Proverbs about work. Then jot down a few notes on the application or insight you take from each verse. What do you appreciate about how it's said and the wisdom it contains? How have you seen the principle in action?

Prov. 6:6-11; 10:4,5,26; 11:1; 12:11,14,24,27; 13:4,11; 14:4,23; 16:11,26; 18:9; 20:4,13,23; 21:5,25; 22:29; 23:4-5; 24:27,30-34; 27:23-27; 28:19; 30:24-28; 31:13, 17, 31.

In your group discussion, ask participants to pick one of their four and share their insights.

Proverb #1 _____

Proverb #2 _____

Proverb #3 _____

Proverb #4 _____

Work

EMBRACE THE OPPORTUNITY TO DO GOOD WORK

ACT III



REACH OUT — Connect with each other with this question.

How would you describe your work ethic and where it came from?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Identify and do a task at work specifically for God.



REQUEST — Go to God in a closing prayer.

For example: "Lord, we offer our work to you and pray it pleases you" (cf. Col. 3:22-24).



NEXT SESSION — Rest

Prepare by reading Ps. 127:2; Eccl. 2:24-3:13; Mark 2:27

SESSION
3

THE CONVERSATION STARTER

“Stop!”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read Ps. 127:2; Eccl. 2:24-3:13; Mark 2:27



BONUS RESOURCE

Feel free to listen to **Weekly episode #156, “Do Not Disturb!”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/156



When I ask someone, "How are you?" they often answer, "Busy!" When did that become our standard reply? We glorify long hours and exhaustion as badges of honor, as proud of our lack of sleep as our results. How bad is it? For some, it's deadly. A recent study found that overworking kills three-quarters of a million people yearly¹. In Japan, they have a word for it — *Karoshi* — "death from overwork." Our last session celebrated work, but that's not all God wants for us. Sometimes we need to stop to appreciate his gifts.



THE BIG IDEA

Work is good, but God also created us to enjoy the sweetness of rest.

We serve a God who rested (Gen. 2:1-3). Remember Jesus napping in the boat (Mark 4:38-40)? Or saying, "*Come away ... and rest a while.*" For ... they had no leisure" (Mark 6:31)? God valued rest so much he required work to cease one day a week (Ex. 20:8). Must have seemed shocking to a group of slaves (cf. Deut. 5:15)! We take a day of rest for granted, but it wasn't always this way.

The Sabbath was "*a shadow*" of Christ (Col. 2:15-17; Heb. 7:12). But it reminds us God wants us to rest. "*The Sabbath was made for man, not man for the Sabbath*" (Mark 2:27). We're valued for more than what we produce. Our work isn't as important as we think; life goes on without us getting stuff done for a while. "*It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep*" (Ps. 127:2). We can have "*sweet*" sleep (Eccl. 5:12; Prov. 3:24), trusting God to keep us (Ps. 4:8).

But rest isn't just something we do; it's our security under God's rule (Deut. 25:19; 1 Kings 5:4). It's a mindset we cultivate, waiting for a greater rest (Heb. 4:9-10). Because even now, those who come to Christ rest in Him (Matt. 11:28-30).



THE BIG QUESTION

What do you learn from God's desire to give us rest?

1. "How Overwork is Killing Us," *BBC* (<https://www.bbc.com/worklife/article/20210518-how-overwork-is-literally-killing-us>)

Rest

STOP AND ENJOY REST

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Stop!” – biblegeeks.fm/daily-261 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
What's your favorite thing to do for relaxation?

ACT I



LIKE THE TEACHER — Mark 6:30-32
What do you see Jesus doing and saying here?

Why do you think it's recorded in the book? What's the point of the passage?

What insights and applications do you take from this example of Christ? What do we need to get from his example that – if understood and applied – has the power to bless and strengthen us?

Rest

STOP AND ENJOY REST

ACT II

**WHAT'S THE DEAL? — God's Seventh Day Rest**

In Genesis 2:1-3, God completes his weeklong work with a final day dedicated to rest. Do we understand why he did that? What's the deal with God ceasing work and resting on that day?

Answer the questions below in preparation for a discussion of question seven. Meditate on God resting and commanding a day of rest in Israel, preparing to talk about what it means.

1. Did God need rest? What does it mean for God to rest?
2. What do you take from the ending of chapter 1 (verses 26 to 31)? How does God describe man? What does he do in verse 28?
3. What had God accomplished before the seventh day (2:1)?
4. What all does the text say God did on the seventh day (2:2-3)?
5. Read Exodus 20:8-11. What was the meaning of the Sabbath day law in God's covenant with Israel? What does it have to do with God's rest on the seventh day? What other passages shed light on God's purposes for the Sabbath?
6. God's throne is described the place of his rest (Psalm 132:13-14 and Isaiah 66:1). Similarly, after Jesus completed his earthly ministry (John 19:30) he sat down at the Father's right hand (Mark 16:19). One part of his work complete, he sat down – not just to rest – but to reign (1 Pet. 3:22; Rev. 3:21). Do you think the connection between resting and reigning sheds any light on Genesis 2:1-3? If so, what?
7. **So, what's the deal with God's seventh day rest?** What should we understand about it? What insights and applications should we take from Scripture's teaching on it?

Rest

STOP AND ENJOY REST

ACT III



REACH OUT — Connect with each other with this question.

What keeps you from enjoying downtime?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Give someone you love a break.



REQUEST — Go to God in a closing prayer.

"Holy Father, grant me the time to pause and reset like Jesus did." (cf. Matt. 14:22-23)



NEXT SESSION — Talents

Prepare by reading Luke 12:35-48; Rom. 12:6-8; 1 Peter 4:10-11

SESSION
4

THE CONVERSATION STARTER

“Teenage Talents on Tape”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read Luke 12:35-48; Rom. 12:6-8; 1 Peter 4:10-11



BONUS RESOURCE

Feel free to listen to **Weekly episode #157, “The Best at Everything”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/157



Time for another installment of "Embarrassing Home Videos of Dad!" Our daughter loves to queue up hours of footage of our community and school talent shows from my youth. Whether I was attempting to sing a song, play an instrument, or just get a laugh, there was no shortage of my cringe-worthy teenage talents on tape. But isn't it funny how some people make their performances look effortless? So as we continue to examine God's amazing gifts, let's take some time to appreciate the unique abilities he gives to each of us.



THE BIG IDEA

God manifests his wisdom and glory in the diversity he has filled his good world with.

We see it in every aspect of his creation, from the millions of strange and wonderful animal species to the breathtaking spectacles of the cosmos. But maybe no part of God's creation displays his creative range more than the abilities he has given humanity. His image bearers reflect his creativity, order, rationality, and love. From the Mona Lisa to the Empire State Building, from mapping the human genome to walking on the moon, our achievements come from our unique abilities.

And what a gracious God who gives us each something unique (Rom. 12:6-8)! Some people can brighten a day with a sentence, while others can explain the most complicated subject and make it understandable. Some people are passionate about feeding people, some love fixing cars, while others want to explore the world and climb every mountain. Our diverse abilities and interests allow humanity to rule over God's world as he created us to do. With our rich tapestry of gifts all woven together, we serve each other and reflect the way God has blessed each of us to his glory (1 Peter 4:10-11).



THE BIG QUESTION

How often do you stop and appreciate the good that God fills the world with through the incredible range of gifts he gives us?

Talents

APPRECIATE YOUR UNIQUE ABILITIES

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Teenage Talents on Tape” — biblegeeks.fm/daily-262



ICE BREAKER — Get everyone engaged and talking.

What's a surprising skill (party trick) that few people know you can do?

ACT I



FINDING JESUS — Rom. 12:3-8 & 1 Cor. 12:12-26

Where do you see Jesus in these passages?

What do these passages teach you of the character, work, and reign of Christ?

What does our Lord Jesus want us to learn from these texts about his body?

SESSION
4

STUDY GUIDE

Talents

APPRECIATE YOUR UNIQUE ABILITIES

ACT II



HELLO, MY NAME IS — Bezalel & Oholiab

As we dive into this character study of Bezalel & Oholiab, open your Bible to Exod. 31:1-11 and then Exodus 35:30-39:43.

Setting The Stage

Bezalel and Oholiab's story takes place as the children of Israel traveled towards the promised land, when God gives Moses plans for an extravagant royal tent where God's presence would rest and the people could worship him. Bezalel and Oholiab were the craftsmen selected by God to make the tabernacle and the holy things associated with it.

Telling The Story

SCENE 1: Called by Name (Exod. 31:1-11): What do you learn here about Oholiab and Bezalel, and their work? Anything else jump out at you in this section?

SCENE 2: Tabernacle & Furnishings (Exod. 35:30-38:30): What does God do here? What do Oholiab and Bezalel make, and what do you notice about these items and their construction?

SCENE 3: Priestly Garments & Tabernacle Completion (Exod. 39:1-43): What happens here? What phrase do you see repeated? How would you describe the tabernacle and vestments?

EPILOGUE: Glory of the Lord (Exod. 40:1-38): Who erected the tabernacle and put everything in place? What do you notice about vv. 1-16 and vv. 17-33? How does the book end (40:34-38)?

APPLYING THE SCRIPTURE:

What do you take from the example and story of Oholiab and Bezalel?

Talents

APPRECIATE YOUR UNIQUE ABILITIES

ACT III

**REACH OUT** — Connect with each other with this question.

What skill do you wish you had, but never invested time or energy into developing?

WRAP UP

**THE CHALLENGE** — Ready to put it into practice?

Mention someone's unique talent to them, and thank them.

**REQUEST** — Go to God in a closing prayer.

"Help us use the abilities you've given us faithfully" (Matt. 25:21)

**NEXT SESSION** — Singing

Prepare by reading Acts 16:25; Colossians 3:16; James 5:13

SESSION
5

THE CONVERSATION STARTER

“Bursting Into Song”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Acts 16:25; Colossians 3:16; James 5:13



BONUS RESOURCE

Feel free to listen to **Weekly episode #158, “That Is a Sticky Song”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/158



Like musicals, but some people really, really don't. America's founders bursting into song in a tavern? Gang members dancing through a knife fight? And let's not even start on those people dressed up like cats! It's all too much! We can debate the virtues of Broadway shows, but Scripture leaves no doubt about the value of singing. In songs of victory (Ex. 15:1-21), lament (2 Sam. 1:17-27), and praise (Ezra 3:11), the saints of old opened their hearts and participated in God's gift of singing.



THE BIG IDEA

Singing expresses what's inside us — what we believe, feel, and decide.

God's grace brings out grateful praise (Col. 3:16) as we sing with our "spirit" and our "mind" (1 Cor. 14:15). Singing is a heavenly art we get to practice on earth (Rev. 5:9; 14:3; 15:3). It can make joyful worship a habit (Phil. 4:4). So God says, "Is anyone cheerful? Let him sing praise" (James 5:13). But our songs also express our sorrow and help us find hope in the night, like Paul and Silas singing in prison (Acts 16:25), or Jesus before heading to Gethsemane (Mark 14:26).

Melody and harmony can lift or comfort us, but in Scripture, the purposes of singing come from the words. We learn them "by heart," and their messages become portable, guiding wisdom. When we sing — if we mean it — we take a stand for truths we believe in, like, "It is well with my soul." We make and renew commitments, like "I'm not ashamed to own my Lord." We can even discover deeply held longings as we sing of our hope, our need for mercy, and our desire for God's presence. But our songs also challenge, teach, and support one another.

It's great to hear one person teaching, but you know what's better? Singing "together ... with one voice" (Rom. 15:6). It's a uniting bond. And when we sing together, we need to hear each other and heed the teaching (Eph. 5:19).



THE BIG QUESTION

How have psalms, hymns, and spiritual songs impacted your life?

Singing

OPEN YOUR HEART TO SING PRAISES

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch “Bursting Into Song” – biblegeeks.fm/daily-263 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What song always gets stuck in your head?

ACT I



LIKE THE TEACHER: Mark 14:26

What do you see Jesus doing here?

Why do you think it’s recorded in the book? What’s the point of the passage?

What insights and applications do you take from this example of Christ? What do we need to get from his example that – if understood and applied – has the power to bless and strengthen us?

Singing

OPEN YOUR HEART TO SING PRAISES

ACT II



THE A-TEAM — Praise Songs in Scripture

We've found that drafting your "fantasy team" of certain Bible people and topics can make for a fun and edifying way to discuss Scripture. So prepare by making your "draft board" below, listing your favorite examples of praise songs in the Bible. The book of Psalms is a great place to start (there's 150 songs right there!) but there are praise songs throughout the Bible, from Moses' Song in Exodus 15 to the Song of Moses and the Lamb in Revelation 15. If you get stuck, you can always use a Bible reference book or a search engine to look for ideas. As you build your list, next to each song, note why you would choose it and what it's about.

#1

#2

#3

#4

#5

If you're studying in a group, break into groups and work together to choose your "A-Team" of praise songs, tracking each team and discussing each pick as they're made. And remember to be ready for the other team to "steal" your top choices!

We recommend doing 3 rounds of "draft picks." At the end, review the two teams and acknowledge all of the great examples of praise songs in Scripture. Then discuss: Who almost made the cut? What lessons or insights do you take from the exercise as a whole?

If you know of a hymn based on one of the songs drafted, consider singing it together before you move into the final segment of the study (Act III).

Singing

OPEN YOUR HEART TO SING PRAISES

ACT III



REACH OUT — Connect with each other with this question.

What's a go-to hymn that's helped you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Ask a friend to sing a meaningful song with you this week.



REQUEST — Go to God in a closing prayer.

"Listen to our hearts as we make melody to you" (Eph. 5:19).



NEXT SESSION — Celebration

Prepare by reading Luke 15:3-10; Eccl. 2:24-25; Rev. 19:1-21

SESSION
6

THE CONVERSATION STARTER
“Party Planning”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read Luke 15:3-10; Eccl. 2:24-25; Rev. 19:1-21



BONUS RESOURCE

Feel free to listen to **Weekly episode #159, “The Hermit Inside of You”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/159



‘ve been to plenty of parties over the years that weren't any fun. It's sad, but no one wants to throw a stinker of a celebration. With all your party planning, you want people to enjoy themselves, feel comfortable and welcomed, and focus their attention on the people and the reason for gathering. But sometimes, a party just goes stale, and people wind up wishing they'd stayed home in their pajamas. So, are followers of Christ any fun? Are we joyful people who know how to let loose and have a good time? So as we continue to think together about God's amazing gifts, let's see the blessing of joyfully celebrating life's good things!



THE BIG IDEA

It pleases and glorifies God when we gratefully enjoy his blessings together.

As with so many of the good gifts we've considered already, joyful celebration is a timeless activity we practice now, while we wait to do it for all eternity! Just imagine a scene like the one John saw in Revelation 19, where multitudes shouted praise to God as they waited for the great wedding feast of the Lamb. Also, picture the angel's celebrations when lost souls return to the Lord (Luke 15:3-10). It's safe to say that we've never been to a party like the ones in heaven!

After all, God gives us laughter and meals shared with good company! We can *"eat and drink and find enjoyment ... from the hand of God, for apart from him who can eat or who can have enjoyment"* (Eccl. 2:24-25). But as with everything in life, we party sincerely, thoughtfully, and with plenty of self-control. Of course, we must *"fear God and keep his commandments"* (Eccl. 12:13), but also, *"be joyful and ... do good ... eat and drink and take pleasure ... this is God's gift to man"* (Eccl. 3:12-13).



THE BIG QUESTION

How are you expressing your joy and enthusiasm to those around you?

Celebration

ACKNOWLEDGE LIFE'S GOOD THINGS WITH JOY

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Party Planning” – biblegeeks.fm/daily-264 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
What's your ideal way to spend a birthday?

ACT I



JESUS SAID: Luke 15:3-10
What's the main point of this passage?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you've never noticed before – or have always loved about these words?

Celebration

ACKNOWLEDGE LIFE'S GOOD THINGS WITH JOY

ACT II



DEEP THOUGHTS on Enjoyment

The goal of this segment is to dive a bit deeper into “enjoyment” from a Biblical perspective. Use the following questions to help you explore the concept and prepare for a meaningful conversation. No pressure to be a “deep thinker” – whatever that even means! (We usually aren’t!) But these are big ideas that benefit from some reflection and meditation on Scripture.

What is enjoyment?

What Bible passages and stories come to mind when you think of enjoying life’s gifts?

Is it more virtuous to not enjoy God’s blessings than to enjoy them? Why or why not?

Define the following:

- Gratitude
- Rejoicing
- Contentment
- Celebration
- Praise

How do these attitudes and activities build on each other?

How can over-emphasizing “enjoyment” lead us in the wrong direction?

What do the various feasts in the Old Testament teach you about God’s view of celebration?
How does that affect your view of celebration today?

What kinds of things should we celebrate and enjoy today?

Why might some (wrongly) think it’s more “spiritual” or “virtuous” to deny ourselves any enjoyment of God’s gifts in this world? What would you share with them to help them see God’s will more clearly?

Does God rejoice? What passages help you answer this question?

Celebration

ACKNOWLEDGE LIFE'S GOOD THINGS WITH JOY

ACT III



REACH OUT — Connect with each other with this question.

What keeps you from rejoicing with those who rejoice?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Get together with a friend to share a meal.



REQUEST — Go to God in a closing prayer.

“Father, help us to rejoice always and give thanks in all circumstances”
(1 Thes. 5:16-18).



NEXT SESSION — Family

Prepare by reading Matt. 15:4; Romans 8:12-17; Psalm 127-128

SESSION
7

THE CONVERSATION STARTER

“Grandma Nine-Pies”



GOOD GIFTS

Launch your study with this
CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Matt. 15:4; Romans 8:12-17; Psalm 127-128



BONUS RESOURCE

Feel free to listen to **Weekly episode #160, “Your Family Versus Mine”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/160



‘ve been to plenty of parties over the years that weren't any fun. It's sad, but no one wants to throw a stinker of a celebration. With all your party planning, you want people to enjoy themselves, feel comfortable and welcomed, and focus their attention on the people and the reason for gathering. But sometimes, a party just goes stale, and people wind up wishing they'd stayed home in their pajamas. So, are followers of Christ any fun? Are we joyful people who know how to let loose and have a good time? So as we continue to think together about God's amazing gifts, let's see the blessing of joyfully celebrating life's good things!



THE BIG IDEA

It pleases and glorifies God when we gratefully enjoy his blessings together.

As with so many of the good gifts we've considered already, joyful celebration is a timeless activity we practice now, while we wait to do it for all eternity! Just imagine a scene like the one John saw in Revelation 19, where multitudes shouted praise to God as they waited for the great wedding feast of the Lamb. Also, picture the angel's celebrations when lost souls return to the Lord (Luke 15:3-10). It's safe to say that we've never been to a party like the ones in heaven!

After all, God gives us laughter and meals shared with good company! We can *"eat and drink and find enjoyment ... from the hand of God, for apart from him who can eat or who can have enjoyment"* (Eccl. 2:24-25). But as with everything in life, we party sincerely, thoughtfully, and with plenty of self-control. Of course, we must *"fear God and keep his commandments"* (Eccl. 12:13), but also, *"be joyful and ... do good ... eat and drink and take pleasure ... this is God's gift to man"* (Eccl. 3:12-13).



THE BIG QUESTION

How are you expressing your joy and enthusiasm to those around you?

SESSION
7

STUDY GUIDE

Family

FEEL THE FULFILLMENT OF A FRUITFUL FAMILY

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea. Read, listen, or watch “Grandma Nine-Pies” – biblegeeks.fm/daily-265 ▶▶



ICE BREAKER — Get everyone engaged and talking. Who always lightens the mood in your family?

ACT I



JESUS SAID: Matthew 15:3-6
What’s the main point of this passage?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you’ve never noticed before – or have always loved about these words?

SESSION
7

STUDY GUIDE

Family

FEEL THE FULFILLMENT OF A FRUITFUL FAMILY

ACT II



FLYING THROUGH THE BOOK of Ruth

Sometimes it's helpful to journey through a Bible book briskly enough to see the big picture the story presents. If you're studying with a group, ask each participant to prepare some notes using the guide below. Then take turns summarizing the chapters and your insights.

We don't know who wrote Ruth, but it's obviously meant for a Jewish audience to understand the backstory of one of the greatest figures of all time – David, whose genealogy concludes the story, as God brings a Gentile into Christ's line. It shows how prayers and righteous acts by three individuals propel the story forward and set the stage for a king after God's heart and ultimately, the savior of the world.

Ruth Chapter 1

Main point:

High-level outline:

- Verses 1-5:
- Verses 6-18:
- Verses 19-22:

Key verse:

Key word:

Main insight:

Ruth Chapter 2

Main point:

High-level outline:

- Verses 1-5:
- Verses 6-18:
- Verses 19-22:

Key verse:

Key word:

Main insight:

SESSION
7

STUDY GUIDE

Family

FEEL THE FULFILLMENT OF A FRUITFUL FAMILY

ACT II (CONTINUED)

Ruth Chapter 3

Main point:

High-level outline:

- Verses 1-5:
- Verses 6-18:
- Verses 19-22:

Key verse:

Key word:

Main insight:

Ruth Chapter 4

Main point:

High-level outline:

- Verses 1-5:
- Verses 6-18:
- Verses 19-22:

Key verse:

Key word:

Main insight:

Final Thoughts

What is your biggest takeaway from the book?

What does the book have to say about family?

Family

FEEL THE FULFILLMENT OF A FRUITFUL FAMILY

ACT III



REACH OUT — Connect with each other with this question.

How have you seen your role in your family change over the years?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Share with a family member how they've blessed your life.



REQUEST — Go to God in a closing prayer.

“Holy Father, teach us how to honor you as we’ve learned to honor our earthly fathers.”
(cf. Heb. 12:7-11).



NEXT SESSION — Friendship

Prepare by reading John 15:13-15; Proverbs 27:5-17; 1 Samuel 18:1-4

SESSION
8

THE CONVERSATION STARTER
“An Odd Couple”



Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read John 15:13-15; Proverbs 27:5-17; 1 Samuel 18:1-4



BONUS RESOURCE

Feel free to listen to **Weekly episode #161, “The Loud Type of Friend”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/161



You never know where you'll find a good friend. Like classic TV's Felix and Oscar, Pixar's Woody and Buzz, or Scripture's David and Jonathan, sometimes we find ourselves in an *Odd Couple*, a surprising friendship that somehow works. We don't measure friendships by what we have in common but by faithfulness, fondness, and memories. Our victories mean more; our misfortunes a little less when shared (Rom. 12:15). God gives many gifts, but few more precious than the people who care about us. Those bonds are worth strengthening.



THE BIG IDEA

Through consistent acts of loyal love, we stockpile trust that friends draw on for a lifetime.

We invest in friendships like money in the bank; the currency is kindness. As Paulo Coelho said, "friendship isn't a big thing — it's a million little things." Brick by brick, we build lasting bonds by being available, discrete, and willing to listen. If you want friendship, you act like a friend. Imitate Timothy's genuine concern (Phil. 2:20-21) and Ruth's devotion (Ruth 1:5-19). "*But woe to him who is alone when he falls and has not another to lift him up*" (Eccl. 4:10).

Quality beats quantity every time in friendship — better one reliable friend than hundreds who disappear when you need them (Prov. 18:24). A friend "*loves at all times*;" they're built for "*adversity*" (Prov. 17:17). They know "the real you" and love you anyway. So their "*earnest counsel*" tastes sweeter (Prov. 27:9), and even their "*wounds*" are "*faithful*" (Prov. 27:6).

You have the makings of a "soul-knit" friend (1 Sam. 18:1) when someone, like Jonathan, strengthens your hands in God (1 Sam. 23:16-17). Friends care about more than your happiness (1 Cor. 13:6)! They "*pray that all may go well with you and that you may be in good health, as it goes well with your soul*" (3 John 2).

Jesus wants friendship with us (John 15:13-15), like God's faithful friends before us (James 2:23; Ex. 33:11; Job 29:4). So, friendship, like many of the greatest gifts, can last forever.



THE BIG QUESTION

Who in your life needs your encouragement and connection?

SESSION
8

STUDY GUIDE

Friendship

STRENGTHEN THE BONDS OF FRIENDSHIP

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Odd Couple” – biblegeeks.fm/daily-266 ▶▶



ICE BREAKER — Get everyone engaged and talking.
How would you tell a friend they had something stuck in their teeth?

ACT I



FINDING JESUS: 3 John
Where do you see Jesus in this passage?

What does this passage teach you of the character, work, and reign of Christ?

What can we learn from this text about friends?

Is there anything else here you find helpful or interesting? Anything you've never noticed before – or have always loved about these words?

Friendship

STRENGTHEN THE BONDS OF FRIENDSHIP

ACT II

**FAVORITE THINGS about Friendship**

One way to gratefully appreciate God's gift of friendship, is to notice all its wonderful aspects. Use the questions below to help you identify two or three "favorite things" about friendship.

What character traits do you value most in a great friend?

What memories stand out to you about times with friends?

How have friends made a difference in your life?

What has Scripture taught you about friendship? Any examples or verses come to mind?

Is there anything that's particularly special about our friendships in Christ?

My Favorite Things about Friendship:

- 1.
- 2.
- 3.

Friendship

STRENGTHEN THE BONDS OF FRIENDSHIP

ACT III



REACH OUT — Connect with each other with this question.

When did you need a friend and when were you glad you had one?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Make a list of a few friends you're thankful for and pray for them.



REQUEST — Go to God in a closing prayer.

“Lord, help us to be friends who love at all times, and give us friends for the day of adversity” (cf. Prov. 17:17).



NEXT SESSION — Excellence

Prepare by reading Philipians 1:9-11; 2 Corinthians 8:7; Daniel 5:12-14

SESSION
9

THE CONVERSATION STARTER
“Cheese Doodles”



PRAISEWORTHY VIRTUES

Launch your study with this
CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Phil. 1:9-11; 2 Cor. 8:7; Daniel 5:12-14



BONUS RESOURCE

Feel free to listen to **Weekly episode #162, “Stay Salty,”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/162



How are you doing with your resolutions? New Year's resolution #fails have become a familiar joke every January — only 9-12% of us hang on to them as we close the year¹. Most have a half-baked "resolve" unworthy of calling "resolution," but that doesn't diminish the value of goals, even if we never achieve all our aspirations. Sure, we could veggie our life away with cheese doodles on the couch, but God created us to strive for growth. So as we shift our focus from God's gifts to virtues, let's pursue Christlike excellence.



THE BIG IDEA

Though we're not perfect, we glorify God by stretching daily to be better and do better.

Perfectionists lose their way, craving acceptance and chasing peace through flawlessness. But through Christ, we receive God's favor despite our faults (Eph. 2:4-10). We'll never reach God's perfection. But he *"called us to his own glory and excellence"* (2 Peter 1:3; 2:10) to imitate him (Matt. 5:48).

So *"press on ... straining forward"* (Phil. 3:12-14), growing *"to the measure of the stature which belongs to the fullness of Christ"* (Eph. 4:13). Hone your character, sharpen yourself (Eccl. 10:10). Make your life the masterwork you never tire of crafting in Christ's image (2 Cor. 3:18). Aspire to a *"life ... worthy of the gospel"* (Phil. 1:27).

Love is *"the more excellent way"* (1 Cor. 12:31ff), so may it *"abound more and more ... so that you may approve what is excellent"* (Phil. 1:9-10). And when you find *"any excellence ... think on these things"* (Phil. 4:8), noticing and appreciating it.

Sometimes "Whatever!" means we don't care. But Scripture says, *"whatever you do, do all to the glory of God"* (1 Cor. 10:31)! If we long to hear "well done" from Christ who *"has done all things well"* (Mark 7:37), we'll try to *"excel in everything ... in faith, in speech, in knowledge, in all earnestness"* (2 Cor. 8:7).



THE BIG QUESTION

Where do you need to strive for greater excellence?



Excellence

PUSH FORWARD TO BE MORE CHRISTLIKE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch “Cheese Doodles” – biblegeeks.fm/daily-267 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What New Year's Resolution have you actually succeeded at?

ACT I



JESUS SAID: Matthew 5:14-16

What's the main point of this passage?

How does this idea relate to pursuing excellence?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you've never noticed before – or have always loved about these words?

Excellence

PUSH FORWARD TO BE MORE CHRISTLIKE

ACT II



HEAVY WORDS: Excellence

arete (ar eh TAY) – This Greek word – often translated “excellence” – has a wide range of meaning, but it often has to do with achievement and mastery. It can describe anything excellent at accomplishing its purpose, doing what it’s supposed to do, from land that grows well to an excellent tool or animal, but mostly it describes the excellent human.

From a moral standpoint, it’s about virtue. It refers to someone of “uncommon character worthy of praise” (BDAG). But, it could also describe the manifestation of divine glory and power, and it could describe praise. Put all of this together and you start to see why the New Testament puts this word in a list of virtues (2 Pet. 1:5), but also tells us to proclaim the **arete** of God (1 Pet. 2:9; 2 Pet. 1:3).

What strikes you about this word’s original meaning and usage in Scripture?

What do you notice about the words use when describing God’s attributes (1 Pet. 2:9; 2 Pet. 1:3)?

How can we grow in virtue/excellence (2 Pet. 1:5)?

How should excellence affect our thoughts (Phil. 4:8)?

Excellence

PUSH FORWARD TO BE MORE CHRISTLIKE

ACT III



REACH OUT — Connect with each other with this question.

What are some areas that you're committed to growing in this year?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Share a short term goal with a friend and ask them to check in with you soon.



REQUEST — Go to God in a closing prayer.

“As we trust in you Lord, our God, lead us to excel in good works for others to your glory and honor.” (cf. Titus 3:8).



NEXT SESSION — Kindness

Prepare by reading Luke 6:35; 1 John 3:16-18; Eph. 4:32

SESSION
10

THE CONVERSATION STARTER

“The Magic Word”



PRAISEWORTHY VIRTUES

Launch your study with this
CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Luke 6:35; 1 John 3:16-18; Eph. 4:32



BONUS RESOURCE

Feel free to listen to **Weekly episode #163, “400 Hangry Men,”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/163



As our seemingly-inevitable robotic uprising inches closer and closer, some concerned engineers have started thinking about how we talk to our smart home devices. We've barked orders at Alexa for too long, expecting it to set timers, deliver the weather report, or order more toilet paper. But you'd never talk to a person like that — would you? To encourage a gentler approach to our automated assistants, did you know there's a "politeness mode"? If Alexa hears a command without a "Please" attached, you'll hear the response: "What's the magic word?" Should we *really* be kind to our ... technology?! Maybe that's a bit extreme, but as we continue to appreciate God's good virtues, let's see the value in constantly filling our hearts with his love in all areas of our life!



THE BIG IDEA

God teaches us to appreciate kindness by pouring his unimaginable love and mercy into our lives.

We wonder in awe at the kind of sacrificial love Christ showed, as "... *he laid down his life for us,*" leading us to "*lay down our lives for the brothers*" (1 John 3:16). Though we were once enemies of God in our sins (Rom. 5:10), we marvel at Jesus' mercy and willingness to suffer even for us (Luke 6:35-36).

Like a young child learns from their mom and dad's words and actions, we're educated by our Heavenly Father as his children. We follow his example and become "*kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you*" (Eph. 4:32). When we see love and mercy on display in the world, we acknowledge and honor it — not just because it's polite, but because of its divine source.

Who would disagree that kindness is good? We all know that warm and welcoming feeling when someone treats us well. And while not everyone's easy to be kind to, let's reflect the light of God's love throughout our lives, one "magic word" at a time.



THE BIG QUESTION

Is there someone that you've struggled to be kind to?

SESSION
10

STUDY GUIDE

Kindness

FILL YOUR HEART WITH GOD'S LOVE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “The Magic Word” – biblegeeks.fm/daily-268 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
Who's your favorite unkind fictional character?

ACT I



FINDING JESUS: 2 Samuel 9
Where do you see Jesus in this passages?

Would this passage serve well as an illustration of something about Christ's character, kindness, or kingdom?

What can we learn from this text about mercy and generosity?

Is there anything else here you find helpful or interesting? Anything you've never noticed before – or have always loved about these words?

SESSION
10

STUDY GUIDE

Kindness

FILL YOUR HEART WITH GOD'S LOVE

ACT II



HERE'S THE STORY: Abigail

In your own words, summarize each section of the story identified below.

In group studies, take turns summarizing the sections until the group has told the whole story. Then discuss your answers to the questions at the bottom.

1 Sam. 25:1-3

1 Sam. 25:4-8

1 Sam. 25:9-13

1 Sam. 25:14-22

1 Sam. 25:23-31

1 Sam. 25:32-42

The inspired author highlights the contrast between Nabal and Abigail. What are some of the differences you see between them?

What are some differences between how David handles the conflict and how Abigail does?

How does Abigail illustrate the role of wisdom, thoughtfulness, and situational awareness in "kindness"?

Did Abigail's actions show kindness to Nabal? Explain your answer.

What's the main point of this passage? What key truths should we take away from the story?

Kindness

FILL YOUR HEART WITH GOD'S LOVE

ACT III



REACH OUT — Connect with each other with this question.

How has a kind response changed a tense situation for you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Be an undercover agent of kindness for someone this week.



REQUEST — Go to God in a closing prayer.

“May we imitate your kind and tender heart” (Eph. 4:32-5:1).



NEXT SESSION — Honesty

Prepare by reading John 8:32; Prov. 12:22; 1 Peter 3:10-12

SESSION
11

THE CONVERSATION STARTER

“World’s Best Cup of Coffee”



PRAISEWORTHY VIRTUES

Launch your study with this
CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read John 8:32; Prov. 12:22; 1 Peter 3:10-12



BONUS RESOURCE

Feel free to listen to **Weekly episode #164, “Someone Always Has Your Six,”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/164



If there’s anything we know from our modern media-fueled marketing landscape, we shouldn’t trust what we see in advertisements. Commercials, billboards, and store signs usually make bold claims without the substance to back it up. The “miracle pill” turns out to be a placebo. The “world’s best cup of coffee” is mediocre at best. The “get rich quick” scheme turns out pyramid-shaped. With the daily deluge of deception, it shocks our skepticism when we encounter someone honest and trustworthy. That “handshake deal” is a breath of fresh air in a world of snake oil salesmen and swindlers. So, as we continue to appreciate God’s good virtues, let’s feel the freedom truthfulness provides.



THE BIG IDEA

We love truthful words because they’re the language our God uses to speak to us.

We have a stable foundation of truth and honesty on which we build our lives when we hear our Lord and obey (Matt. 7:24). While it’s easy to imagine a stranger lying to us, it stings more when someone we love leads us astray. Because God loves us so much, it’s impossible to imagine him saying anything to deceive us — God never lies (Titus 1:2)!

And because God can’t lie, he won’t tolerate us dabbling in deception either. *“Lying lips are an abomination to the Lord, but those who act faithfully are his delight”* (Prov. 12:22). Rather than leaving us tangled in a web of dishonesty, the truth breaks those chains and sets us free (John 8:32)!

Honesty is a rare occurrence in our world, so it’s refreshing to see it on display. We acknowledge those around us who act with integrity. We take seriously the impact we have on others when we make bold claims and deliver on them. And we speak healthy and wholesome words, not to make ourselves look good, but to speak like our Father speaks — truthfully and honestly.



THE BIG QUESTION

How would it change your relationships if you were more open?

Honesty

FEEL THE FREEDOM OF TRUTHFULNESS

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “World’s Best Cup of Coffee” – biblegeeks.fm/daily-269



ICE BREAKER — Get everyone engaged and talking.
How do you respond when someone asks for your thoughts on their outfit?

ACT I



JESUS SAID: John 8:32
What’s the main point of this passage?

What do you learn about truth here?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you’ve never noticed before – or have always loved about these words?

Honesty

FEEL THE FREEDOM OF TRUTHFULNESS

ACT II



SCRIPTURE DU JOUR: Ephesians 4

First, let's summarize what this passage says, giving each section a title:

- I. (Eph. 4:1-6)
- II. (Eph. 4:7-10)
- III. (Eph. 4:11-16)
- IV. (Eph. 4:17-24)
- V. (Eph. 4:25-32)

What's your favorite verse in this passage, and why?

What does this passage teach you about truth?

What do you learn from this passage about honest and beneficial words? And what are the benefits?

How could the principles revealed in this passage make a difference in your life this week?

Honesty

FEEL THE FREEDOM OF TRUTHFULNESS

ACT III



REACH OUT — Connect with each other with this question.

What does integrity mean to you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Notice someone's sincerity and acknowledge it.



REQUEST — Go to God in a closing prayer.

“Teach me to love truth and hate falsehood like you do” (cf. Prov. 12:22).



NEXT SESSION — Humility

Prepare by reading Philippians 2:3-11; Luke 14:11; James 3:14-17

SESSION
12

THE CONVERSATION STARTER

“Happy Debtors”



PRAISEWORTHY VIRTUES

Launch your study with this
CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read
Philippians 2:3-11;
Luke 14:11; James 3:14-17



BONUS RESOURCE

Feel free to listen to
Weekly episode #165,
“No One Is Ever
Quiet!” before your
study, as an example
of a conversation led
by this study guide.

biblegeeks.fm/165



What's the perfect foil for a Beast? How about a handsome but arrogant villain? When Gaston calls himself "a specimen," brags about cheap shots, and invites Belle to admire his trophies, he seems silly until he self-servingly commits Belle's father and incites a mob. We know a villain when we see selfish pride. It's why we loathe the Dursleys, despise Prince Humperdinck, and find satisfying justice in the demise of Esther's real-life nemesis, Haman. Because, at our core, we admire those who humbly lower themselves while lifting up others. It's another noble virtue worth celebrating.



THE BIG IDEA

When we lift ourselves above others, we forget that our King lowered himself for us.

The Lord of Lords is "*gentle and lowly in heart*" (Matt. 11:29). What an unexpected path to the top Jesus illuminates! We don't climb over others; we hold them up! "*If anyone would be first, he must be last of all and servant of all*" (Mark 9:25).

Galileo challenged the belief that the universe revolves around our world. Four hundred years later, some still think they're the center of the universe. The delusion that everyone owes you makes life a battle for what's yours. But we deserved death, Jesus paid what he didn't owe, and everything changed because of that gift (Rom. 6:23). We're happy debtors, loving others and sharing the gift (Rom. 1:15; 13:8). Narcissism stains our politics, entertainment, and interactions. Pride is fashionable, but we can still find humility. We can show our kids a first responder's selflessness or an expert who keeps listening (Prov. 1:5), staying "*open to reason*" (James 3:14-17).

Where pride looks out for "number one." Humility looks "*not only*" to your "*own interests but also to the interests of others*" (Phil. 2:4). Seeing others as equals, we consider them significant, sharing the glory of Christ's lowliness (Phil. 2:3-11). Andrew Murray rightly calls humility "the disappearance of self in the vision that God is all."



THE BIG QUESTION

Will you be a "servant of all" today?

SESSION
12

STUDY GUIDE

Humility

LOWER YOURSELF TO LIFT UP OTHERS

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Happy Debtors” – biblegeeks.fm/daily-270 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
What are you proud of?

ACT I



FINDING JESUS: Isaiah 42:1-9
Where do you see Jesus in this passage?

What does this passage teach you of the character, work, and reign of Christ?

What can we learn from this text about humility?

Is there anything else here you find helpful or interesting?

SESSION
12

STUDY GUIDE

Humility

LOWER YOURSELF TO LIFT UP OTHERS

ACT II



POETRY IN MOTION: Psalm 34

Check out 1 Samuel 21:10-15 for more background on what David experienced before writing this. Then prepare some notes, so you can move quickly, drawing an insight from each section. In a group, have one person assigned to each section, followed by a brief group discussion for that section. (For example, one person addresses verses 1-3, followed by a group discussion, then onto another person for verses 4-7.)

Main Point of Psalm 34:1-3:

Key Verse:

Key Word:

Insight/Application:

Main Point of Psalm 34:4-7:

Key Verse:

Key Word:

Insight/Application:

Main Point of Psalm 34:8-10

Key Verse:

Key Word:

Insight/Application:

Main Point of Psalm 34:11-14

Key Verse:

Key Word:

Insight/Application:

Main Point of Psalm 34:15-18

Key Verse:

Key Word:

Insight/Application:

Main Point of Psalm 34:19-22

Key Verse:

Key Word:

Insight/Application:

Humility

LOWER YOURSELF TO LIFT UP OTHERS

ACT III



REACH OUT — Connect with each other with this question.

How has pride reared its ugly head in your life?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Put someone's interest before yours by doing something they want to do.



REQUEST — Go to God in a closing prayer.

“Father, give us the mind of Christ, that we might view others as he did”
(cf. Phil. 2:4-5).



NEXT SESSION — Purity

Prepare by reading Matthew 5:8; 1 Timothy 4:12; Psalm 51:10

SESSION
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THE CONVERSATION STARTER

“Snow in November”



PRAISEWORTHY VIRTUES

Launch your study with this
CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read
Matthew 5:8;
1 Timothy 4:12;
Psalm 51:10



BONUS RESOURCE

Feel free to listen to
Weekly episode #166,
“This Isn't a Fairytale,”
before your study, as
an example of a
conversation led by
this study guide.

biblegeeks.fm/166



I looked out my window this fall morning, expecting to see brown. But instead, everything I saw outside my window was covered in snow. Untouched by footprints or car tracks, it seemed to have baptized the world I knew — parked cars, trees, mailboxes — under a blanket of white. When you see how clean it looks, sparkling in the sunlight, you understand the Lord's invitation: “*Come now, let us reason together ... though your sins are like scarlet, they shall be as white as snow.*” He says, “*Wash yourselves; make yourselves clean; remove the evil of your deeds from before my eyes.*” And he wants his people to “*learn to do good*” and “*seek justice*” for the oppressed (Isa. 1:16-18). So let's complete our study with one final praiseworthy virtue, filling our hearts with “*whatever is pure*” (Phil. 4:8).



THE BIG IDEA

Filling our hearts and minds with goodness leaves no room for the filth of sin.

After David's sin, he prayed for God to wash him “*whiter than snow*” (Ps. 51:7). But he didn't stop at a prayer for forgiveness. Instead, he asked God to create something new in him. “*Create in me a clean heart, O God, and renew a right spirit within me*” (Ps. 51:10)

Rather than impure, fleshly thoughts, “*those who live according to the Spirit set their minds on the things of the Spirit*” (Rom. 8:5). The old you died. In baptism, you rose with Christ (Rom. 6:1-5), who reigns above. So set your mind on what's above and put to death “*what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry*” (Col. 3:2, 5).

What do supermarket labels mean when they say, “100% Pure”? Purity is about completeness. It's “100% pure Canadian maple syrup” only if the entire product is Canadian maple. And we're “*pure in heart*” (Matt. 5:8) when we devote ourselves entirely to the Lord, with single-minded sincerity.

THE BIG QUESTION



What sin is it easy for you to overlook, and how can you give it more attention?

Purity

FILL YOUR HEART WITH ALL THE BEST THINGS

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch “Snow in November” – biblegeeks.fm/daily-271 ▶▶



ICE BREAKER — Get everyone engaged and talking.

What do you do with the junk in your house when someone stops by to visit?

ACT I



JESUS SAID: Matthew 5:8

What’s the main point of this passage?

What does this passage teach you about purity?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to bless and strengthen us?

Is there anything else here you find helpful or interesting? Anything you’ve never noticed before – or have always loved about these words?

SESSION
13

STUDY GUIDE

Purity

FILL YOUR HEART WITH ALL THE BEST THINGS

ACT II



HELLO, MY NAME IS: Daniel

We'll focus this character study of Daniel on chapters 1, 6, and 9 of the book of Daniel. Use the space below to **summarize what happens** in these three "scenes," and then apply the passage.

Setting The Stage

The book starts in the early days of exile in Babylon, before Jerusalem fell. In 605 BC Nebuchadnezzar took some of the "best and brightest" of Judah into his court. So though far from home, Daniel interacts at the very highest levels of power in the world.

Telling The Story

SCENE 1: Daniel Purposes in His Heart (Daniel 1):

SCENE 2: Daniel Stays Consistent (Daniel 6):

SCENE 3: (Daniel 9): Daniel Prays for God's People (Daniel 9):

APPLYING THE SCRIPTURE:

What do you take – for your life – from the example and story of Daniel?

Purity

FILL YOUR HEART WITH ALL THE BEST THINGS

ACT III



REACH OUT — Connect with each other with this question.

How have these gifts and virtues helped you elevate your thinking.

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Take time to be holy this week.



REQUEST — Go to God in a closing prayer.

“Create in me, a clean heart, O God!” (cf. Ps. 51:10).

CONCLUSION

“Quality Assurance”



WRAP UP THE STUDY
A Summary of All 13 Big Ideas ►►
[Watch the video](#) or read it below.



Put your hands in the pocket of a brand-new pair of pants, and you might pull out a slip of paper that reads, "PROUDLY INSPECTED BY 9." Whoever "9" is, they want you to know that they've checked the seams, zippers, pockets, and belt loops on your new britches and want you to feel confident in the construction. Quality assurance may not be a glamorous job, but it's sure better than having a wardrobe malfunction in the middle of the grocery store!

In this What's Good study, we've been inspecting the quality of our thoughts. If we're thinking about whatever is "*true ... honorable ... just ... pure ... lovely*" and "*commendable*" (Phil. 4:8), we know we're thinking long-lasting and time-tested thoughts. So, as we wrap up these conversations, let's look back at the big ideas we've tackled, praising God for his incredible goodness.



GOOD GIFTS

- When we don't take in the natural world, we miss a window into the wonder of God's goodness and greatness.
- The chance to do good work and appreciate the work of others is worth celebrating.
- Work is good, but God also created us to enjoy the sweetness of rest.
- God manifests his wisdom and glory in the diversity he has filled his good world with.
- Singing expresses what's inside us – what we believe, feel, and decide.
- It pleases and glorifies God when we gratefully enjoy his blessings together.
- Family bonds can give us love and acceptance that reflects our Heavenly Father's.
- Through consistent acts of loyal love, we stockpile trust that friends draw on for a lifetime.



PRAISEWORTHY VIRTUES

- Though we're not perfect, we glorify God by stretching daily to be better and do better.
- God teaches us to appreciate kindness by pouring his unimaginable love and mercy into our lives.
- We love truthful words because they're the language our God uses to speak to us.
- When we lift ourselves above others, we forget that our King lowered himself for us.
- Filling our hearts and minds with goodness leaves no room for the filth of sin.



THE BIG QUESTION

How has this study changed the kinds of things you think about?



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