



FROM
DEATH
TO *Life*

*forty days of dying to self
and living for Christ*

40 DAYS OF DYING TO SELF
AND LIVING FOR CHRIST

Group Leader Guide

Group Leader Guide: From Death to Life | 40 Days of Dying to Self and Living for Christ
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The Daily Grace Co.® exists to equip disciples to know and love God and His Word by creating beautiful, theologically rich, and accessible resources so that God may be glorified and the gospel made known.

Designed in the United States of America.

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A Note from the Author

Hey there!

I am so excited that you are leading a group through the *From Death to Life* study. In this study, we discuss the reality of our sin and the hope that we have in Christ. We felt like this study was important to write because the topic of sin is something we tend to shy away from. After all, it is not exciting or necessarily encouraging to talk about sin. But being honest about the seriousness of sin and our struggle with sin is what allows us to be even more grateful for the gospel of Jesus Christ.

So, it is my hope and prayer that as you walk through this study with your group, Christ's grace and forgiveness will become more evident to you. I hope that as you allow the Spirit to open your eyes to certain sin struggles in your life, you will also see how God's mercy and power meet you in those struggles. And as you meditate on the Scripture in this study and consider how Christ's grace impacts your life, I hope that you will grow deeper in your relationship with the One who has brought you from death to life.

In Christ,

Alexa Hess

How to Use This Guide

This guide is meant to give you helpful suggestions, practical tips, and a step-by-step checklist to assist you in leading a small group through *From Death to Life: 40 Days of Dying to Self and Living for Christ*.

There are several sections, and each is detailed below, along with its intended purpose. You may choose to use all or only a small portion of this guide — it is completely up to you!

THE HEART OF SMALL GROUP BIBLE STUDY

This section details the mission and heart of discipleship. Discipling people is much more than simply meeting up on occasion to complete a study. It is about fulfilling the commission Jesus gave us to make disciples by using the instructions given by God in His Word. While this can seem like a daunting task, we have not been left alone in this work. Jesus has given us His Spirit, and we have the Word of God to lead and guide us.

THE PRACTICE OF SMALL GROUP BIBLE STUDY

Once we understand the heart of small group Bible study, we must consider what it looks like to incorporate essential discipleship elements into leading a small group. This section will help you practically plan how you will lead your group.

GROUP STUDY PLAN

This section provides a quick outline of the study, including what homework needs to be completed each week before the meeting, which video the group should watch during the meeting, and which discussion questions you will cover.

START A SMALL GROUP CHECKLIST

Not sure where to start? This simple checklist will guide you, step by step, as you launch your small group.

GROUP MEETING IDEAS

In this section, you will find ideas for how to put together a plan for your group meetings. Here, you will find suggested ways to include corporate prayer and times of fellowship in addition to the group video and discussion.

WEEKLY DISCUSSION QUESTIONS

In this section, you will find the discussion questions for each week of the study, plus an optional set of questions to be used in an introductory week. If you would like to share the weekly questions with group members, we have also included a separate PDF you can print out or share with them digitally.

HOW TO HAVE MEANINGFUL GROUP DISCUSSIONS

Group discussions can be tricky. Here, you will find tried-and-true tips to help promote deep and meaningful conversations.

FAQ

In this section, you will find answers to some questions commonly asked by small group leaders.

The Heart of Small Group Bible Study

Why have you chosen to lead a small group Bible study? Perhaps you are hoping to form a community that will support one another through the highs and lows of everyday life. Maybe you are hoping to be an encouragement to others as they grow in their faith. Or maybe it just sounds like a lot of fun!

All of these are great reasons to start a Bible study group. Scripture certainly instructs believers to carry one another's burdens (Galatians 6:2), encourage spiritual growth in those around us (Ephesians 4:16), and enjoy the company of other believers (Acts 2:46). But ultimately, all of those things are small parts of a greater commission.

In Matthew 28:19–20, Jesus gave His disciples and all believers the Great Commission. We are to go and make disciples, teaching them to obey everything Jesus has commanded. Small group Bible study will be the most fruitful and purposeful when making disciples is the ultimate goal and underlying purpose for gathering together.

Additionally, the ideal setting for making disciples is within the context of a local church. This does not mean that you should not gather with a group of friends, neighbors, or coworkers to study the Bible. However, it does mean that small group Bible study alone will not provide what a believer needs apart from the spiritual shepherding and leadership available in a local church.

So, what does all of this mean for you as a small group Bible study leader? It means you should carefully plan your group meetings so that each and every part of your meetings is intentionally making disciples. All too often, we believe that if we just get people who are young in their faith together in a room, they will grow as disciples who mature in their faith. But this is not usually the case. Discipleship takes care, dedication, and preparation. You will find many helpful tips for creating an environment that encourages spiritual growth in two of the next two sections: “The Practice of Small Group Bible Study” and “Group Meeting Ideas.”

The Practice of Small Group Bible Study

The heart of being a small group Bible study leader is to make disciples. But how does one do that? What does it *really* look like to make disciples? Most simply, discipleship looks like studying the life of Jesus and following His example. Below are a few ways you can encourage your group to follow Jesus. After you read the description for each practice, take a few moments to read the recommended Scripture and answer the practical questions. If you have a co-leader, it may be beneficial to discuss this section with one another.

READ SCRIPTURE

Scripture is the primary way God reveals Himself to us. If we want to know God, we must follow Jesus and grow in Christlikeness as we consume Scripture each day. Studying and discussing Scripture in a small group setting can be particularly beneficial. This is because, as we study Scripture together, we have the benefit of learning from each other and making it a habit to discuss Scripture in community rather than just reading God's Word in private.

Read Hebrews 4:12, 1 Peter 1:25, 1 Thessalonians 2:13, 2 Timothy 2:15

Q: WHAT DO THE ABOVE VERSES SAY ABOUT THE IMPORTANCE OF BIBLE INTAKE AND, SPECIFICALLY, CORPORATE BIBLE STUDY?

Q: HOW DOES THIS IMPACT THE WAY YOU WILL LEAD YOUR SMALL GROUP?

The Practice of Small Group Bible Study

(continued)

PRIORITIZE PRAYER

Prayer is the means God has given us to communicate with Him. Prayer is meant to be practiced both individually and corporately. Praying together with a small group is like lifting the requests and prayers of each person to God together as a whole. You may want to consider using a journal to keep track of the prayer requests of your group members.

Read 1 John 5:14–15, Ephesians 6:18, James 5:13, Matthew 6:5–13

Q: WHAT DO THE ABOVE VERSES SAY ABOUT THE IMPORTANCE OF PRAYER AND, SPECIFICALLY, CORPORATE PRAYER?

Q: HOW DOES THIS IMPACT THE WAY YOU WILL LEAD YOUR SMALL GROUP?

BUILD COMMUNITY

Christian community is different from any other type of community. Our desire to be friends with other Christians is, first and foremost, to encourage each other in our faith. While many friendships center on shared interests or compatible personalities, Christian friendships center on the gospel. We are united in Christ with other believers. Joining together to fellowship is the most natural next step for those who are united in Christ.

Read Proverbs 17:17, 1 Corinthians 1:10, 1 Thessalonians 5:14, Galatians 6:2

Q: WHAT DO THE ABOVE VERSES SAY ABOUT THE IMPORTANCE OF COMMUNITY AND, SPECIFICALLY, CHRISTIAN FELLOWSHIP?

Q: HOW DOES THIS IMPACT THE WAY YOU WILL LEAD YOUR SMALL GROUP?

The Practice of Small Group Bible Study

(continued)

PURSUE ACCOUNTABILITY

The goal of the Christian life is to glorify God. Yet all Christians still sin. Not one of us is so mature that we are without sin. Christians should lovingly guide one another back to righteous living when they are in sin. The Bible gives us much direction on how to do this, and as group leaders, we should be prepared and ready to hold accountable the people we are discipling. In Scripture, we see that the heart of accountability is always restoration to Christ and community—never humiliation or condemnation.

Read Romans 14:12, James 5:16, 1 Thessalonians 5:11, Hebrews 10:24, Ephesians 4:25, Matthew 18:15–20

**Q: WHAT DO THE ABOVE VERSES SAY ABOUT THE IMPORTANCE OF ACCOUNTABILITY IN COMMUNITY?
WHAT DO THEY SAY ABOUT HOW SMALL GROUP LEADERS SHOULD HOLD THEIR GROUP MEMBERS ACCOUNTABLE?**

Q: HOW DOES THIS IMPACT THE WAY YOU WILL LEAD YOUR SMALL GROUP?

LIVE ON MISSION

The purpose of small group Bible study is not only for each member to grow individually but also to encourage members to be on mission for Christ within their spheres of influence and in their local church body. James 2:26 tells us that faith without works is dead. True knowledge of God will lead to practical works being accomplished for the Lord.

Read Matthew 28:19–20, Mark 16:15, Romans 10:13–14, Psalm 96:3

Q: WHAT DO THE ABOVE VERSES SAY ABOUT THE IMPORTANCE OF BEING ON MISSION IN COMMUNITY?

Q: HOW DOES THIS IMPACT THE WAY YOU WILL LEAD YOUR SMALL GROUP?

Group Study Plan

Below is a suggested outline of the study. This outline includes what homework needs to be completed before the meeting, which video the group should watch during the meeting, and which discussion questions you will be going over.

This particular study is divided into “parts” rather than weeks. Because of this, we have organized the content to be divided up evenly for a weekly meeting rhythm. This rhythm consists of seven sessions with an optional introduction week.

Due to the unique nature of the study’s content, however, your meetings will likely look a little different from week to week:

ON ODD WEEKS (SESSIONS 1, 3, 5, 7)

We have provided group teaching videos and accompanying teaching discussion questions for your group that will build upon the Bible study and provide additional insights into the themes and passages. We encourage your group to use these additional resources to guide your discussion as you progress through the study during those weeks.

ON EVEN WEEKS (SESSIONS 2, 4, 6)

There will be no group teaching videos to watch and thus fewer provided questions for your group to discuss. However, we still recommend meeting with your group to build consistency and relationships with one another. In lieu of a video and additional questions, you may choose to spend extra time discussing how the study is impacting you, sharing what God is doing in your life, and praying for one another.

If your group will meet less frequently than every week, you can adapt the plan below to fit your schedule. As a leader, you know your group best. Feel free to structure your group time in the ways that will benefit your participants the most!

Find more suggestions for how to structure each meeting in the “Group Meeting Ideas” section on pages 16–18.

Group Study Plan

(continued)

Part I: The Reality of Our Sin + The One Who Forgives Our Sins

INTRODUCTION SESSION (OPTIONAL):

Homework (to be completed before the meeting): None

Video: Introduction Video

Discussion Questions: Introduction Discussion Guide

SESSION 1:

Homework (to be completed before the meeting): Study content for days 1–4

Video: Session 1 Video

Discussion Questions: Session 1 Discussion Guide

SESSION 2:

Homework (to be completed before the meeting): Study content for days 5–10

Video: None

Discussion Questions: Session 2 Discussion Guide

Group Study Plan

(continued)

Part II: The Sins We Wrestle With

SESSION 3:

Homework (to be completed before the meeting): Study content for days 11–16

Video: Session 3 Video

Discussion Questions: Session 3 Discussion Guide

SESSION 4:

Homework (to be completed before the meeting): Study content for days 17–22

Video: None

Discussion Questions: Session 4 Discussion Guide

SESSION 5:

Homework (to be completed before the meeting): Study content for days 23–28

Video: Session 5 Video

Discussion Questions: Session 5 Discussion Guide

SESSION 6:

Homework (to be completed before the meeting): Study content for days 29–34

Video: None

Discussion Questions: Session 6 Discussion Guide

Part III: Hope for Our Sin

SESSION 7:

Homework (to be completed before the meeting): Study content for days 35–40

Video: Session 7 Video

Discussion Questions: Session 7 Discussion Guide

Note: If you choose to use this study during the season of Lent, the first study day will be on Wednesday. Though this study was created as a companion for the season of Lent, it was intentionally designed to be used at any time of the year.

As a reminder, log into your Daily Grace account at www.thedailygraceco.com and navigate to “my courses” to access each week’s group teaching video.

Start a Small Group Checklist

Note: This study has been designed to be completed over seven sessions with an optional introduction week. An introductory group video and discussion questions have been provided to be used in the first session. If you choose to do the optional introduction session, your group does not need to complete any homework before they arrive.

For the rest of your group meetings, you may refer to the “Group Study Plan” section on pages 10–12 for an outline of the study. Additional scheduling and planning questions are addressed in the “FAQs” section on pages 29–30.

ONE MONTH BEFORE THE FIRST MEETING

Invite people from the following settings:

- Local church
- Friends
- Family
- Neighbors
- Co-workers
- Other: _____

Consider whether it would be helpful to have a co-leader.

- If so, identify someone who may be a good fit and ask them if they would be interested in joining you.
- If there is a lot of interest in doing this study, consider having multiple leaders so that attendees can be broken up into smaller groups of six to eight.

Note: Some Bible study leaders find it helpful to incorporate a co-leader who can help them focus on the members of the group by encouraging others to speak, noticing when someone is trying to talk, or following up with people who may miss group meetings.

Choose a place and time.

- My group will meet at this place: _____.
- My group will meet at this time: _____.
- My group will meet every _____ week(s).
- My group will begin meeting on _____ and end on _____.

Note: This study consists of seven sessions, along with one optional introductory session.

Start a Small Group Checklist

(continued)

- Choose a meeting format. (See “Group Meeting Ideas” on pages 16–18 for help with this.)
 - Decide whether this will be an open or closed group. In other words, once the study is underway, can people join the group at any time, or should they wait until the next study begins?
- Pray for your group to grow in their understanding of God and His Word over the course of the study.

TWO TO THREE WEEKS BEFORE THE FIRST MEETING

- Communicate the following with your group:
 - The name of the study and how to purchase it
 - When, where, and how often you will meet
 - What group members should bring to the first meeting
 - What portions of the study group members should complete each week
 - Other: _____
 - Other: _____
- Pray for your group to encourage, support, and connect authentically with one another.

ONE WEEK BEFORE THE FIRST MEETING

- Prepare for your first meeting.
 - Send a reminder to group members about your meeting.
 - Plan for snacks or refreshments, if desired.
 - Plan for an icebreaker or get-to-know-you activity, if desired.
 - Pray that God would help your group members work through obstacles such as busyness or fears that arise when participating in a group Bible study.
-

Start a Small Group Checklist

(continued)

THE DAY BEFORE THE FIRST MEETING

- Set up your space with tables and chairs, if desired.
- Communicate with your group once more regarding when and where to meet, and let them know you are very excited to study God's Word with them!
- Pray that God would use you to proclaim the gospel and make disciples among your group.

DAY OF THE FIRST MEETING

- Have any printed materials—such as discussion questions—available to group members.
- Set up the equipment needed to view the group teaching video.
- Set up refreshments, if you desire.
- Greet each group member warmly as they arrive.
- Follow the meeting format you outlined on page 13.
- Pray that God would grant spiritual wisdom and understanding to you and each member of your group as you study His Word together.
- Make a plan to share group contact information (if everyone in your group is willing to have their information shared) so that group members can easily stay in touch with one another.

BEFORE EACH SUBSEQUENT MEETING

- Clearly communicate the homework that should be completed before you gather again.
 - Send a reminder to your group about the time and location of the next meeting.
 - Pray that each member of your group would grow in their knowledge of and love for God.
-

Group Meeting Ideas

Because your group meetings will likely look a little bit different every other week (see page 10 for more details), we have provided two recommended meeting templates you can follow—one for the odd sessions (Sessions 1, 3, 5, 7) and one for even sessions (Sessions 2, 4, 6). You may want to adjust the length of time or order to suit your individual group. The suggested length of each activity is based on a total meeting length of an hour and a half.

If possible, we also recommend gathering your co-leaders (or your leaders if you have multiple small groups meeting at the same time) fifteen to thirty minutes beforehand to go over any details for that session and pray over your time. This is a great way for your leaders and co-leaders to bond together and to ensure that necessary information is communicated.

See a high-level outline of the study—including the recommended homework, video, and meeting schedule—in the “Group Study Plan” section on page 10.

Group Meeting Ideas

(continued)

Sample Group Meeting Ideas for Odd Weeks (Sessions 1, 3, 5, 7)

WELCOME + FELLOWSHIP

(15 Minutes)

Welcome group members as they arrive, and allow time for conversation and fellowship before you begin the study. If your group is just getting to know each other, you may want to provide conversation starters. A simple conversation starter idea is to provide a list of four to five get-to-know-you questions and encourage your group members to discuss them with one another.

PRAYER *(2 Minutes)*

Before you begin your study and discussion time, say a prayer, asking God to reveal Himself to each group member through His Word. Your prayer might sound something like this:

Lord, we gather today as those who need the truth and hope You have to offer through Your Word. We pray that You would help us understand and apply the Scripture we will read and discuss together. Help us each know You more by the end of our time studying Scripture together. Amen.

OPENING DISCUSSION + STUDY DISCUSSION

(20 Minutes)

Before you watch the video, discuss the content from the study. There are suggested opening questions for this discussion, as well as questions from the study itself, but feel free to adjust based on your particular group.

VIDEO *(10–15 Minutes)*

Watch the teaching video as a group. Encourage group members to take notes as they watch if it would be helpful to them.

TEACHING DISCUSSION *(20 Minutes)*

Talk through each of the discussion questions for that week. This discussion will help your group focus on how to apply the study material, Scripture reading, and teaching video to everyday life. There are tips on how to facilitate a great discussion on pages 27–28.

PRAYER *(15 Minutes)*

Allow group members to share prayer requests and pray for one another. You may want to keep a prayer log to help keep track of requests. If you have a large group, you may want to separate into groups of three to four for this prayer time.

Group Meeting Ideas

(continued)

Sample Group Meeting Ideas for Even Weeks (Sessions 2, 4, 6)

WELCOME + FELLOWSHIP (15 Minutes)

Welcome group members as they arrive, and allow time for conversation and fellowship before you begin the study. If your group is just getting to know each other, you may want to provide conversation starters. A simple conversation starter idea is to provide a list of four to five get-to-know-you questions and encourage your group members to discuss them with one another.

PRAYER (2 Minutes)

Before you begin your study and discussion time, say a prayer, asking God to reveal Himself to each group member through His Word. Your prayer might sound something like this:

Lord, we gather today as those who need the truth and hope You have to offer through Your Word. We pray that You would help us understand and apply the Scripture we will read and discuss together. Help us each know You more by the end of our time studying Scripture together. Amen.

OPENING DISCUSSION + STUDY DISCUSSION

(20 Minutes)

Next, discuss the content from the study. There are suggested opening questions for this discussion, as well as questions from the study itself, but feel free to adjust based on your particular group.

(Note: You will notice a few extra study questions included for these sessions since there are no group teaching videos or teaching discussion questions provided. Enjoy spending a little more time discussing these together!)

EXTRA TIME FOR DISCUSSION,

COMMUNITY-BUILDING, + PRAYER (Up to 40 Minutes)

Because no group teaching videos or teaching discussion questions are provided for these sessions, we encourage you to use this time in whatever way would serve your group best as you seek to grow in community and in your study of God's Word together. Here are some ideas for how you might structure this time — but feel free to get creative based on the unique needs and desires of your group members!

- Give a short devotional on a topic that has stood out to you from the study.
- Read one of the Scripture passages from that week's reading together with your group.
- Ask each group member to share a little bit more about how the study is impacting them.
- Ask group members to share a little bit more of their personal stories.
- Ask group members to share where they see God at work in their lives currently.
- As a group, share any personal prayer requests and spend extended time in prayer for one another.

Weekly Discussion Guide

Part I: The Reality of Our Sin + The One Who Forgives Our Sins

INTRODUCTION WEEK (OPTIONAL)

This is primarily a “get-to-know-you” week for your participants. It is also a great time for leaders to communicate how the study will go and set expectations from the beginning. This week can include a time of worship and prayer or consist of a fun dessert fellowship night so that participants can get to know one another. Since there is no homework, you are able to make this week whatever will serve your Bible study best. Below are some examples of what you might want to cover during the introduction week.

INTRODUCE THE BIBLE STUDY LEADER(S).

PASS OUT MATERIALS, IF NEEDED.

SET EXPECTATIONS FOR THE BIBLE STUDY:

- Come ready to discuss, even if you were unable to finish your study questions.
- If you are unable to make it one week, please (email/text/call) your group leader.
- Pray each week for your small group.
-
-

TALK THROUGH DISCUSSION QUESTIONS:

- What is your favorite ice cream flavor, and why?
- What made you sign up for this study?
- Share the five-minute version of your testimony.
-
-

PRAYER PROMPTS:

- How can we pray for one another as we dive into this study?

Weekly Discussion Guide

Part I: The Reality of Our Sin + The One Who Forgives Our Sins

SESSION 1: DAYS 1–4

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. How did these study days encourage your gratitude for Christ?

STUDY DISCUSSION:

1. What does it say about God’s character that He not only created everything good but also put forth a plan to remove sin? (Part 1, Day 2; Question 2)
2. How does God’s promise to remove sin once and for all give you hope as you struggle with sin? (Part 1, Day 2; Question 3)
3. In what ways do you need to take your sin seriously? (Part 1, Day 3; Question 2)

TEACHING DISCUSSION:

1. How have you heard “sin” defined before? What is the world’s perspective on sin?
2. Why is it important that people understand what sin is and its consequences?
3. What are some ways you have seen people try to fix or remove their sin?
In what ways have you tried to fix or remove your sin?
4. Why is Jesus the only solution for our sin?
5. In what ways does meditating on the gospel help you in your battle against sin?
6. How can your group encourage one another in the pursuit of obedience to God?

Weekly Discussion Guide

Part I: The Reality of Our Sin + The One Who Forgives Our Sins

SESSION 2: DAYS 5–10

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. Share a few ways these study days deepened your understanding of Christ's forgiveness.

STUDY DISCUSSION:

1. How does knowing Jesus took up the cross for you encourage you to take up your cross for Him? (Part 1, Day 5; Question 2)
2. What is currently keeping you from following Jesus more obediently? What needs to be changed or removed from your life so that you can follow Him more obediently? (Part 1, Day 5; Question 3)
3. What can you do when putting sins to death is difficult? (Part 1, Day 7; Question 2)
4. Read Deuteronomy 6:4–5. What does it look like to personally love God with all your heart, soul, and strength? (Part 1, Day 8; Question 1)
5. Read Psalm 119:9. How does God's Word help us grow in purity and holiness? (Part 1, Day 9; Question 1)
6. How do you see the fruit of the Spirit evident in your life? (Part 1, Day 10; Question 2)

Weekly Discussion Guide

Part II: The Sins We Wrestle With

SESSION 3: DAYS 11–16

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. Share a few ways this week's study deepened your understanding of how the Holy Spirit helps us.

STUDY DISCUSSION:

1. What are the idols in your life? (Part 2, Day 13; Question 1)
2. How are you prone to be apathetic? What is at the root of your apathy? (Part 2, Day 14; Question 1)
3. In what ways can you be greedy? What can you do to keep yourself from being greedy? (Part 2, Day 16; Question 1)

TEACHING DISCUSSION:

1. Why is it hard to acknowledge and admit sin?
 2. Why is it important to acknowledge and admit your sin?
 3. Share what sins you were convicted of when going through part two of the study.
 4. Consider these questions asked in the video and share your answers with your group:
 - a. How do I make light of my sin?
 - b. In what ways do I repress my sin or make excuses for my sin?
Or how do I consider my sin and allow the Spirit to show me my sin?
 - c. How do I respond when my sins are brought to the surface? Do I fixate on them to the point I feel overwhelmed? Do I respond with confession and repentance?
 5. How does the gospel meet you in your struggle with sin?
 6. In what ways can you meditate on the gospel more regularly, especially when you sin?
 7. How can your group encourage one another to keep considering the gospel?
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Weekly Discussion Guide

Part II: The Sins We Wrestle With

SESSION 4: DAYS 17–22

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. How did this week's content encourage you or make you grateful for the gospel?

STUDY DISCUSSION:

1. What makes you discontent? What does it look like for you to place your contentment in Christ? (Part 2, Day 17; Questions 1 and 2)
2. In what ways can you guard yourself against what induces lust? (Part 2, Day 18; Question 2)
3. What makes you hopeless or despair? (Part 2, Day 19; Question 1)
4. Read 1 Peter 3:3–4. Why is a gentle and quiet spirit of great worth to God? (Part 2, Day 20; Question 2)
5. In what ways do you struggle with gossip? What is your tendency to gossip rooted in? (Part 2, Day 21; Question 1)
6. How do the gospel and God's character humble you? (Part 2, Day 22; Question 2)

Weekly Discussion Guide

Part II: The Sins We Wrestle With

SESSION 5: DAYS 23–28

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. How did this week's content encourage you or make you grateful for the gospel?

STUDY DISCUSSION:

1. How does the gospel compel you to be selfless? (Part 2, Day 23; Question 2)
2. How does the gospel encourage unity as believers? (Part 2, Day 24; Question 1)
3. How does Christ's forgiveness encourage you to forgive? (Part 2, Day 27; Question 2)

TEACHING DISCUSSION:

1. Between impatience, bitterness, and jealousy, which of these sins do you struggle with the most, and what do you tend to do when you struggle with these sins?
2. How can the truth that God is always patient with you impact your own patience?
3. How could turning to the Lord in prayer and sharing your disappointments with Him help in the moments you feel bitter?
4. Share with the group the ways in which you have seen God giving you good gifts.
5. How could seeing the ways God is working in your life encourage you in the moments you feel jealous?
6. How can you practically rest in Christ's grace when you struggle with sin?
How can your group encourage one another to rest in Christ's grace?

Weekly Discussion Guide

Part II: The Sins We Wrestle With

SESSION 6: DAYS 29 – 34

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. Was there anything from these study days that challenged you?
3. How did this week's content encourage you or make you grateful for the gospel?

STUDY DISCUSSION:

1. In what ways do you struggle with judging others? What is at the root of your judgment? (Part 2, Day 29; Questions 1 and 2)
2. How are you prone to bitterness? What is at the root of your bitterness? (Part 2, Day 30; Questions 1 and 2)
3. List at least three things you have in Christ that you can rest in when you feel jealousy creeping into your heart. (Part 2, Day 31; Question 2)
4. What causes you to complain? How can you practice lament when you are in a troubling or vexing situation? (Part 2, Day 32; Question 1)
5. Read John 8:44 and Numbers 23:19. What do these verses say about who God is compared to Satan? How can you reflect who God is through your speech? (Part 2, Day 33; Question 2)
6. How can you point others to Christ by the way you speak? (Part 2, Day 34; Question 2)

Weekly Discussion Guide

Part III: Hope for Our Sin

SESSION 7: DAYS 35 – 40

OPENING DISCUSSION:

1. What stood out to you from these study days?
2. What was encouraging to you about these study days?
3. How could you use what you learned in these study days to encourage others?

STUDY DISCUSSION:

1. What aspect of Christ's forgiveness (freely given, sufficient, eternal) resonates with you the most and why? (Part 3, Day 36; Question 2)
2. How does the knowledge that Christ understands and sympathizes with you impact your fight against sin? (Part 3, Day 37; Question 3)
3. In what ways can you rest in the hope of heaven when you struggle with sin? (Part 3, Day 40; Question 2)

TEACHING DISCUSSION:

1. How do you struggle to hope in God's promises, specifically the promises that affect our sin and the sin around us?
2. What do you do when you experience these struggles?
3. How does prayer ignite our hope? How can you be quick to pray when you feel hopeless?
4. How does Bible meditation ignite our hope? What would it look like for you to meditate on God's Word when you feel hopeless?
5. How does Christian community ignite our hope? How can you seek out other believers when you feel hopeless, and how can you encourage other believers when they feel hopeless?
6. Spend some time in prayer for one another, praying that the Lord will keep you focused and believing in His promises, even when you struggle with sin.

How to Have Meaningful Group Discussions

If you have led a small group before, then you know the first half of the battle is getting people to show up, and the second half is getting those who show up to engage in a meaningful way. Encouraging those who attend your group to have authentic, deep conversations can be difficult, but it is not impossible! Here are a few ways you can foster enjoyable and productive group discussions.

- **SET SOME GROUND RULES DURING YOUR FIRST MEETING.** Everyone benefits when group leaders over-communicate. Let your group know from the start that you do not expect perfectly polished answers and that it is okay to say, “I do not know.” You could also let them know that because group discussion time is limited, everyone will be encouraged to keep their time to share to one to two minutes per question so that all group members can have a chance to participate.
- **SEND THE QUESTIONS TO GROUP MEMBERS BEFOREHAND.** When people have time to consider the questions that will be asked during discussion time, they are more likely to be prepared to share with the group.
- **ASK SECOND QUESTIONS.** In order to help group members talk more deeply about a topic, consider asking a second question to those who initially answered a discussion question. Some examples of second questions are:
 - *Can you tell us more about that?*
 - *How did you come to that conclusion?*
 - *Is there a time when you have seen that play out in your life?*
 - *How does this truth impact your everyday life?*
- **OFFER ONE-ON-ONE ENCOURAGEMENT.** Is someone in your group hesitant to share? Never call on them or pressure them to speak up. But when they do share, be sure to pull them aside or send them a text after to let them know you appreciated their input. Your encouragement will go a long way to help them feel comfortable sharing more often.
- **BE OKAY WITH SILENCE.** Do not be afraid of the long pause between when a question is asked and when the first person speaks up. If you are tempted to jump in any time there is a gap in the conversation, practice counting to twenty (yes, twenty!) before you speak up.

How to Have Meaningful Group Discussions

(continued)

- **MODEL VULNERABILITY AND HONESTY.** People will typically only be as vulnerable as their leader. They are looking to you to set the tone for the conversation. Be willing to share your own questions, struggles, and challenges at times. Your honesty will help others see that group discussion time is a safe place to be their imperfect selves.
- **KNOW WHEN TO REDIRECT THE CONVERSATION.** It is okay to kindly redirect the conversation if it is getting off track. It is all too easy to begin chit-chatting about the latest season of a popular TV show or let theological debates dominate the discussion. If you are feeling uncomfortable with the direction the conversation is going, chances are that most people in your group are, too—and they are waiting for you to course-correct. Here are a few gentle ways to redirect runaway conversations:
 - When the group is completely off topic: “I am enjoying this conversation, but let’s save it until after we have finished our discussion questions. I want to be sure we use this time to cover all of this week’s material!”
 - When a theological debate is taking place: “You are raising some very important theological questions. Could you email me your questions or concerns after our meeting? I would love to work through them with you or connect you to someone within the church who can.”
 - When someone is dominating the conversation: “Thank you so much for sharing. Is there someone else who wants to add to that? I want to be sure everyone has a chance to share!”
 - When someone is sharing unbiblical advice or insight: “Thank you for sharing. One thing I have encountered when studying the Bible is . . . (share biblical advice on the topic).” Consider having a one-on-one conversation with the person later to guide them toward what the Bible says about that particular topic.

FAQ

Q: HOW MANY PEOPLE SHOULD BE IN MY SMALL GROUP?

A: Small groups typically work best with three to twelve people.

Q: HOW OFTEN SHOULD MY GROUP MEET?

A: For most groups, meeting weekly or every other week provides enough consistency to not lose traction and enough flexibility to not overwhelm group members.

Q: WHERE SHOULD MY GROUP MEET?

A: Though some group leaders may be willing and able to host each session in their home, many find it helpful to meet in a different space so that they are not responsible for all aspects of planning group meetings. Consider asking your group if someone would be willing to host, or contact your local church to see if they have a meeting place available.

Q: WHAT HOMEWORK SHOULD I HAVE MY GROUP MEMBERS COMPLETE BETWEEN MEETINGS?

A: Group members should complete each assigned part of the study outside of group meetings. See pages 10–12 for a suggested outline of when to complete each part of the study.

Q: DO I NEED TO BE A BIBLE SCHOLAR TO LEAD A SMALL GROUP?

A: Nope! You just need to have a willingness to learn alongside your group members.

Q: MY GROUP MEMBERS ARE NOT COMPLETING THE HOMEWORK BETWEEN OUR MEETINGS. HOW CAN I ENCOURAGE THEM TO DO SO?

A: You can set a gracious expectation of homework completion by simply treating your group members as if they have completed the homework. As you lead the discussion time, ask the questions as if you know they have already studied and considered how they will answer them. Often, they will rise to meet your gracious expectations!

Q: IS IT NORMAL FOR GROUP MEMBERS TO ATTEND IRREGULARLY? HOW CAN I ENCOURAGE THEM TO SHOW UP WEEK AFTER WEEK?

A: Yes, it is normal! Often, a personal follow-up text or call after a group member misses a meeting lets them know their presence has an impact and a loss is experienced when they are not there.

Q: WHAT SHOULD I DO IF MY GROUP MEMBERS HAVE DISPUTES OR DISAGREEMENTS?

A: Reach out to your local church leaders. They will be able to provide support and guidance when difficult group dynamics arise.

FAQ *(continued)*

Q: WHAT SHOULD I DO AFTER MY GROUP COMPLETES THIS STUDY?

A: Small group discipleship is most effective when it is done consistently over long periods of time. A good goal is to meet with your group about twenty-four times per year. When it comes time to decide what to study next, The Daily Grace Co.[®] has many different studies to choose from, including topical studies, studies on different books of the Bible, and even studies covering the whole story of Scripture. Explore different options for your group at www.thedailygraceco.com.

Q: BEING A SMALL GROUP LEADER FEELS OVERWHELMING. WHAT SHOULD I DO?

A: One key to longevity as a small group leader is to have support. Lead under the care of your local church and ask members of your group to be the ones who own planning extra events, providing snacks, choosing a location, and communicating with the group.

Q: WHAT IF MY GROUP DOES NOT MAKE IT THROUGH ALL OF THE DISCUSSION QUESTIONS EACH WEEK?

A: No problem! You may want to note specific questions that you want to discuss and ask those questions to your group first. Also, you can always continue the discussion outside of your normal meeting times. Consider continuing the conversation in a group chat or meeting one-on-one with a group member for coffee.

How to Study the Bible

The inductive method provides tools for deeper and more intentional Bible study. To study the Bible inductively, work through the steps below after reading background information on the book.

1. OBSERVATION & COMPREHENSION

Key question: What does the text say?

After reading the daily Scripture in its entirety at least once, begin working with smaller portions of the Scripture. Read a passage of Scripture repetitively, and then mark the following items in the text:

- Key or repeated words and ideas
- Key themes
- Transition words (e.g., therefore, but, because, if/then, likewise, etc.)
- Lists
- Comparisons and contrasts
- Commands
- Unfamiliar words (look these up in a dictionary)
- Questions you have about the text

2. INTERPRETATION

Key question: What does the text mean?

Once you have annotated the text, work through the following steps to help you interpret its meaning:

- Read the passage in other versions for a better understanding of the text.
- Read cross-references to help interpret Scripture with Scripture.
- Paraphrase or summarize the passage to check for understanding.
- Identify how the text reflects the metanarrative of Scripture, which is the story of creation, fall, redemption, and restoration.
- Read trustworthy commentaries if you need further insight into the meaning of the passage.

How to Study the Bible *(continued)*

3. APPLICATION

Key Question: How should the truth of this passage change me?

Bible study is not merely an intellectual pursuit. The truths about God, ourselves, and the gospel that we discover in Scripture should produce transformation in our hearts and lives. Answer the following questions as you consider what you have learned in your study:

- **WHAT ATTRIBUTES OF GOD'S CHARACTER ARE REVEALED IN THE PASSAGE?**

Consider places where the text directly states the character of God, as well as how His character is revealed through His words and actions.

- **WHAT DO I LEARN ABOUT MYSELF IN LIGHT OF WHO GOD IS?**

Consider how you fall short of God's character, how the text reveals your sin nature, and what it says about your new identity in Christ.

- **HOW SHOULD THIS TRUTH CHANGE ME?**

A passage of Scripture may contain direct commands telling us what to do or warnings about sins to avoid in order to help us grow in holiness. Other times, our application flows out of seeing ourselves in light of God's character. As we pray and reflect on how God is calling us to change in light of His Word, we should be asking questions like, *How should I pray for God to change my heart?* and *What practical steps can I take toward cultivating habits of holiness?*

**Thank you for studying
God's Word with us!**

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