



*Wake Up* Small Group Bible Study Guide  
A 4-session leader's guide

## Wake Up Small Group Bible Study Guide

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*Wake Up: Rediscovering a Passion for God and the Bible* is a resource designed to help students and adults alike rediscover their joy for meeting God in the Bible. And along the way, maybe rediscover their joy for God, Himself. You see, many of us live our lives separated from God because we are separated from the Bible. The Bible is God's primary way of making Himself known to us. And studies show us that for most Americans, the Bible doesn't have an important place in their lives. The goal of *Wake Up* is to get students and adults engaged with God through new and meaningful practices of engaging with His Word.

This small group guide is a powerful tool in helping students grow closer to God through His Word. By building four small group moments around this content, you add a layer of accountability to their commitment to meet God in the Bible. And this layer of accountability makes all the difference in building meaningful habits.

### How the *Wake Up* Small Group Bible Study Works

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This guide is designed to help you have a brief (30 minutes or so) time of discussion and Bible study centered on what you and your students have read the previous week in *Wake Up*. There are four sessions in this guide, one for each week of the book. The idea is that students would read a particular week of devotions, then meet and go through that week's content in this guide. As such, you'll need A) to have read the previous week's devotions, B) to have your book, and C) to have access to a Bible, either a physical one or a Bible app.

#### Three Sections Make Up Each Session

- *Looking Back* - A short time of reflection where you and your students collectively look back and make a note of any content that was particularly meaningful
- *Digging In* - A time of Bible study where you lead students deeper into one of the passages you read during the week
- *Moving Forward* - A closing activity where you and your students are challenged with a particular, practical way of putting into practice what you've focused on in your group time

#### One Word Before You Get Started . . .

The pace of our lives works against us being able to commit to anything for very long. Let us encourage you to fight for the next four weeks. If you have not done so, consider purchasing the adult version of *Wake Up*. It is designed so that you can go through the same journey your students are going on. Commit to your students that you will do your absolute best to keep up with the daily readings. Ask them to do the same. More than anything, as a group, do everything in your collective power to honor the weekly time you've set aside for your small group. It's much harder to commit to this than it is to see it as something you may or may not get to. But here's an excellent truth to internalize: most good things don't come without some sacrifice. Make your small group gathering a priority and do your best to honor it.

## SESSION 1: Week 1

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This session will focus on Day 4.

### Looking Back (10 Minutes)

This section will be similar in each session. The idea is to spend a few minutes each meeting reviewing with students what they've learned in the previous week. It's an unstructured time of review, growing out of their respective interactions with the content in the daily devotions. Your goal is to help students share their thoughts and engage in a dialogue around any questions that may arise.

Having said this, we've provided you with a set of questions. If you need a little help getting started, consider reading some or all of the following questions to help guide your discussion about what you're learning.

- **Look back over the first week of devotions. Which day did you find was the most meaningful?**
- **What was it about this specific day that seemed to make an impact on you?**
- **Was there a day that didn't connect with you? (Not every day is going to hit you the same way.)**
- **What was it about this particular day that didn't seem to connect with you?**
- **Tell me one thing you learned about God this week.**
- **Tell me one new thought or meaningful reflection you took away from this week's devotions.**
- **Did you have a hard time keeping up with your devotions this week? If so, why do you think that's the case, and what can you do differently this upcoming week to make sure it doesn't happen again?**
- **If you found yourself doing a good job of keeping up with your reading, can you think of one thing that made you successful?**
- **Did anyone do the fast on Day 7? If so, share your experiences with the group. Did you find you were more mindful of God during the day because of your fast?**

Once you've had a chance to talk about the previous week of devotions, transition into your time of Bible study using the *Digging In* activity.

### Digging In (10-15 Minutes)

For this week's *Digging In*, you're going to spend a few minutes doing a more in-depth Bible study on Day 4.

FIRST, direct students' attention to page 30 and remind students what this day was about. Then, read or have students volunteer to take turns reading the copy on the top part of page 32. Ask if any students did the devotion this week, and if so, which characteristic of God they chose.

THEN, explain to students that you're going to spend some time in your small group looking closer at one aspect of God's character. Explain that you'll be looking more in-depth at God's faithfulness using some of the passages listed on page 32. Assign students the various passages listed under the "God's Faithfulness" header.

- Have one student find Exodus 34:5-7.
- Have another find Deuteronomy 7:9.
- Have another find Psalm 115:1.

NEXT, call on the first student to read their passage. Before you do, remind them that Exodus and Deuteronomy were written by Moses, and they make up two of the first five books of the Bible. Explain that these first five books are essential to the overall story of the Bible because it shows the foundations of God creating all things and calling a people to Himself. Then, have the student read Exodus 34:5-7. When they have finished, lead them in a short discussion. Ask:

- **First of all, let's just stop and think about how awesome it is that God passed in front of Moses. Do you think that was a great moment, or what? What must Moses have been thinking?**
- **Look at vs. 6. How does God describe Himself?**
  - *Answer:* Merciful, gracious, slow to anger, abounding in steadfast love and faithfulness
- **We're focusing on God's faithfulness. What does it mean that God "abounds" in faithfulness?**
  - *Answer:* God is absolutely overflowing with faithfulness. He's full of it.
- **What does the word "faithful" mean to you?**
  - *Answer:* Loyal, steadfast, true, keeping the promises that were made.
- **So if God is overflowing with faithfulness, how does that impact us?**
  - *Answers will vary.*

THEN, have a student Deuteronomy 7:9. When they have finished, ask something like:

- **Here God's faithfulness has a goal. It says that God is faithful to keep His covenant to a thousand generations. (This doesn't mean that in generation 1,001 that God is done keeping His covenant. It essentially means that God is perfectly faithful forever.) Do you remember what a covenant is?**
  - *Answer:* A covenant is a binding promise between two people.
- **Do you remember why the concept of a covenant is so important in the Bible? What do you recall about covenants from Scripture?**
  - *Answer:* God made a covenant with Abraham to make a great nation through him. That nation would be God's chosen people, the Israelites. When God brought the people out of slavery in Egypt, He reaffirmed this covenant by giving the 10 Commandments and the Law. God made a covenant promise with Israel that they would be His people, and He would be their God, if they kept all His laws and loved no other gods but Him. They didn't do this, of course. They didn't keep the covenant. But God did. He never breaks His promise. God sent Jesus, in part, to enable sinful human beings to keep their end of the covenant perfectly. Jesus' death on the cross made it possible, through faith, for people to be seen, in God's eyes, as following God's ways perfectly. This new covenant of grace is available to all who would believe in Jesus.
- **How does this show God's faithfulness?**
  - *Answer:* He stays faithful to us even when we are unfaithful to Him.

NEXT, have a student read Psalm 115:1. When they have finished, ask something like:

- **What is the psalmist saying here?**
  - *Answer:* He is saying that people are unworthy of glory, but God is worthy of it.
- **What does it mean to give someone glory?**
  - *Answer:* It means to shine a spotlight on them, to give them praise, to show reverence for them, to highlight how great they are.
- **Why is God worthy of the glory?**
  - *Answer:* Because of how amazingly faithful He is.
- **Why are we NOT worthy of glory in comparison?**
  - *Answer:* Because we are not faithful. We let people down. We break our word. We try, of course, but we fall short.

THEN, ask students to consider what all of this means for them. Ask something like:

- **So, we know that God is perfectly faithful. He never breaks a promise. He never forgets us. He is worthy of praise for this. But how does this change the way we see our lives? How does this help us move forward as Christ-followers?**
  - *Answers will vary.* Help students see that God's faithfulness is a powerful source of strength, comfort, and hope for us.

FINALLY, end this section by saying something like:

- **God's perfect in all of His ways. That means when we say God is faithful, we mean He is perfectly faithful. He will never leave us. He will never forget us. He keeps all His promises. It doesn't matter what we do or don't do. God will never let us down. He will never turn His back on you. Isn't that an overwhelming promise? We can be totally sure of the fact that God is in our corner and is never leaving us.**

Allow for any more discussion around this concept. Then, transition into *Moving Forward*.

### Moving Forward (5 Minutes)

God desires for your students to delight in Him and His Word (Ps. 1:2). This doesn't happen without a strong commitment to growing in their engagement with the Bible. *Moving Forward* is about highlighting a practical, actionable thing your students can do to put what they've learned into action.

YOUR ACTION FOR THIS WEEK IS THIS:

- **Look around you each day this week for ways that God is showing His faithfulness to you. This could be in specific prayers God has answered. This could be in the ways God takes care of you. This could be in how God surrounds you with friends who care for you. The idea is to be aware of God's faithfulness, to make a note of it, and to write it down, so you don't forget it. Remember to thank God in prayer when you are made aware of His faithfulness in your life.**

## SESSION 2: Week 2

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This session will focus on Day 13.

### Looking Back (10 Minutes)

This section will be similar in each session. The idea is to spend a few minutes each meeting reviewing with students what they've learned in the previous week. It's an unstructured time of review, growing out of their respective interactions with the content in the daily devotions. Your goal is to help students share their thoughts and engage in a dialogue around any questions that may arise.

Having said this, we've provided you with a set of questions. If you need a little help getting started, consider reading *some* or *all* of the following questions to help guide your discussion about what you're learning.

- **Look back over the second week of devotions. Which day did you find was the most meaningful? What was it about this day's devotional that made it stand out to you?**
- **Was there a day that just sort of missed for you? What was it about this particular day that didn't connect with you that well?**
- **Tell me one thing you learned about God this week.**
- **Tell me one new thought or meaningful reflection you took away from this week's devotions.**
- **What character did you read about on Day 8? What did you learn about them that maybe you didn't know before?**
- **What about the theme study on day 10? What theme did you look at? What did you learn about God or His ways through doing this theme study?**

- **Did anyone do the media fast on Day 14? If so, share your experiences with the group. Was it difficult? Did you find you were more mindful of God during the day because of your fast from media?**

Once you've had a chance to talk about the previous week of devotions, transition into your time of Bible study using the *Digging In* activity.

### Digging In (10-15 Minutes)

For this week's *Digging In*, you're going to spend a few minutes doing a more in-depth Bible study on Day 13. This week, you'll be digging back into Philippians 2:1-11.

FIRST, explain to students that you are going to jump into Day 13 and process the devotion together as a group. For students who were able to do this day's devotional, this will be a way of sharing and processing their observations with the group. For students who may not have done the devotional, this will be a way for them to practice this Bible study method in a group setting.

THEN, have students turn back to page 74 in their books. If they took notes in a journal or note-taking app, make sure they have that available as well. Tell students to turn to Philippians 2 in their Bible or Bible app. Anytime we read the Bible, it's important to place the passages in the context of the big-picture story of the Bible. Consider sharing the following info with students:

- **Who wrote it?** The Apostle Paul wrote the letter to the Philippians. Of course, we know Paul as the one-time chief enemy of the Church. After his miraculous conversion on the road to Damascus, Paul would go on to have a position of great importance in the early Church and beyond. He wrote 13 of the 27 books of the New Testament.
- **When was it written?** Philippians was one of the last letters Paul wrote before he was martyred, sometime around A.D 62.
- **Why was it written?** Philippians was written to Paul's close friends at the Philippian church, thanking them for their kindness and prayers while he was in prison. And he was encouraging them not to lose their faith because of his persecution.

NEXT, read Philippians 2:1-11. Consider reading it again slowly so students who didn't do the devotional this week can process it a little better. Then, simply walk students through the framework given on page 74. (It's posted below as well.) As students share their answers, engage them in a discussion. We've given you some sample questions below each section, but feel free to add your own. The goal is to help students unpack what God is showing them in this passage.

- The book prompted you by asking: *"A lot of times, God puts the same idea in front of us over and over again when He is trying to teach us something. Is there a recurring truth that God has been showing you lately? If so, draw a circle beside the phrase."*
  - **What phrase did you circle?**
  - **Where have you encountered this concept in your life recently?**
  - **Why do you think God keeps putting this in front of you?**
- The book prompted you by asking: *"Did God reveal anything to you in this passage that was convicting or that spoke to your heart? Draw a heart beside the word or phrase that God used to impact the way you feel about an aspect of your faith."*
  - **Did you draw a heart beside anything?**
  - **What was convicting about this concept to you?**

- The book prompted you by asking: *“Is there something you don’t understand? A confusing concept? Draw a question mark beside this, and then commit to asking your parents, a youth leader, or a mentor about the concept.”*
  - **What did you not understand?**
  - **Did anyone else find this confusing?**
  - **[Work to process with students any confusing concepts. If you don’t have all the answers, commit to finding them during the week and getting back to students next time you gather.]**
- The book asked: *“Is there a powerful or meaningful concept that God brought to your mind? Draw an exclamation point beside that word or phrase in your Bible.”*
  - **Have students share what concepts they thought were powerful and why.**
- The book asked: *“Many times, Scripture compels us to take action. Is there something in this passage that God is using to encourage you to take action in your life? Draw an arrow by that phrase.”*
  - **What actions is God asking you to take based on what you read in this passage?**

FINALLY, simply remind students of how powerful Scripture is. Point out all that God has shown them in this brief passage, and all the ways God wants to reveal Himself to them through the rest of the Bible. Remind them of why the Bible is so important. It is God’s main way of showing Himself to us. As we commit to knowing Him more through His Word, we can have more moments like this, where God teaches us so much through the scriptures.

Allow for any more discussion around this concept. Then, transition into *Moving Forward*.

### Moving Forward (5 Minutes)

God desires for your students to delight in Him and His Word (Ps. 1:2). This doesn't happen without a strong commitment to growing in their engagement with the Bible. *Moving Forward* is about highlighting a practical, actionable thing your students can do to put what they've learned into action.

### YOUR CHALLENGE FOR THIS WEEK IS THIS:

- **Go back to the last prompt from the book where students were encouraged to identify an action to take. Encourage them to follow through on the action God showed them. Make it a point to touch base with them this week to follow up and challenge them to take action in the ways that God is leading them.**

## SESSION 3: Week 3

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This session will focus on Day 19.

### Looking Back (10 Minutes)

This section will be similar in each session. The idea is to spend a few minutes each meeting reviewing with students what they've learned in the previous week. It's an unstructured time of review, growing out of their respective interactions with the content in the daily devotions. Your goal is to help students share their thoughts and engage in a dialogue around any questions that may arise.

Having said this, we’ve provided you with a set of questions. If you need a little help getting started, consider reading some or all of the following questions to help guide your discussion about what you’re learning.

- **Look back over the third week of devotions. Which day did you find was the most meaningful? What was it about this day’s devotional that made it stand out to you?**

- Was there a day that just sort of missed for you? What was it about this particular day that didn't connect with you that well?
- Tell me one thing you learned about God this week.
- Tell me one new thought or meaningful reflection you took away from this week's devotions.
- Do you want to share what emotion you focused on for Day 15? If not, that's fine. But would someone share what it was like being honest and/or raw with our emotions to God? How did that feel?
- Day 16 was about listening to God's Word. Who did that day's devotion? Was that something you normally do, or was it a first for you? How did you like it? What was different about listening to the Word instead of just reading it?
- Did anyone do the silence fast on Day 21? If so, share your experiences with the group. Was it difficult? Did you find you were more mindful of God during the day because you made time to be alone with God with no distractions?

Once you've had a chance to talk about the previous week of devotions, transition into your time of Bible study using the *Digging In* activity.

### Digging In (10-15 Minutes)

For this week's *Digging In*, you're going to spend a few minutes doing a more in-depth Bible study on Day 19.

FIRST, have students turn to page 96 in their books. Explain to students that this will be a really free-flowing time where their observations will drive your time of Bible study. Essentially, you're going to allow students to walk through the name they chose and have them answer the way they did.

Below, we've copied and pasted the exact prompts from their *Wake Up* book. Go around and allow each student the chance to say what name of God they chose. Then, have them read the passage that accompanies that name, and allow them (or others in the group) to answer the accompanying question. The prompts are as follows:

#### The Rock

- Read Isaiah 26:4.
- Consider: **What about God's strength and permanence speaks to you today?**

#### The Alpha and Omega

- Read Revelation 1:8.
- Consider: **God is supreme in all things. He is before all things, and through Him all things have come into being. What "big" challenge or weight in your life looks small in comparison to God?**

#### The Sun

- Read Psalm 84:11.
- Consider: **God is the life-giver. He shines His blessings down over us. What good blessing in your life are you particularly thankful for today?**

#### The God Who Sees Me

- Read Genesis 16:13.
- Consider: **Praise God that He knows you, hears your prayers, and seeks to meet your needs. What heartfelt need do you need to bring before God today?**



### The Ancient of Days

- Read Daniel 7:13-14.
- Consider: **God is unchanging, and He rules all things. How does it impact you knowing that you serve a God so eternally powerful and mighty?**

### Our Portion

- Read Psalm 73:26.
- Consider: **What does it mean to you that God is the only lasting thing in our lives? How does knowing that God is truly all you need help you deal with all that life throws at you?**

### Our Redeemer

- Read Job 19:25.
- Consider: **When all is said and done, God stands as Redeemer. There is nothing that can change the fact that God is the source of your value and worth. How does that make you feel toward God today?**

### The Helper of the Fatherless

- Read Psalm 10:14.
- Consider: **Praise God that He is the perfect Keeper and Provider for us. He sees our grief and knows our trouble. God is ultimately the One who looks after us. Knowing this, how does this change the way that your troubles and worry impact you mentally and emotionally?**

### The Potter

- Read Isaiah 64:8.
- Consider: **God created you personally and lovingly. He continues a good work in you. How are you using your life and your gifts for God's glory?**

FINALLY, when students have had a chance to answer, lead them in a brief discussion. Ask:

- **Why is it important for us to interact with God this way? Why are the various names people have called God over the centuries important for us to know?**
  - *Answer:* Because it shows us something about God's character and nature. It tells us who He is and how He interacts with us. It helps us know what to expect.
- **How does it make you feel knowing God relates to us in these ways?**
  - Answers will vary.

Allow for any more discussion around this concept. Then, transition into *Moving Forward*.

### Moving Forward (5 Minutes)

God desires for your students to delight in Him and His Word (Ps. 1:2). This doesn't happen without a strong commitment to growing in their engagement with the Bible. *Moving Forward* is about highlighting a practical, actionable thing your students can do to put what they've learned into action.

YOUR CHALLENGE FOR THIS WEEK IS THIS:

- **Do whatever you have to do to keep the name you've chosen in front of you this week. Make it your screen saver on your phone. Write it on your hand each day. Put it on post-it notes on your**

**bathroom mirror. Whatever you have to do, do it. Make sure you remind yourself this week of who God is and how He loves you.**

## SESSION 4: Week 4

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This session will focus on Day 31.

### Looking Back (10 Minutes)

This section will be similar in each session. The idea is to spend a few minutes each meeting reviewing with students what they've learned in the previous week. It's an unstructured time of review, growing out of their respective interactions with the content in the daily devotions. Your goal is to help students share their thoughts and engage in a dialogue around any questions that may arise.

Having said this, we've provided you with a set of questions. If you need a little help getting started, consider reading some or all of the following questions to help guide your discussion about what you're learning.

- **Look back over the fourth week of devotions. Which day did you find was the most meaningful? What was it about this day's devotional that made it stand out to you?**
- **Was there a day that just sort of missed for you? What was it about this particular day that didn't connect with you that well?**
- **Tell me one thing you learned about God this week.**
- **Tell me one new thought or meaningful reflection you took away from this week's devotions.**
- **Do you want to share anything about Day 23? This can be a pretty meaningful experience if you really leaned into it. For those of you who did it, how did it feel?**
- **Day 25 was all about looking at the promises of God. Which promise did you focus on? Why did you focus on that particular promise? How does it make you feel knowing God is so committed to being there for us in that specific way?**
- **Day 28 was a little different than the three "fast" days earlier in the book, but it still asked you to have a specific mindset during the day. So, tell me how it went? How did it change things for you by being specifically mindful of looking for God during the day?**

Once you've had a chance to talk about the previous week of devotions, transition into your time of Bible study using the *Digging In* activity.

### Digging In (10-15 Minutes)

For this week's *Digging In*, you're going to spend a few minutes doing a more in-depth Bible study on Day 31.

FIRST, explain to students that this week's time is going to be different than what you have done so far, and maybe different than anything they've done before. Explain that you're going to go back to Day 31 in their books, where they had the chance to pray through various prayers people prayed in Scripture. Explain that this is going to be experiential and personal and may seem a little awkward to them at first. But remind them that prayer is the language of our relationship with God. When we have the opportunity to come together and pray to God as His people, especially when we use the words of Scripture, it's a powerful thing.

Then, direct their attention to page 150 in their books. Remind them that this is a list of prayers people prayed in the Bible and what the overall theme of those prayers was. Explain that they are going to have the chance to pray these prayers out loud. If they were able to do the devotional during the week, have them share what prayer they prayed. Instruct them that they can pray this prayer again, or choose a different prayer. If they

were unable to do this devotional this week, allow them time to read through the list and choose a prayer that speaks to where they are in their walk with the Lord. Allow them the chance to find the prayer in the passages listed. (The list is copied below for your convenience.)

- **Hannah praising God for answering her prayer in 1 Samuel 2:1-10**
- **David's prayer for deliverance from a period of trial and distress in Psalm 3**
- **David's prayer of repentance in Psalm 51:1-17**
- **David's prayer of surrender to God in Psalm 139**
- **Jonah's prayer for God to rescue him from his place of experiencing God's judgment in Jonah 2:1-9**
- **Jesus teaching the disciples the Lord's Prayer in Matthew 6:9-13**
- **Mary's prayer thanking God for His blessing in Luke 1:46-49**
- **The tax collector's simple prayer for forgiveness in Luke 18:13**
- **The apostle's prayer for boldness in Acts 4:29-30**
- **Paul's prayer for spiritual strength in Ephesians 3:14-20**
- **Paul's prayer for spiritual wisdom for the Ephesians in Ephesians 1:15-20**
- **Paul's prayer that God would continue His work in the lives of the Philippians in Philippians 1:2-7**
- **Paul's prayer for a righteous love in Philippians 1:9-11**
- **Paul's prayer for wisdom in Colossians 1:9-12**

NEXT, after students have selected their prayers, take turns having students read through the prayers aloud. Encourage students to read these as their own prayers to God, and for other students to listen prayerfully as they are read. When all students have gone, close your time in prayer by praying to God, thanking Him for the chance to come to Him in prayer using the prayers of His people.

FINALLY, when you have finished, ask students for their responses to this activity. Have them share what it felt like praying together. Ask them what stood out as meaningful in the prayers they heard. Then, say something like:

- **Prayer is one of the most powerful things we can do as God's children. Sometimes, we don't know what to pray for or how to pray to God. It's OK if we feel this way at times. But the prayers of God's people in the Bible are an incredible resource for us. They put words in our mouth when we don't know what words to say. As you grow in your faith, don't forget this list of prayers. They are a powerful way of reaching out to God.**

Allow for any more discussion around this concept. Then, transition into *The Challenge*.

Moving Forward (5 Minutes)

God desires for your students to delight in Him and His Word (Ps. 1:2). This doesn't happen without a strong commitment to growing in their engagement with the Bible. *Moving Forward* is about highlighting a practical, actionable thing your students can do to put what they've learned into action.

YOUR CHALLENGE FOR THIS WEEK IS THIS:

- **Commit to praying for at least 10 minutes each day when you first get up. Set a timer. Make it a priority. Start your day this week with a prayer to God, praising Him, asking for forgiveness, thanking Him for His grace, sharing the concerns of those people in your life who need God's help, and asking for God to lead you as you represent Him every day in your world. Make it an appointment with God you don't miss.**