

BOOK STUDY GUIDE



Introduction

A book study is a great way to grow and learn in a specific content area. A well-run book study allows the participant to reflect on the content at home as well as share with the group. The group conversations and discussions are useful in diving deeper into the topic and seeing things from a different perspective or helping you see something that you may have missed when reading the chapter.

Doing a book study can be very simple. First, you select the book (we have a list on the church website of some great recommendations if you are not sure what to read). Then, give everyone time to find a copy of the book. It is helpful if each person has the same edition so that you can reference page numbers when discussing the chapters. Finally, make sure everyone has a copy of the questions that you are planning to discuss during your small group time so they can journal their responses and come to the small group meeting ready to share. This helps the small group time to stay focused and gives everyone an opportunity to think through what they would like to share, adding value to the small group time.

If you have any questions about facilitating a book study, give the church office a call. Someone from Cell Ministry would be happy to speak to you.

Book Study Guide

Part One: Personal Study

To do on your own before the small group meeting

1. Gratitude and Praise

- Take a moment to quiet your heart before God. Take 5 deep breaths in, hold for 2 seconds, then exhale by saying, "Jesus, I trust in You alone." Relax your face, neck and shoulders as you breathe out.
- Write down something that you feel thankful for. This can be something in nature, a person, an everyday object...whatever you are sensing. Briefly write out a specific memory of a time when you experienced the thing you are thankful for. Why is this meaningful to you? Write down how it feels to focus on why it is meaningful to you. Write a short prayer of gratitude to Jesus.

2. Reading: Read the assigned chapter

In your journal, write out your response to the following questions.

- What was your initial impression of the chapter?
- What is 1 quote from the chapter that stood out to you? Why?
- What is one thing from the chapter that you have done well? What is one thing that you would like to improve on in your life?
- Ask Jesus if there is anything He would like to say to you from this chapter.

3. Obedience/Action Step

- What is one practical step that you can take this week to put this chapter into practice in your life?
- What is your plan to follow through on this step? (who will hold you accountable, consider texting your table group for accountability).

4. Repentance

- Ask Jesus if there is any sin you need to confess. Confess as necessary and take the necessary steps towards obedience.

5. Prayer

- Spend some time thanking Jesus for who He is and what He has revealed to you.
- Ask Him if there is anything else He wants to speak to you about.
- Pray and intercede for what He lays on your heart (marriage, kids, ministry, friends, etc.)

Part Two: Small Group Plan

Do this section with a small group.

1. Open in Prayer

2. Thanksgiving

- Write down three things you are thankful for from this past week.
- Pick one of those things and ask Jesus to show you where He was in it.
- Share with your group.

4. Sharing

From the reading, share what you wrote in your journals regarding the chapter.

- What was your initial impression of the chapter?
- What is 1 quote from the chapter that stood out to you? Why?
- What is one thing from the chapter that you have done well? What is one thing that you would like to improve on in your life?
- Did Jesus show you anything else about the chapter?

5. Obedience/Action

- What was the practical step that you took in putting the chapter into practice in your life? How did that go?

6. Pray for Each other

- Share a personal prayer request and pray for each other.

7. Homework

- Read the next chapter in your book and complete part one personal study for that chapter.