

GROUP GUIDE

Week of March 8

SPIRITUAL DISCIPLINE: DAILY DEVOTION

Through scripture, God equips us with all we need to learn about him and live a life pleasing to him. A daily rhythm of reading, mediating on, and applying God's word to our lives is key. As you prepare to lean into this discipline, do the following activity together:

- Make a list of everything you typically do during the first 30-60 minutes of your day
- Circle anything that can be replaced with scripture
- Choose one thing to swap out this week to read the word instead and share with the group

SCRIPTURE: MARK 13 – LUKE 1 (from the NT reading plan; supposed to read prior to group)

Take a look at the POST Guide – the method we recommend group members use each day when they read. Walk through this Bible study method as a group then put it into practice by reading one of the chapters from this past week's reading (you choose!). You might not have time to walk through every aspect of POST today, the goal is just to practice together!

Make sure to leave time for the "Take Action" section at the end of the POST guide and share your "I will" statements with your group.

TAKE ACTION

In this new format, we will end our time asking two questions: What is God saying to me as I read His Word? What do I need to do to obey Him? You will spend time praying individually, asking God those questions. Then, you'll share what you believe He is telling you through an "I will" statement.

Spend time praying as a group. Ask for obedience to follow through on the readings, unity in your discussions, and above all, that God would reveal more of Himself to each of you as you work to obey Him.

Next week we will not do POST as a group. We encourage you to do POST on your own for the weekly reading of Luke 7-11. If this will be a new rhythm for the people in your group, share when each day you plan on doing to reading to hold each other accountable

POST STUDY METHOD

STEP 1: PRAY AND PREPARE

- **PRAY** - Invite the Holy Spirit into your time, asking Him to teach you and speak to your heart. Turn over anything that may be distracting you.
- **PREPARE** - Watch the Bible Project video overview for the book you're reading and write down any observations or questions you have.

STEP 2: OBSERVE

Read your chapter of Scripture multiple times for comprehension. Then, follow the suggestions listed below.

- **OUTLINE** - For this step, read the entire chapter and break it into sections that make the most sense to you. Outlining will cause you to naturally make observations you may have missed on a first reading.
- **ISPY** - Go through the chapter and underline or circle repeated words and phrases. Repetition is usually an indicator of something important. Look for answers to who, what, where, when, and why. Look for connection words like but, if, therefore, etc. They can help you see important comparisons, contrasts, and connections. Look for cultural and historical ideas that may be rooted in the culture at the time of the writing.
- **WRITE DOWN QUESTIONS** that come up as you study.
- **MAKE BULLETED LISTS, PARAPHRASE OR SUMMARIZE** what you observe by creating your own title for the passage.

STEP 3: SEEK OUT

Now read other translations, commentaries, and/or study Bible notes to check your work, gain further insight and answer any remaining questions from Step 2.

STEP 4: TAKE ACTION

1. What does this passage teach me about God and following Him?
2. What is God saying to me as I read His Word and listen to His voice?
3. What do I need to do to obey Him? (Make a tangible and practical commitment.) "I will..."

