

# Way of Discipleship Small Groups

## How does God shape me through the Bible?



### Touching base (5 minutes)

Open in prayer as is helpful for your group.

If this is your first session take time to introduce yourselves and set any ground rules you want to for your time together.

If you met previously take the opportunity either as a group or in pairs to check in with each other about how your response from last time has gone.



### Opening question(s) (5 minutes)

What are the challenges in reading a book with so many different parts and types of writing?



### Understanding the information (20 minutes)

Share these thoughts in your own words or read them together:

Various pictures and images are used throughout Scripture to unpack how it may shape us.

**Drawing us to God:** Paul writes of, “the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus” (2 Tim. 3:14–15). God offers a life of covenant love in which we are being forgiven and restored. To be saved ultimately means to be made completely whole again. For Christians this is through Christ, and particularly through the cross.

While God may speak to many people through general revelation, it is uniquely through the Bible people can be brought into a relationship with God through Jesus. It is through the words of Scripture that we can be first drawn to God’s loving offer. They can give us the wisdom to come to faith.

**Feeding and renewing us:** Jesus said, “People do not live by bread alone, but on every word that comes from the mouth of God.” In other words, it is possible to be physically alive, but spiritually dead, lacking the things that give ultimate meaning. The words of God can feed us spiritually, emotionally and mentally, bringing us into a life-giving sense of God’s presence and purpose. An image from Psalm 1 offers a picture of someone whose but whose delight is in the law of the Lord, (meditating on it) day and night, as being like a tree with its roots in flowing water. They will always be bearing fruit, staying alive and flourishing.



**Guiding us:** St Augustine described the Scriptures as “our letters from home.” If you have ever had a hand-written letter from someone you love you will know the experience of connecting not just with the words on the page, but having a deeper experience and reminder of their presence. In the same way this session explores how God can speak to us personally through the Bible. In one Psalm the writer experiences God’s word being like a “Lamp to my feet and light to my path.” Psalm 119:105.

**Discovering who we are:** An early Pope, Gregory the Great, said “From the Scriptures we can learn our spiritual deformities and beauties. And there too we discover the progress we are making and how far we are from perfection.” This is because, as the letter to the Hebrews says, “the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” (Hebrews 4:12) The point here is that anything that can divide “soul and spirit” is capable of being completely precise in how it exposes things. As one writer puts it, “I don’t read the Bible. The Bible reads me.”

**Discovering how God works in people:** The Bible is full of stories of real people, with real failures, sin and brokenness. Again and again God works in and through them to bring change. As these stories shape our regular thinking we can be inspired and informed about how God can continue to shape us.

**Seeing what God is doing:** Because our worldview is constantly being shaped by the voices and ideas we focus on, the more we are growing in our understanding and knowledge of God’s story and reality, the more we are likely to have a worldview which is Christian. Paul talks about us “being transformed by the renewing of our minds” – being changed because what we think about is so saturated in God’s life-giving reality.

**Being equipped to join in:** The more we are familiar with the Bible, the more likely it is that we will not only know what God wants in the world, but as we see how He has acted through Jesus and others how He calls us to join in. The Bible is written “...so that the servant of God may be thoroughly equipped for every good work” (2 Tim. 3:17).

**Discuss:** Can you think of one good example from the Bible for each of these seven “gifts”?

## Reading the Bible (15 minutes)

Read Psalm 1 which describes how the Bible can shape us.

Discuss the Discovery Bible Study questions:  
What does this passage teach me about God?  
What does this passage teach me about people?  
How does this passage call me to obey God?  
What might I do in response to this this week?



## Seeing how it looks in real lives (10 minutes)

Watch the video at:

<https://youtu.be/KvLIG82rSjU>

What struck you as important in the video?



## Responding to God's leading (5 minutes)

Give people an opportunity to think about, "What might God be showing me and how might I respond?" They may like to write this down and/or share it with the group and/or share it with one other person. A friendly question is to ask each other, "Is there anything that would be helpful to ask you next time?"



## Group prayer (5 minutes)

How shall young people cleanse their way  
to keep themselves according to your word?

With my whole heart I have sought you;

O let me not go astray from your commandments.

Your words have I hidden within my heart,  
that I should not sin against you.

Blessed are you, O Lord;

O teach me your statutes.

With my lips have I been telling  
of all the judgements of your mouth.

I have taken greater delight in the way of your testimonies  
than in all manner of riches.

I will meditate on your commandments  
and contemplate your ways.

My delight shall be in your statutes  
and I will not forget your word.

Amen.



From Psalm 119



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