



CENTRAL Life Groups

CURRICULUM

WEEK 1 /// BIBLICAL PERSON

DISCUSS

To begin, take some time to answer the following questions:

- On a scale of 1-10 (1 being not at all and 10 exceptional), how consistent is your personal Bible reading?
- What do you think it means to be a biblical person?
- Why as a Life Group should we pursue being biblical people?

READ

Have a group member read Psalm 1 out loud.

DISCUSS

- What are the differences between a righteous person and a wicked person? Compare and contrast.
- Do you delight in reading God's Word? Why or why not?
- What does it look like to meditate on God's Word day and night?

READ

Have a group member read James 1:22-25 out loud.

DISCUSS

- How does God's Word act like a mirror for us?
- What are the implications of being just a hearer/reader versus being a doer?
- As a group, how can we be intentional in being doers of the Word?

APPLY

This week, pursue a Bible reading plan and commit to do it consistently. To help you with your Bible reading, attached is a guide called MAPS. As a group, try out MAPS and come back next week ready to discuss what you learned.

GUIDED BIBLE STUDY USING “MAPS”

Find a quiet place to be alone with God (Mat. 6:6). All you need with you is a Bible and a way to record your thoughts. As you begin, pause to praise God and express your desire to know Him more (Jer. 9:23-34). Then open your Bible and ask Him to teach, correct, and train you in righteousness (2 Tim. 3:16). Be sure to guard against this time becoming mechanical or monotonous. Focus on the intimacy that is found in being with God (Ps. 63:1-8).

MEDITATE & MEMORIZE

Regardless of how much of the Bible you read, read slowly, prayerfully, humbly, joyfully, and carefully. As you read, consider any verses that you might want to memorize and begin memorizing them. Go back and review any verses you have memorized throughout the day or from previous days.

To meditate simply means to reflect. After you read the Word, spend some time reflecting on what it says and means. Ask the following questions and write down some of your thoughts in response. You don't necessarily have to answer every question. These are simply a guide to help you reflect on what you have read.

- Who wrote this passage, and who were they writing to?
- When and where is this all taking place?
- What words, phrases, or ideas seem particularly important?
- What does this passage teach you about God?
- What does this passage teach you about people?
- What do you think is the main point of this passage?
- Is there anything confusing in the passage that needs clarification?
- Are there any commands in the passage?
- Are there any verses you want to memorize?

APPLY

After meditating and memorizing the Word, apply it to your life. Think about this in three different ways: “Head, Heart & Hands.” In other words, how does this passage transform my thoughts (head), my desires (heart) and my actions (hands)? You could ask the following questions based upon the text(s) and write down your thoughts in response. Then come up with a plan to follow through with those applications. Again, you don't have to answer every question.

- HEAD: How should you think differently about God/others/yourself/the world based on this passage?
- HEART: How should this passage change what you want in your life, for others, and the world?
- HANDS: What does this passage compel you to do or not do?

PRAY

Pray according to your examination and application of the text(s), asking God to change your heart, mind, and life based on the time you've spent in His Word. Let this specific praying lead you more generally to...

- PRAISE: How is God's character revealed in the passage? Spend time praising Him for those attributes and thanking Him for His work.
- REPENT: How does the passage reveal your sin, unbelief, or disobedience? Spend time confessing those things to God.
- ASK: What things can you ask God for based on what you've read? (ex: changed mind/heart, provision, strength, courage, faith, patience)
- YIELD: Spend time talking to God about how you want to apply what you've learned and your reliance on Him. “Your will be done”...

SHARE

Conclude your time alone with God by committing to share what He has taught you with at least one other person (your roommate, spouse, child, co-worker, friend, small group members, etc.). Specifically pray through your schedule for the day (or the following day if you are spending this time at night), asking the Lord to direct you by His Spirit in everything you think, say, and do. Finally, ask the Lord for opportunities to share the gospel with others, ask Him for courage from His Spirit to obey, and then be ready to share in the opportunities He provides.