

Chapter 21 -- LOVE

- **Key Question: What does it mean to sacrificially and unconditionally _____ others?**
- Key Verse: "This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made _____ in us" (1 John 4:10-12).
- *****Key Idea: I am _____ to loving God and loving others.**
- Key Application: I am their _____.
- Key Application: I sacrifice my _____ to see them succeed.
- Key Application: I help them see God's good _____ for them.

Discussion Questions:

- 1) How would you define love? Why? What is the difference between unconditional and conditional love? Have you ever experienced unconditional love?
- 2) Use the search feature on your bible app or the concordance at the back of your study bible to look up several verses on the theme of "love." What do you find? What does the bible say about love? How could this change our perspective?
- 3) Why does true love need to be sacrificial (Ephesians 5:25)? Why does our culture struggle with this concept?
- 4) Read pages 167-168 in the yellow book about Chris & McAllister. How does this radical sort of love challenge you? How does 1 John 4:19 remind us to love even the hardest people?

Chapter 22 – JOY

- **Key Question: What gives us true happiness and _____ in life?**
- Key Verse: “I have told you this so that my joy may be in you and that your joy may be _____” (John 15:11).
- *****Key Idea: Despite my circumstances, I feel inner contentment and understand my _____ in life.**
- Key Application: Let your _____ help you.
- Key Application: Saturate your _____ with God’s teaching on joy.
- Key Application: _____ and embrace God’s intimate involvement and care in your life.

Discussion Questions:

- 1) Read Philippians 4:11-13. How does this verse challenge your normal approach to life? What do you think would be different about your life if you really embraced this idea of contentment?
- 2) Read James 1:2-4. Trials seem to be like “eating our vegetables.” God promises that they are “good for us.” Why do we struggle to believe this truth? Is there a time in your life that a trial produced a great deal of maturity and spiritual growth?
- 3) Read pages 172-173 on having a “countenance of joy.” How can the joy of the Lord shine on our faces on a regular basis? What would it take for this to happen?
- 4) How do all the passages we have studied talk about how godly joy has a different source than earthly joy? What is the source of godly joy?

Chapter 23 -- PEACE

- **Key Question:** Where do I find _____ to battle anxiety and fear?
- *****Key Idea:** I am free from _____ because I have found peace with God, peace with others, and peace with myself.
- **Key Verse:** “Do not be anxious about anything, but in every situation, by prayer and petition, with _____, present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7).
- **Key Application:** Come to _____ in your relationship with God.
- **Key Application:** As much as it is up to you, live at peace with all _____.
- **Key Application:** Learn to live at peace with _____.

Discussion Questions:

- 1) What struggle or disruption to your life is like an anxiety silver bullet, a surefire tribulation that always seems to rob you of your peace (mine is car problems...I hate losing the freedom that my car represents and I hate being so ignorant about how cars work)?
- 2) Read Romans 12:18. What are the two modifiers, the two conditions Paul places before his command to “live at peace with everyone?” Why do you think Paul phrases the verse in this manner? How do you think these two ideas are linked together?
- 3) Read John 14:27 & 16:33. Why do you think Jesus makes a point to say that “I do not give to you as the world gives” and “I have overcome the world?” (Think about the contrast between how Jesus operates and how the world usually operates).
- 4) Read the key verse in context, Philippians 4:4-9. The final phrase, the “God of Peace” I believe is the most crucial of the text. How might we be tempted to seek the feeling or sensation of peace (i.e. an absence of stress or anxiety), and not God, the Creator and Giver of true Peace?
- 5) Read the yellow book 178-179. How does this missionary story help you understand the transcendent peace we can have in Christ?

Chapter 24 – Self-Control

- **Key Question:** How does God _____ me from addictions and sinful habits?
- *****Key Idea:** I have the power through _____ to control myself.
- **Key Verse:** “For the grace of God has appeared that offers salvation to all people It teaches us to say ‘No’ to ungodliness and worldly passions, and to live _____, upright and godly lives in this present age, while we wait for the blessed hope---the appearing of the glory of our great God and Savior, Jesus Christ” (Titus 2:11-13).
- **Key Application:** Self-Control is _____ by the grace of God, not the law.
- **Key Application:** Self-Control is empowered through _____ - _____.
- **Self-Control** is helped along through loving _____.

Discussion Questions:

- 1) What temptations challenge your self-control more than anything (it can be seemingly harmless things like having a sweet tooth or really enjoying Netflix or it can be something more challenging)?
- 2) Read Proverbs 16:32 & Proverbs 25:28. How do boundaries and self-control invite life and flourishing? How does this counter-intuitive truth resonate with you?
- 3) Read Ephesians 5:18. How does this verse help us see that we will be under the control of the Holy Spirit or “spirits?” How can we learn to accept the reality that we will ultimately either serve our temptations or we will serve God (Jesus frequently reminds us that we cannot serve two masters)?
- 4) Read John 3:30. How does allowing Jesus to become greater (more important/significant) aid our growth in self-control?
- 5) Read 184-185. How does Gallup’s story about being an alcoholic give you hope about your struggle with self-control? How does God’s unconditional grace make you smile?

Chapter 25 – Hope

- **Key Question:** How do I _____ with the hardships and struggles of life?
- *****Key Idea:** I can _____ with the hardships of life because of the hope I have in Jesus Christ.
- The first cause: Believe in the _____. The second cause: Believe in the _____ making the promise.
- **Key Verse:** “We have this _____ as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf” (Hebrews 6:19-20).
- **Key Application:** If you want to increase your hope, get to know and _____ Jesus better.
- **Key Application:** If you want to increase your hope, get to know and trust Jesus’ _____.

Discussion Questions:

- 1) When was something REALLY worth the wait? When have you hoped for something and it actually live up to your expectations?
- 2) How have we diluted the meaning of hope to something that’s uncertain, like “I hope the Cowboys win” (they probably won’t if it is a game that matters)? What does real hope look like (read Hebrews 11)?
- 3) Read Hebrews 6:19-20 again. What makes our hope secure?
- 4) Read Colossians 3:2. What practical things do you do to help you focus on “things above?”
- 5) CS Lewis notes, “If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.”

Chapter 26 – PATIENCE

- **Key Question: How does God provide the help I need to deal with _____?**
- Key Verse: “Whoever is _____ has great understanding, but one who is quick-tempered displays folly” (Proverbs 14:29).
- ***Key Idea: I am slow to anger and endure patiently under the unavoidable _____ of life.
- “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of your faith produces _____. Let perseverance finish its work so that you may be mature and complete, lacking in nothing” (James 1:2-4).
- Key Application: Trust God’s timing, his ways, and his _____.
- Key Application: Don’t let unimportant stuff _____ you so much.
- Key Application: Offer the patience today that you would like to _____ tomorrow.

Discussion Questions:

- 1) When has impatience really come back to bite you? Have you ever missed out on something because of it? What circumstances really try your patience more than any other?
- 2) Read 2 Peter 3:9. How does God experience time? How does this bring you both awe and comfort?
- 3) Read the following “Serenity Prayer”: “God grant me the SERENITY to accept the things I cannot change; COURAGE to change the things I can; and the WISDOM to know the difference.” I believe the root of patience is a deep trust that God controls everything and that those things that are out of my control are still within His control. So, how does this truth shift how you approach your life? How do you think you could allow God to grow you in a certain impatient area of your life? What parts of your life could use some serious surrender to God’s timing?
- 4) Read James 1:2-4 & Hebrews 10:35-36. How does perseverance relate to patience? What can we learn from these two passages? How do these virtues progress towards maturity?
- 5) Find a prayer partner. Together, each of you name some places in your life where you feel the Spirit nudging you to become more patient. Prayer for your prayer partner’s specific areas and commit to encouraging them with a friendly text or email this week about this particular issue.

Chapter 27 – KINDNESS/GOODNESS

- *****Key Idea: I choose to be kind and good in my _____ with others.**
- Key Verse: “Make sure that nobody pays back wrong for wrong, but always strive to do what is _____ for each other and for everyone else” (1 Thessalonians 5:15).
- Key Question: What does it mean to do the right thing in my relationships with _____?
- Key Application: Out of a pure heart...we do not pay back wrong for _____.
- Key Application: Out of a pure heart...seek to _____ others up.
- Key Application: Out of a pure heart...do the _____ thing out of love.

Discussion Questions:

- 1) Think about a person that is especially kind. What makes them so warm and inviting? What do they do on a regular basis that has made such an impression on you?
- 2) Read Proverbs 26:23-25. What does this teach us about the difference between real and fake kindness?
- 3) Read Romans 12:19-21. What enables us to not need to seek to get even or get revenge? How does this truth about God’s justice change how you would live your life?
- 4) Read Galatians 6:1, Ephesians 4:15, & Proverbs 27:6. How do we hold the tension between hard truth and gentle love? When was a time when you received a hard truth from someone you care about that really helped and changed your life?

Chapter 28 – FAITHFULNESS

- **Key Question: Why is it _____ to be loyal and committed to others?**
- Key Verse: “Let love and _____ never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man” (Proverbs 3:3-4).
- George MacDonald writes, “To be _____ is a greater compliment than to be loved.”
- *****Key Idea: I have established a good _____ with God and others based on loyalty to those relationships.**
- Key Application: God’s faithfulness to us _____ our faithfulness to him and others.
- Key Application: God does not call us to be _____ but faithful.
- Key Application: If we _____ to be faithful, he is faithful and just to forgive us.

Discussion Questions:

- 1) Read the letter by McQuilken in the yellow book on pages 205-206. How does this committed and deep love this man has for his wife encourage and resonate with you? How does he show us that faithfulness shouldn’t simply be a duty or chore, but something we get to do? Have you ever experienced this kind of committed love?
- 2) Read Matthew 25:21. How can we allow God to redefine what success in this life looks like? How does this motivate you to live your life for God and hear that phrase from God, “well done, good and faithful servant? How can we let this motivate us as a reminder of the gospel (we borrow Jesus’ faithfulness in order to spend eternity with God) and not simply a heavy-handed reminder of Law, of guilt?
- 3) Read Luke 2:52. Name some other examples of places the scriptures show Jesus building a positive reputation. How did Jesus’ positive reputation with religious outsiders alter his reputation with religious insiders?
- 4) Describe a particular moment in your life where God was particularly faithful. One professor once remarked that “God was faithful yesterday and every day before it, but for some crazy reason, I fear God might not be faithful to me today.” Do you ever feel that way? How can recalling moments of clarity, moments when God clearly was faithful help you overcome these moments of questioning and doubts?

Chapter 29 – GENTLENESS

- *****Key Idea: I am thoughtful considerate and calm in my _____ with others.**
- Key Verse: “Let your _____ be evident to all. The Lord is near” (Philippians 4:5).
- **Key Question: How do I _____ thoughtfulness and consideration?**
- “A _____ answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1).
- Key Application: Be _____.
- Key Application: Be _____.
- Key Application: Be _____.

Discussion Questions:

- 1) Who is a person that is filled with gentleness, that really makes you always feel at ease and welcome? What makes them this way? How could you learn from them?
- 2) Read Proverbs 15:1 and page 212 of the yellow book about being “thoughtful, considerate, and calm.” Which one do you think you could use some growth in? How do you think you could start that process of growth?
- 3) Read Matthew 11:28-30. How does Jesus’ gentleness towards you stir something in you? How can we learn to accept his invitation to not only His gentleness but also sharing it with others? How can we become people who invite others into rest and light burdens?
- 4) How do I become gentler without ignoring the need for healthy boundaries? How can I keep this tension in a sustainable and God-honoring manner?

Chapter 30 – HUMILITY

- *****Key Idea: I choose to _____ others above myself.**
- Key verse: “Do nothing out of _____ ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others” (Philippians 2:3-4).
- **Key Question: What does it mean to _____ others before myself?**
- What better person to teach us about humility than the person we are passionately seeking to be like—_____ Himself.
- “No,” said Peter, “you shall never _____ my feet.” Jesus answered, “Unless I wash you, you have not part with me.” “Then Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” (John 13:8-9)
- Key Application: _____ is not the same as humility.
- Key Application: Christ-like humility _____ you up to build others up.

Discussion Questions:

- 1) Read the story about King Humbert on page 216. How does this story strike you? Do you think any modern world leader (like a Prime Minister or President) would risk their lives like this? Why or why not?
- 2) Read Luke 14:11, Proverbs 11:2, & James 3:13 to see what scripture says about humility. Frazee notes on page 218 that “the wise person has a broad vision to be able to see their place and is not threatened by anyone else’s position, for they are secure in theirs own. Thus, the wise person is free to be a humble person.” How can we find freedom in being humble? How have you struggled with insecurities and worrying about what other people think of you? How could a secure identity help you in your quest to be more honest
- 3) Paul was dramatically humbled in his life (Acts 9:1-9). He encourages us to not “think of yourself more highly than you ought” so that we would have a sober and honest assessment of who we are. Who helps keep you humble and who keeps your pride in check?
- 4) Read Proverbs 22:4 & 1 Peter 5:5. How can humility enable you to serve God and others better? How can humility help you not become your own barrier to God or others?

Video Notes Answer Key:

Chapter 21

Love / complete / committed / advocate / rights / vision

Chapter 22

Contentment / complete / purpose / community / mind / Rehearse

Chapter 23

Strength / anxiety / thanksgiving / peace / people / yourself

Chapter 24

Free / Christ / self-controlled / motivated / God-control / accountability

Chapter 25

Deal / cope / promise, One / Hope / trust / promises

Chapter 26

Stress / patient / pressures / perseverance / outcomes / bother / receive

Chapter 27

Relationships / good / others / wrong / build / hard

Chapter 28

Important / faithfulness / trusted / name / inspires / successful fail

Chapter 29

Dealings / gentleness / demonstrate / gentle / thoughtful / considerate / calm

Chapter 30

Esteem / selfish / value / Jesus / wash / Humiliation / frees