DISCOVERY BIBLE STUDY PLAN

Holistic Health

Twenty-five studies on health the way the Bible actually treats it — body, mind and spirit together — from a world made good, through lament and wisdom, to Jesus healing whoever came.

25 Bible Studies by CoMission

DISCOVERY BIBLE STUDY

Holistic Health

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How a Discovery Bible Study works

This page is for whoever leads the study. Everyone else only needs the passage.

A Discovery Bible Study has no teacher. The person leading only asks the questions; the Bible does the teaching. That is what makes it simple enough for anyone to lead — no title, no training, no materials, no money.

EAT, DIGEST, GROW

Eat the Word — Read the passage aloud, read it again, then close the Bible and have someone retell it in their own words. Reading is the bite, re-reading the chewing, the retelling the swallow. If the group can't retell it, read it once more before going on.

Digest — Work through the four questions. This is where the passage turns into faith and obedience — answered from what the text actually says, not from what someone already knew.

Grow — Growth is God's part, not yours. One plants, another waters, but God gives the growth (1 Corinthians 3:6–7). Do the cycle faithfully and leave the growing to Him.

THE FOUR QUESTIONS

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**
2. **What does it show me about people — and about myself?**
3. **What will I obey this week? (a concrete step, with a day)**
4. **Who will I tell?**

THE SHAPE OF A MEETING

Look back — What are you thankful for? What is hard right now? How did you obey what we found last time, and who did you tell? Pray briefly for each other.

Look up — Read, re-read, retell — then the four questions.

Look forward — Each person says their own “I will…” out loud and names one person they will tell. Next time, the group asks about both. Asking is what turns a discussion into obedience.

THE ONE RULE: DON'T TEACH

The moment you start explaining, the group stops discovering. If someone says something that is not in the passage, do not correct them — ask, kindly, “Where do you see that in this passage?” and let them look. The text and the group sort it out. This is the rule that lets someone who has been in two studies lead the third.

Four to fifteen people. About an hour, once a week. Nothing else required.

DISCOVERY BIBLE STUDY

CoMission

Made, and called very good

Genesis 1:24-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does God make in this passage, and what does he say about all of it when he is finished?

2. **What does it show me about people — and about myself?**

   Where have you treated your body as less important than your soul, or as something to be ashamed of?

3. **What will I obey this week? (a concrete step, with a day)**

   What is one way you will care for your body this week as something God called good?

4. **Who will I tell?**

   Who do you know who believes their body does not matter to God?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you made bodies and called them very good. Teach us to receive ours as your work rather than despise them, and to care for them as something you made.*

This study online

NEXT STUDY **Work, food, and company** comission.cc/en/study/holistic-health/02/

— DISCOVERY BIBLE STUDY

CoMission

Work, food, and company

Genesis 2:15-25

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What three things does God provide in this passage, and what does he say is not good?

2. **What does it show me about people — and about myself?**

   Which of the three — meaningful work, good food, real company — is thinnest in your life right now?

3. **What will I obey this week? (a concrete step, with a day)**

   What one step will you take this week to repair the thinnest one?

4. **Who will I tell?**

   Who is alone right now that you could bring into your company?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, before anything broke you gave work to do, food to eat and someone to be with. Give us those three again, and teach us not to despise any of them.*

This study online

NEXT STUDY Shame, pain, and a covering

— DISCOVERY BIBLE STUDY

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Shame, pain, and a covering

Genesis 3:1-21

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What happens to their bodies, their relationships and their work in this passage — and what does God do for them at the end?

2. **What does it show me about people — and about myself?**

   What are you hiding, and what does the hiding cost you in body and mind?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you stop hiding this week, and who will you tell?

4. **Who will I tell?**

   Who is carrying shame about their health that you could sit with without judging?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, when they hid you came looking, and when they were exposed you clothed them. Come looking for us too, and cover what we cannot cover ourselves.*

This study online

NEXT STUDY A prayer when you are wasting away

DISCOVERY BIBLE STUDY

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A prayer when you are wasting away

Psalm 102:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   How does the psalmist describe his body, and what does he still do in the middle of it?

2. **What does it show me about people — and about myself?**

   When you have felt like this, did you pray about it or go quiet?

3. **What will I obey this week? (a concrete step, with a day)**

   What honest thing about your health will you say to God this week, out loud?

4. **Who will I tell?**

   Who could you give this psalm to, who has no words of their own right now?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Lord, this prayer does not pretend. Teach us to bring you the days when our bones burn and our bread tastes of ash, and to keep speaking to you in them.*

This study online

NEXT STUDY He heals all your diseases comission.cc/en/study/holistic-health/05/

— DISCOVERY BIBLE STUDY

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He heals all your diseases

Psalm 103:1-22

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What benefits does the psalm tell the soul not to forget, and what does it say about how God treats us?

2. **What does it show me about people — and about myself?**

   Which of these benefits have you stopped expecting from God?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you deliberately remember and thank God for this week?

4. **Who will I tell?**

   Who needs to hear that God's compassion is not worn out?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, you forgive, you heal, you redeem and you satisfy — and you do not tire of doing it. Teach us to bless you with everything in us.*

This study online

NEXT STUDY He restores my soul comission.cc/en/study/holistic-health/06/

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He restores my soul

Psalm 23

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the shepherd do for the sheep in this psalm, including in the valley?

2. **What does it show me about people — and about myself?**

   Where do you need restoring rather than pushing harder?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you stop doing this week in order to lie down, as the psalm describes?

4. **Who will I tell?**

   Who is walking through a dark valley that you could walk beside?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Shepherd, you make us lie down, you lead us to still water, and you walk with us through the dark valley. Restore what is worn out in us.*

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NEXT STUDY He binds up their wounds comission.cc/en/study/holistic-health/07/

— DISCOVERY BIBLE STUDY

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He binds up their wounds

Psalm 147:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does this psalm say God does for the brokenhearted, and what else does it say he does?

2. **What does it show me about people — and about myself?**

   What broken thing in you have you assumed is beneath God's attention?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you bring to God this week that you have been managing alone?

4. **Who will I tell?**

   Whose wound could you help bind up this week, practically?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you count the stars and you bind up the brokenhearted, and neither is too big or too small for you. Bind up what is broken in us.*

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NEXT STUDY Health to all your flesh comission.cc/en/study/holistic-health/08/

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Health to all your flesh

Proverbs 4:1-27

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does this passage say God's words do for the whole body, and what does it say to guard?

2. **What does it show me about people — and about myself?**

   What are you letting into your heart that is costing you in body and mind?

3. **What will I obey this week? (a concrete step, with a day)**

   What one path will you keep your foot off this week?

4. **Who will I tell?**

   Who could you pass this wisdom to, the way a parent passes it to a child?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, you say your words are life to those who find them and health to all their flesh. Make us people who guard our hearts, because everything flows from there.*

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NEXT STUDY Words that heal the bones comission.cc/en/study/holistic-health/09/

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Words that heal the bones

Proverbs 16:16-24

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does this passage say gracious words do, and what does it value above gold?

2. **What does it show me about people — and about myself?**

   Whose health have your words damaged, and whose have they built up?

3. **What will I obey this week? (a concrete step, with a day)**

   What gracious word will you speak this week, to whom, and on what day?

4. **Who will I tell?**

   Who around you is starved of a kind word?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you say gracious words are honey — sweet to the soul and health to the bones. Guard our mouths, because what we say lands in someone's body.*

This study online

NEXT STUDY Strength for the weary comission.cc/en/study/holistic-health/10/

— DISCOVERY BIBLE STUDY

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Strength for the weary

Isaiah 40:28-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does this passage say about God's own strength, and what does he give to the weary?

2. **What does it show me about people — and about myself?**

   Where are you running on empty and calling it faithfulness?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you do this week to wait on God rather than push through?

4. **Who will I tell?**

   Who is exhausted right now that you could bring these verses to?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Everlasting God, you do not grow tired, and you give strength to those who have none. Teach us to wait on you rather than to push on alone.*

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NEXT STUDY Jesus touches the leper comission.cc/en/study/holistic-health/11/

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Jesus touches the leper

Matthew 8:1-4

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the man ask, and what does Jesus do before he says anything?

2. **What does it show me about people — and about myself?**

   What about your own condition do you doubt Jesus is willing to touch?

3. **What will I obey this week? (a concrete step, with a day)**

   Who will you deliberately touch or sit close to this week, whom others avoid?

4. **Who will I tell?**

   Who has been treated as untouchable in your community that you could go to?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you reached out your hand and touched a man nobody would go near. Touch what in us we think is untouchable, and make us willing to touch others.*

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NEXT STUDY He took our sicknesses comission.cc/en/study/holistic-health/12/

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He took our sicknesses

Matthew 8:14-17

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Who does Jesus heal here, what does she do afterwards, and what does the passage say he took?

2. **What does it show me about people — and about myself?**

   What sickness — yours or someone else's — have you assumed Jesus is indifferent to?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you do with your health this week once it is given back to you, as she did?

4. **Who will I tell?**

   Who could you bring to Jesus in prayer by name this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you healed a fever with a touch and carried our sicknesses yourself. Thank you that our bodies are not outside what you came to carry.*

This study online

NEXT STUDY The girl, and the woman who touched him

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The girl, and the woman who touched him

Matthew 9:18-25

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the woman believe will happen if she touches his cloak, and what does Jesus call her?

2. **What does it show me about people — and about myself?**

   What long-standing condition have you stopped bringing to God because you have brought it so many times?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you ask God for this week that you gave up asking for?

4. **Who will I tell?**

   Who has been ill so long that everyone has stopped asking — and could you ask?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you were on your way to a dying girl and you stopped for a woman who had been bleeding twelve years. Neither of them was an interruption to you.*

This study online

NEXT STUDY According to your faith comission.cc/en/study/holistic-health/14/

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According to your faith

Matthew 9:27-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What do the two men call Jesus, what does he ask them, and what does he say as he heals them?

2. **What does it show me about people — and about myself?**

   Do you actually believe Jesus is able to do this for you — or only that he is able in general?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you ask him for this week, plainly, as they did?

4. **Who will I tell?**

   Who could you go to Jesus with, following him until he stops?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, two blind men followed you calling out, and you asked them whether they believed you could do it. Grow in us the faith to keep asking.*

This study online

NEXT STUDY Healed at a word comission.cc/en/study/holistic-health/15/

— DISCOVERY BIBLE STUDY

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Healed at a word

Luke 7:1-10

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the centurion say about authority, and what does Jesus say about his faith?

2. **What does it show me about people — and about myself?**

   Who are you sick with worry over, whom you cannot physically help?

3. **What will I obey this week? (a concrete step, with a day)**

   Who will you pray for by name this week, trusting Jesus can act at a distance?

4. **Who will I tell?**

   Who outside your church or community could you ask God for, as this soldier did for his servant?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, a soldier understood your authority better than your own people did, and you healed from a distance. Teach us that trust, for the ones we cannot reach.*

This study online

NEXT STUDY He laid his hands on every one of them

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He laid his hands on every one of them

Luke 4:38-41

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   How does the passage describe the way Jesus healed the crowd that came at sunset?

2. **What does it show me about people — and about myself?**

   Where do you treat sick people as a category rather than as persons?

3. **What will I obey this week? (a concrete step, with a day)**

   Which one person will you give your unhurried attention to this week?

4. **Who will I tell?**

   Who in your community is treated as a case rather than a person?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, at sunset they brought you everyone who was ill, and you laid your hands on each one. Thank you that you healed people one at a time, not as a crowd.*

This study online

NEXT STUDY The man nobody could bind

DISCOVERY BIBLE STUDY

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The man nobody could bind

Luke 8:26-29

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   How does the passage describe the man's condition and how people had tried to handle it?

2. **What does it show me about people — and about myself?**

   Who have you privately written off as beyond help?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you do this week to move toward that person rather than away?

4. **Who will I tell?**

   Who else has given up on them, who needs to hear that Jesus did not?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you went across the lake and stepped out in front of a man everyone else had chained and given up on. Nothing about him frightened you away.*

This study online

NEXT STUDY What do you want me to do for you?

— DISCOVERY BIBLE STUDY

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What do you want me to do for you?

Matthew 20:29-34

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the crowd do when the men call out, and what does Jesus do instead?

2. **What does it show me about people — and about myself?**

   When have you decided what someone needed instead of asking them?

3. **What will I obey this week? (a concrete step, with a day)**

   Who will you ask "what do you want me to do for you?" this week — and mean it?

4. **Who will I tell?**

   Who is being told to be quiet in your community that you could stop for?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, the crowd told them to be quiet and you stopped and asked them what they wanted. Make us people who ask rather than assume.*

This study online

NEXT STUDY Who sinned — this man or his parents?

— DISCOVERY BIBLE STUDY

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Who sinned — this man or his parents?

John 9:1-41

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What question do the disciples ask, how does Jesus answer it, and what happens to the man afterwards?

2. **What does it show me about people — and about myself?**

   Whose illness have you quietly explained by their sin or their choices?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you do this week for someone instead of working out why they are suffering?

4. **Who will I tell?**

   Who has been blamed for their own condition, who needs to hear this passage?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, they wanted to know whose fault his blindness was, and you refused the question. Free us from explaining people's suffering and send us to help it.*

This study online

NEXT STUDY Do you want to be well? comission.cc/en/study/holistic-health/20/

— DISCOVERY BIBLE STUDY

CoMission

Do you want to be well?

John 5:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does Jesus ask the man, how does the man answer, and what does Jesus tell him to do?

2. **What does it show me about people — and about myself?**

   Is there a sickness of body or habit you have grown used to and no longer really want to leave?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you get up and do this week that you have told yourself you cannot?

4. **Who will I tell?**

   Who has been waiting a long time with nobody to help them into the water?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you asked a man who had been ill for thirty-eight years whether he wanted to be well. Ask us honestly too, and give us the courage to say yes.*

This study online

NEXT STUDY Carried by friends comission.cc/en/study/holistic-health/21/

— DISCOVERY BIBLE STUDY

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Carried by friends

Mark 2:1-12

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What do the four friends do, whose faith does Jesus see, and what does he deal with first?

2. **What does it show me about people — and about myself?**

   Who has carried you when you could not walk — and have you thanked them?

3. **What will I obey this week? (a concrete step, with a day)**

   Whose "roof" will you tear off this week to get them help?

4. **Who will I tell?**

   Who needs carrying right now, and who will you ask to help you carry them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, four men tore a roof apart to get their friend to you, and you saw their faith. Give us friends like that, and make us friends like that.*

This study online

NEXT STUDY Healing his enemy's ear comission.cc/en/study/holistic-health/22/

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Healing his enemy's ear

Luke 22:47-53

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does Jesus do to the wounded man, and who was that man there to do?

2. **What does it show me about people — and about myself?**

   What is your instinct when you are cornered or attacked?

3. **What will I obey this week? (a concrete step, with a day)**

   What good will you do this week for someone who has wronged you?

4. **Who will I tell?**

   Who is caught in a conflict where a single act of healing would change everything?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, in the moment you were arrested you healed the ear of the man who came to take you. Make our first instinct under attack look like yours.*

This study online

NEXT STUDY What I have, I give you comission.cc/en/study/holistic-health/23/

DISCOVERY BIBLE STUDY

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What I have, I give you

Acts 3:1-26

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does the man ask for, what does Peter say he does not have, and what does he give instead?

2. **What does it show me about people — and about myself?**

   What do you keep saying you cannot give, while holding something you could?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you give this week out of what you actually have?

4. **Who will I tell?**

   Who did you walk past at the gate, whom you could stop for this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, Peter had no silver and gave what he did have. Make us generous with what is actually in our hands rather than sorry about what is not.*

This study online

NEXT STUDY Call for the elders, and pray

DISCOVERY BIBLE STUDY

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Call for the elders, and pray

James 5:13-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does this passage tell a sick person to do, what does it tell the church to do, and what does it say about confession?

2. **What does it show me about people — and about myself?**

   Why have you not asked your community to pray over your body?

3. **What will I obey this week? (a concrete step, with a day)**

   Who will you call this week — and what will you ask them to pray for?

4. **Who will I tell?**

   Who has wandered from the community while ill that someone should go after?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, you tell the sick to call, the church to come, and all of us to confess to one another. Make us a community where illness is spoken and prayed over, not hidden.*

This study online

NEXT STUDY Leaves for the healing of the nations

— DISCOVERY BIBLE STUDY

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Leaves for the healing of the nations

Revelation 22:1-5

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What flows through the city in this passage, and what are the leaves of the tree for?

2. **What does it show me about people — and about myself?**

   What does it change to know that healing is where the whole story is going, not a detour in it?

3. **What will I obey this week? (a concrete step, with a day)**

   What will you do this week that belongs to that ending rather than to this sickness?

4. **Who will I tell?**

   Who has lost hope of ever being well, who could hear how the story ends?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, the river runs through the city and the leaves of the tree are for the healing of the nations. Keep that end in front of us while we work in the middle.*

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