

---

WORKBOOK

# You Can Study the Bible

For kids. Three moves, one short story, and by the end you can open the Bible and study it yourself — without a grown-up explaining it to you.



Print it, write in it, and take it to the group.

[comission.cc](https://comission.cc)





# Contents

| CHAPTER                                                    | PAGE |
|------------------------------------------------------------|------|
| <b>1</b> You Can Do This                                   | 2    |
| <b>2</b> Eat: Read It, Read It Again, Tell It Back         | 4    |
| STUDY SHEET A boy and a giant — 1 Samuel 17:32-50          | 7    |
| <b>3</b> Digest: About God, and About People               | 8    |
| <b>4</b> Digest: What Will You Do, Who Will You Tell?      | 10   |
| STUDY SHEET Peter steps out of the boat — Matthew 14:22-33 | 12   |
| <b>5</b> Grow: That Part Is God's Job                      | 13   |
| <b>6</b> Now Do One Yourself                               | 15   |
| STUDY SHEET Why are you afraid? — Mark 4:35-41             | 17   |

# You Can Do This

## REMEMBER

You read it. You say what you see.

### THE THREE MOVES — THE WHOLE METHOD ON ONE PAGE

- |           |                                                                                                                                   |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------|
| 1. Eat    | Read the story out loud. Read it out loud again. Then close the Bible and tell it back in your own words.                         |
| 2. Digest | Four questions: what it shows about God, what it shows about people and about you, what you'll do this week, and who you'll tell. |
| 3. Grow   | God's part, not yours. You plant and water; He is the one who makes anything come of it.                                          |

A Discovery Bible Study isn't a lesson. Nobody explains the story to you — you read it, and you say what you see.

That's the rule that makes the whole thing work, and it's the reason you can do this without a grown-up. You are not trying to remember the right answer. You're looking at a story and saying what is there.

We'll use the same story the whole way through this book: **Mark 2:1-12**. Four friends, one roof, and a hole in it.



Watch this chapter

## Reflect and Discuss

1. Read Mark 2:1-12 once. Don't study it yet. What is the first thing you noticed?

---

---

---

**2. Write the one rule of a Discovery Bible Study in your own words.**

---

---

**3. Someone says something about the story that isn't in it. What is the question you ask them?**

---

---

NOTES

# Eat: Read It, Read It Again, Tell It Back

## REMEMBER

The telling back is the swallow.

### THE PASSAGE — READ IT OUT LOUD, TWICE

#### Mark 2:1-12

A few days later, when Jesus returned to Capernaum, it was reported that he was at home. A large crowd gathered, so much so that there was no room left, not even near the door, and he was speaking the word to them. Some people came, bringing a paralysed man, carried by four of them, to Jesus. Since they could not bring him to Jesus because of the crowd, they removed the roof above him, and after making an opening, they lowered the mat on which the paralysed man was lying. When Jesus observed their faith, he said to the paralysed man, "Son, your sins are forgiven." But some of the teachers of the law were sitting there, thinking to themselves, "Why does he speak in this manner? He is blaspheming! Who can forgive sins but God alone?" Immediately Jesus, aware in his spirit that they were thinking this way within themselves, said to them, "Why are you thinking these things in your hearts? Which do you think is simpler: to say to this paralysed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralysed man, "I say to you, get up, take your mat and go home." And he got up, took his mat, and walked out in full view of them all. This amazed everyone, and they praised God, saying, "We've never seen anything like this!"

The Open Translation Bible (OTB), [openbible.uk](http://openbible.uk), CC BY-SA 4.0.

A retell sounds like this: "Jesus is back home in Capernaum and the house is packed — you can't even get near the door. Four men turn up carrying their friend on a mat. They can't get in, so they go up on the roof and dig through it and lower him down. Jesus sees their faith and tells the man his sins are forgiven. Some of the teachers think that's blasphemy. So Jesus tells the man to get up and take his mat and go home — and he does, in front of everyone." Plain words. Nothing added.

Before you ask a single question, you have to be holding the story.



Watch this chapter

Read it out loud. Read it out loud again. The first read is for what happens. The second is for what you flew past — that there was no room *near the door*, that nobody asked permission before pulling a roof apart, that Jesus says something about forgiving before He says anything about walking.

NOTES

Then close the book and tell it back. Reading it twice is the chewing. **The telling back is the swallow.**

## Reflect and Discuss

1. Cover the passage above. Now write the story in your own words.

2. Uncover it and read it again. What did you leave out? Add it here.

3. Did anything get into your retell that isn't in the passage — that the friends were young, that the man was poor, that the roof belonged to Peter?

**4.** Could you tell this story tonight with no Bible in your hand? If not, read it once more and tell it again.

---

---

# A boy and a giant

1 Samuel 17:32-50

---

## 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 show me about God?

*David says the battle belongs to the Lord. Who is really fighting here?*

---

---

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

*Everybody else measured the giant against themselves. What did David measure him against?*

---

---

### 3. What will I obey this week?

*What is your giant, and what is the first small thing you will do about it this week?*

---

---

### 4. Who will I tell?

*Who is scared of somebody bigger than them? What could you tell 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

*God, David was not the biggest or the strongest, and he ran at the giant because he knew you. Help me be brave because of who you are.*



This study online

# Digest: About God, and About People

## REMEMBER

Answer from the story, not from your memory.

### WHAT AN ANSWER FROM THE STORY SOUNDS LIKE

From the story: "Jesus cared about the man being forgiven before He cared about him walking — He says the forgiving part first." You can point at that. From memory: "Jesus loves everyone." That may be true, but it isn't in these twelve verses, and it's the answer a child gives when they're guessing at what an adult wants. The test is simple: can you put your finger on the line?

Now you're holding the story, so you can digest it. Digesting is four questions. Here are the first two.

**What does this show me about God?** Look only at these twelve verses — not at what you've heard about God before.

**What does it show me about people, and about me?** There are three very different kinds of people in this story, and you can probably find yourself in one of them.

Then check each answer the same way: go back and find the line it came from. If you can't put your finger on it, it came from your memory, not from these twelve verses.



Watch this chapter

NOTES

## Reflect and Discuss

**1. What does Mark 2:1-12 show you about God? Write one thing you can point to in the story.**

---



---



---



---

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

---

---

---

---

**3. Go back and underline the line in the passage that your two answers came from.**

NOTES

# Digest: What Will You Do, Who Will You Tell?

## REMEMBER

A name and a day.

### A REAL ANSWER, AND A PRETEND ONE

Pretend: "I will be kinder." Nobody can tell on Friday whether that happened, which means nothing has actually been decided. Real: "On Tuesday I will sit with Sam at lunch." It has a person in it and a day on it, so by Friday you know. Same with telling: "everybody" is pretend, "my brother, on the way home from school" is real. The four friends in this story did something specific, awkward and slightly destructive. Copy the specific part.

The first two questions are about seeing. These two are about doing, and they're why this is worth your time.

**What will I obey this week?** Not what people in general should do — what *you* will do, and when. "Be kinder" is not an answer. "I will sit with Sam at lunch on Tuesday" is.

**Who will I tell?** One person. Not everybody. You already know the story well enough to tell it — that's what the telling back was for.



Watch this chapter

## Reflect and Discuss

1. What will you obey this week? Put a person and a day in your answer.

**2. Who will you tell? Write one name, and when you'll see them.**

---

---

---

**3. What will you actually say to them? Write the first sentence.**

---

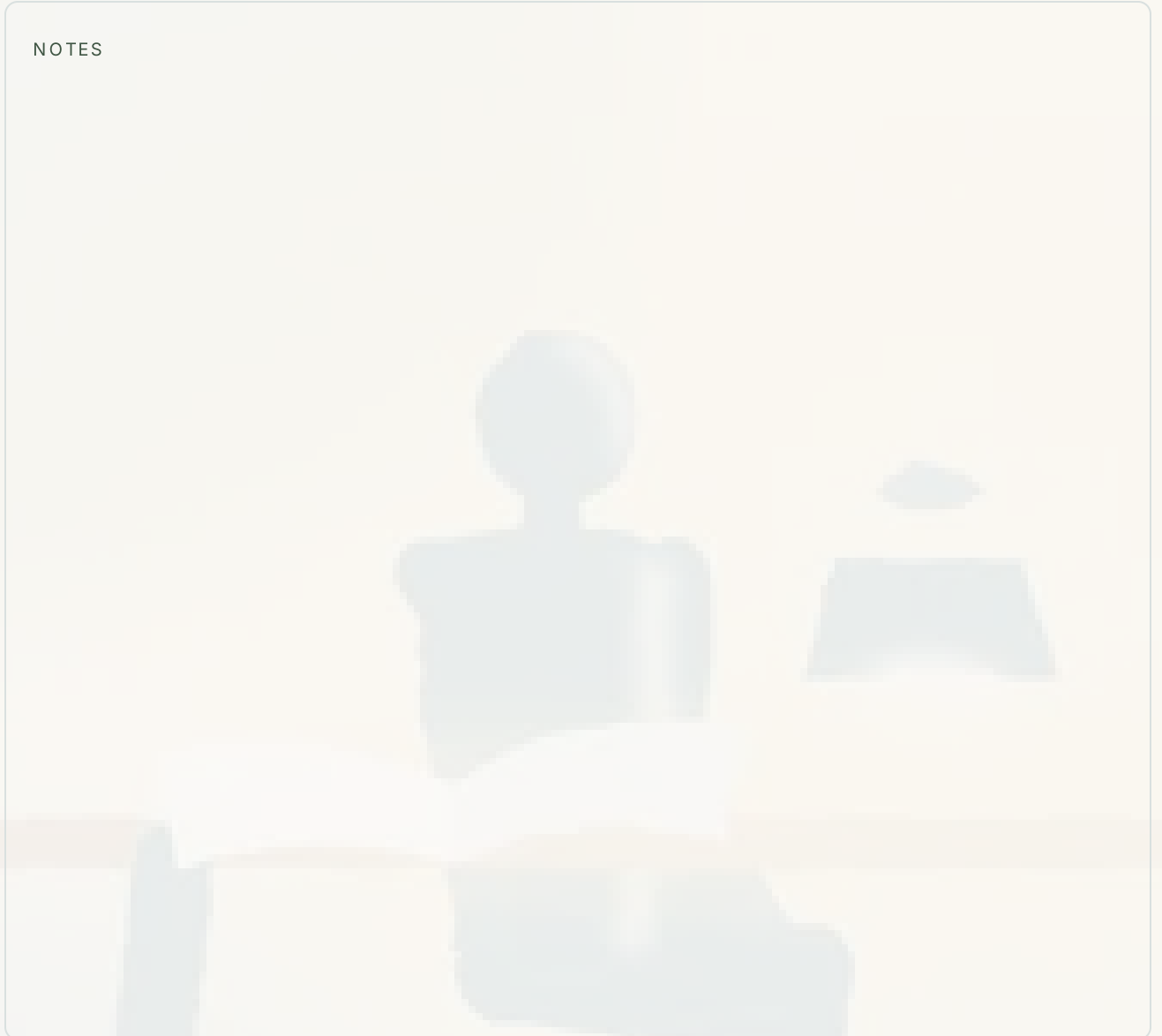
---

---

**4. Write the day you'll check whether you did it.**

---

NOTES



# Peter steps out of the boat

Matthew 14:22-33

---

## 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 show me about God?

*Jesus reaches out immediately and catches him. What does that tell you about what happens when you try and fail?*

---

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

*Peter starts sinking when he looks at the wind instead of Jesus. What do you look at when you are afraid?*

---

### 3. What will I obey this week?

*What is your "out of the boat" this week?*

---

### 4. Who will I tell?

*Who needs somebody to reach out a hand 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

*Jesus, Peter walked on water and then he sank, and you caught him. Thank you that you catch me. Help me get out of the boat anyway.*



This study online

# Grow: That Part Is God's Job

## REMEMBER

You plant and water. God grows it.

### THE PART YOU AREN'T IN CHARGE OF

#### 1 Corinthians 3:6-7

I planted, Apollos watered, but it was God who caused the growth. So neither the one who plants nor the one who waters is of significance, but only God, who brings about the growth.

The Open Translation Bible (OTB), [openbible.uk](http://openbible.uk), CC BY-SA 4.0.

A farmer plants a seed and waters it. He doesn't sit in the field pulling the shoot to make it taller — partly because it wouldn't work, and partly because that was never his job. You read the story, you said what you saw, you picked something to do and someone to tell. That's the planting and the watering, and it's genuinely all of your part.

You've eaten the story and digested it. The third move is **Grow**, and here's the good news: it is not your job.

You read the story. You said what you saw. You picked something to do and somebody to tell. That's the planting and the watering, and it's all of your part.

So you are not in charge of making yourself change, and you are definitely not in charge of making anybody else change.

That matters more than it sounds like it does. Some weeks it'll feel slow, like nothing is happening at all. Keep doing the cycle anyway — the growing is happening somewhere you can't see it, which is exactly where seeds do it.



Watch this chapter

NOTES

## Reflect and Discuss

1. List the things you actually did in this study. That's your whole part.

---

---

---

2. What is God's part?

---

---

3. What will you do when it feels slow and nothing seems to be happening?

---

---

---

NOTES



# Now Do One Yourself

## REMEMBER

You just did one. Now do the next one.

### THE WHOLE CYCLE — KEEP THIS PAGE

- |           |                                                                                                                                 |
|-----------|---------------------------------------------------------------------------------------------------------------------------------|
| 1. Eat    | Read the story out loud. Read it again. Close the Bible and tell it back in your own words. If you can't, read it once more.    |
| 2. Digest | What does it show me about God? About people and about me? What will I obey this week — with a name and a day? Who will I tell? |
| 3. Grow   | God brings about the growth (1 Corinthians 3:7, OTB). You aren't in charge of how fast it happens.                              |

Look at what happened. You read a story, told it back, worked out something about God and something about people, picked one thing to do and one person to tell, and handed the growing to God.

Nobody explained Mark 2:1-12 to you. You did that.

So do the next one on your own — and then do the bravest thing in this whole book, and ask somebody to read the one after that *with* you.

The three moves never change. Eat the story, digest it with the four questions, and leave the growing to God. That works on any passage you'll ever open, which means you aren't finished with a class — you're finished needing one.



Watch this chapter

NOTES

## Reflect and Discuss

**1.** Write down the next story you'll study, and the day you'll do it.

---

---

**2.** Who will you ask to read the next one with you?

---

---

**3.** In one sentence each, write the three moves from memory. No looking.

---

---

---

NOTES



# Why are you afraid?

Mark 4:35-41

---

## 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 show me about God?

*The wind and the sea obey him. Who is Jesus, if that is true?*

---

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

*They ask, "don't you care?" Have you ever thought that? Was it true?*

---

### 3. What will I obey this week?

*What storm will you tell Jesus about first this week, instead of last?*

---

### 4. Who will I tell?

*Who is in a storm right now? How will you sit with 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, you were asleep in the storm because you were not worried. Thank you that you are in the boat with me. Help me wake you up instead of panicking alone.*



This study online



---

[comission.cc](https://comission.cc)