



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER *SUNDAY MESSAGE REVIEW*

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

LEAN IN

“Our Daily Bread: How to Integrate the Bible in our Everyday Lives”

Out of roughly 334 million Americans... The number of Americans that use the Bible at least 3 times per year – 39% (Same as last year, which had a significant drop of 11% from 2021).

Generations:

1. Elders (Older than 79) – 48%
2. Boomers (60-78) – 46%
3. Gen X (44-59) – 38%
4. Millennials (28 – 43) – 33%
5. Gen Z (12 – 27) – 30%

Scripture Engaged

2021 – 71%

2023 – 47%

2 things the study suggests:

1. When people engage deeply with the Bible, their lives and relationships are better.
2. American’s engaging in the Bible continues on a downward trajectory.

First Way to Integrate Scripture in our Daily Lives: Read Scripture.

“Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation...”

1 Peter 2:2

*“But Jesus answered them, “You are wrong, because **you know neither the Scriptures nor the power of God.** For in the resurrection they neither marry nor are given in marriage, but are like angels in heaven. And as for the resurrection of the dead, **have you not read what was said to you by God...?**”*

Matthew 22:23-31

“The Scriptures are always for us, but they are not always about us.”

What are some practical ways to integrate Scripture in our daily lives?

1. Read a chapter a day.
2. Download the YouVersion Bible app
 - Bible Tab
 - Plans Tab
 - Discover Tab
3. Read with others!

Second Way to Integrate Scripture in our Daily Lives: Meditate on Scripture.

- **Eastern meditation** – God is not the focus; empty your mind and escape reality, body posture is important
- **Biblical meditation** – God IS the focus allow God’s word to inform our perception of reality, heart posture is important

*“This Book of the Law shall not depart from your mouth, but you shall **meditate on it day and night, so that you may be careful to do according to all that is written in it.** For then you will make your way prosperous, and then you will have good success.”* Joshua 1:8

*“Blessed is the one who **does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.** That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.”*

Psalm 1:1-3

What are some practical ways to integrate meditation in our daily lives?

1. Read a particular verse or passage over and over
2. Pray Scripture
3. Write a verse on a card or post it note.

Third Way to Integrate Scripture in our Daily Lives: [Share](#) Scripture.

*“But you will receive power **when the Holy Spirit has come upon you, and you will be my witnesses** in Jerusalem and in all Judea and Samaria, and to the end of the earth.”*

Acts 1:8

*“For **“Everyone who calls on the name of the Lord will be saved.”** But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? And how will anyone go and tell them without being sent?”*

Romans 10:13-15

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.”

Matthew 28:19-20

Not every Christ follower is called to be a pastor, but every Christ follower is called to share the gospel and maybe it starts with one [Scripture](#).

The best place to have Scripture is in your heart.

What are some practical ways to share Scripture in our daily lives?

1. Be in a LIFEgroup
2. Use Social Media
3. Text a verse

“Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.”

1 Peter 3:15 (NLT)