

An Introduction to PBJs

November 8, 2026

Read & Reflect

READ: 2 Timothy 2:15, 1 Thessalonians 2:13, and James 1:22–25

As you read, notice how each passage describes receiving God's Word. Ask what it would look like to put one thing you hear into practice today.

Understand the Moment

Paul urges Timothy to handle the word of truth with care. The Thessalonians receive it as God's Word, and Paul says it continues to work in those who believe.

Jesus connects love with keeping His commands. 2nd John calls this a walk. When we wander, God's grace helps us turn back and keep following Him.

James warns that we can hear Scripture and still deceive ourselves if we never act on it. As Lighthouse prepares for a Year of Biblical Obedience, we can begin with a small rhythm: pray, read the Bible, journal, and share (PBJs). Give yourself time to listen, then follow through on what you hear.

Process Together or Alone

- What usually helps you slow down and pay attention to Scripture?
- What does it mean to handle God's Word with care?
- How does thinking of obedience as a walk change how you respond when you stumble?
- When has something you read in Scripture changed a choice you made?
- What would make regular Bible reading and sharing realistic for you?

Follow Jesus This Week

Listen

- What does today's reading show you about God?
- Which words or ideas do you need to sit with a little longer?

Obey

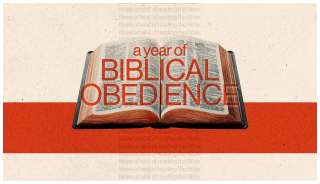
- What is one thing from the passage you can act on today?
- When and where will you make time to read and respond?

Share

- Who could you invite to practice PBJs with you?
- What truth from this week's reading will you share with them?

Care

- Who might need encouragement to begin or restart this habit?
- How can you pray for them and check in this week?



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Live It Out

Try PBJs with one short passage this week. Choose a Bible you can follow and connect your reading time to an everyday habit.

Pray. Read the Bible. Journal. Share.

Ask God to help you listen. Read slowly and notice what the passage reveals about Him. Write down one truth and one way you will obey it. Share both with someone and ask what they are learning.

Invite three to five others to check in weekly in person, by text, or on a video call.

Remember to act on one thing you hear.

Pray

- Thank God for speaking to us through Scripture.
- Ask for patience to read and listen well.
- Pray for a willingness to follow through on what you hear.
- Ask for a steady time and place to build the habit.
- Pray for the people you hope to read and share with.

Jesus, thank You for meeting us through Your Word. Give me ears to listen and a heart ready to obey. Help me see who You are as I read. When I get distracted or wander, guide me back with Your grace. Show me one thing I can put into practice today, and help me encourage someone else as they follow You. Amen.

Group Leader Optional Questions

Opening Question:

What is one habit you've kept because you tied it to something you already do?

Closing Reflection:

When will you try PBJs this week, and who will you invite to check in with you?