



Eight familiar sayings.
One important question:
What does God say?



EVERYTHING
HAPPENS FOR
A REASON

FOLLOW
YOUR
HEART

SPEAK
YOUR
TRUTH

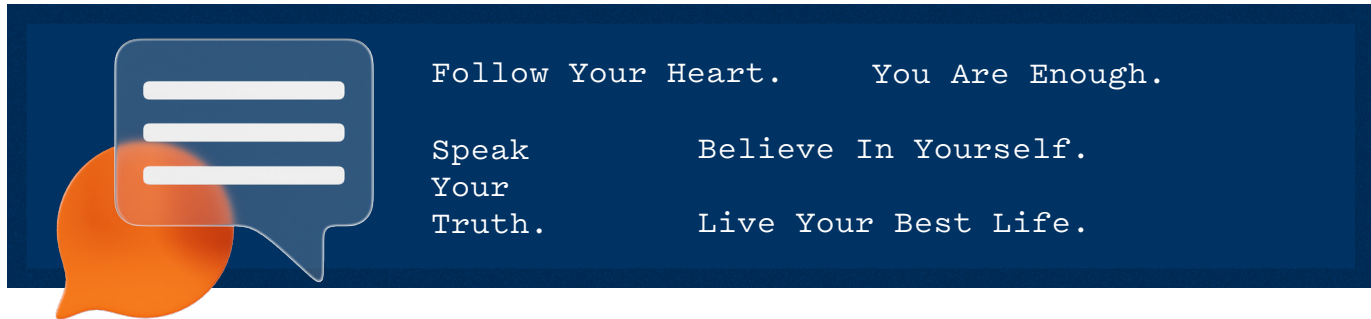


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INTRODUCTION

Every day, we hear messages telling us how to think, what to believe, and even how to live.



We hear ideas like these in movies, music, social media, conversations, and motivational advice. Some sound encouraging. Some contain pieces of truth. We hear them so frequently, we don't often ever stop to ask, *"Is this actually true?"*

That's what this study is about.

Over the next eight lessons, you'll take a closer look at eight familiar sayings and compare them with what the Bible actually teaches. The goal

isn't simply to criticize popular ideas or tell you what not to believe. We want to help you discover something better: the wisdom, truth, hope, and direction God offers us in His Word.

As you work through each lesson, we encourage you to come with an open mind, ask honest questions, and examine the Scriptures for yourself.

You've heard it said... **But what does God say?**

WHO THIS STUDY IS FOR

This study is for anyone wanting to discover what the Bible has to say about truth, identity, love, happiness, purpose, and the way we live.

If you're a follower of Jesus, this is an opportunity to examine your own thinking and ask: *"Are my beliefs being shaped more by the world around me or by the Word of God?"*

But this study will also be beneficial even if you're not sure what you believe yet. You may not call yourself a Christian. Maybe you're seeking answers, questioning things you've always heard, or simply curious about what the Bible actually teaches. You don't need extensive Bible knowledge to begin. We'll explore these ideas together, one Scripture and one question at a time.

No matter where you're starting, we hope you'll approach this study with curiosity and a willingness to consider what God reveals through His Word over the next eight lessons.

WHAT YOU'LL DISCOVER

Throughout this study, you'll explore some of the most common messages our culture asks us to believe today and consider how they compare with the teachings of Scripture.

You'll discover why the Bible tells us to seek God's wisdom rather than simply following our own hearts; why our ultimate confidence belongs in God rather than ourselves; and why truth is something to discover rather than something each of us creates.

We'll consider what gives us genuine worth, what biblical love really looks like, and whether happiness should be the ultimate goal of our lives. We'll also explore what it means to make plans while trusting God with our future and how we can rely on Him when life doesn't go according to plan.

Most importantly, you'll practice a habit that can continue long after this study ends:

When you hear something that sounds true, stop and ask, *"What does God say?"*

HOW TO USE THIS STUDY

Each section of this devotional study is designed to coordinate with one of eight video lessons in the “*You’ve Heard It Said*” series. There are 8 total sections of this workbook, organized by weeks (Week 1, Week 2, etc.). Within each week, you’ll find daily lessons containing a short reflection, daily scripture, journal prompts and questions to consider, plus a quick, daily prayer prompt. Though designed to complete one section each week, move at your own pace. There is no need to rush. Take time to read, pray, and reflect deeply. If you’re studying with a group, be sure to check out the additional “Small Group Discussion Guide” in the back of the workbook, and allow space for discussion and shared insight.

SUGGESTED RHYTHM

- Tune in for the weekly video release each Sunday and complete the “Key Question” page.
- Read and complete one journal entry each weekday.
- Use the questions and journal space to engage with Scripture personally.
- Spend the weekend reviewing your notes, completing the weekly “wrap-up,” and praying.
- Don’t rush—allow God’s Word to speak to your heart at His pace.

OUR PRAYER FOR YOU THROUGHOUT THIS STUDY

Our prayer is that this study does more than *inform* you. We pray it *transforms* the way you evaluate what you hear, shapes you, draws you closer to Jesus, anchors you in His truth, and equips you to live under His guidance and in closer relationship with Him.

You don’t have to have everything figured out to begin. Just come willing to ask questions, examine Scripture, and consider what God may be teaching you. Sometimes His Word will reassure you. Sometimes it may challenge what you’ve always believed. In either case, we pray you’ll discover that God’s truth is worth seeking and His wisdom can be trusted.

Remember: just because you’ve heard it said... doesn’t mean God said it.



Week 01





Key Question:

CAN I TRUST MY HEART TO GUIDE MY LIFE?

MEMORY VERSE:

“Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.”

PSALM 25:4-5

WHY THIS MATTERS:

From movies and music to social media and self-help books, one of the most common pieces of advice we hear is: “Follow your heart.”

It sounds encouraging because it tells us to be true to ourselves and pursue what feels right.

But have you ever followed your heart and later wished you hadn’t?

The truth is, our feelings are *real*, but they aren’t always *reliable*. They change. They can be influenced by fear, pride, temptation, or incomplete information.

God offers us something better than simply trusting our feelings. He offers ***His wisdom***.

This week we’ll explore what happens when we stop making our hearts the ultimate authority and begin trusting the God who knows us better than we know ourselves.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family
- ☐ Friends
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

“Following your heart usually leads to:” _____

THIS WEEK’S PRAYER:

Father, help me be honest as I study Your Word this week. Show me where I have trusted my own understanding instead of Your wisdom. Give me a heart that is willing to follow You wherever You lead. Amen.

THE WORLD SAYS:

"Trust yourself."

GOD SAYS:

"Trust in the Lord
with all your
heart and lean
not on your own
understanding;
in all your ways
submit to Him, and
He will make your
paths straight."

PROVERBS 3:5-6

REFLECTION:

Most people trust themselves more than they realize.

When we're faced with a decision, our first instinct is often to ask:
"What do I want?" "What feels right?" "What makes sense to me?"

God's Word offers a different approach. Instead of trusting our own understanding, we're invited to trust God.

This doesn't mean we stop thinking. It means we recognize our perspective is limited while God's wisdom is not. He sees what we cannot. He understands the future we cannot predict. And He loves us enough to guide us.

Following God isn't about giving up freedom.
It's about trusting the One who knows the way.



What Stands Out?

What word, phrase, or idea from today's passage catches your attention? _____



Personal Reflection

When making important decisions, who or what do you tend to trust most? _____



Looking Closer

What does this passage teach you about God? _____



A Question to Consider

If your feelings and God's Word disagreed, which would you trust? _____

JOURNAL PROMPT:

One area where I need to rely on God's wisdom, instead of my own, is... _____

PRAYER:

God, help me trust You more than my own understanding. Teach me to seek Your wisdom before making decisions. Amen.

Follow Your Heart

FEELINGS AREN'T ALWAYS RELIABLE

Day 02
WEEK ONE

You've
heard
it said

THE WORLD SAYS:

*"If it feels right,
it must be right."*

GOD SAYS:

**"The heart is
deceitful above
all things and
beyond cure. Who
can understand it?"**

JEREMIAH 17:9

REFLECTION:

The Bible doesn't say our hearts are always *wrong*, but it does warn us that our hearts are not always *trustworthy*.

Have you ever wanted something badly, only to realize later it wasn't good for you?

Our emotions can be powerful guides, but they can also mislead us.

Fear can convince us to avoid something good. Pride can convince us we're right when we're wrong. Temptation can make destructive choices appear attractive.

God understands our hearts better than we do. That's why He calls us to trust His wisdom above our feelings.



What Stands Out?

What surprises you about this verse? _____



Personal Reflection

Can you think of a time when your feelings led you in the wrong direction? _____



Looking Closer

What does this passage reveal about human nature? _____



A Question to Consider

Why do you think people may sometimes trust their feelings more than God's guidance? _____

JOURNAL PROMPT:

Where are you most tempted to let your feelings determine what is true or right? _____

PRAYER:

God, help me understand my feelings without letting them guide me away from truth. Give me wisdom to trust Your Word, even when I feel differently. Amen.

THE WORLD SAYS:

"Trust your instincts."

GOD SAYS:

"There is a way
that appears to
be right, but in
the end it leads
to death."

PROVERBS 14:12

REFLECTION:

One of the hardest truths to accept is that we can be sincerely wrong.

A person can genuinely believe they are making the right choice and still be mistaken.

That's why seeking God's wisdom is so imperative.

His truth isn't based on changing emotions or limited perspective. His truth is steady and trustworthy.

When God warns us about something, it isn't because He wants to restrict us. It's because He is a loving Father and wants to protect His children.



What Stands Out?

What part of today's verse challenges you? _____



Personal Reflection

Have you ever been convinced you were right, only to realize later you were mistaken? _____



Looking Closer

What does this verse teach about God's wisdom versus our own? _____



A Question to Consider

How might your life look different if you consistently sought God's wisdom *first*? _____

JOURNAL PROMPT:

What is one area of your life where you need God's perspective? _____

PRAYER:

Lord, protect me from relying only on what seems right to me. Help me seek Your wisdom above my own. Amen.

THE WORLD SAYS:

"Look within."

GOD SAYS:

**"Your word is
a lamp for my
feet, a light
on my path."**

PSALM 119:105

REFLECTION:

Imagine walking through a dark place without a light. Every step would feel uncertain.

That's what life can feel like when we're relying only on ourselves.

God never intended us to navigate life alone. He has given us His Word to guide us.

The Bible may not directly answer every question we ask, but it does provide the wisdom and instruction we need to walk faithfully with God.

The more familiar we become with God's Word, the easier it becomes to recognize and follow His direction.



What Stands Out?

What image comes to mind when you read this verse? _____



Personal Reflection

Where do you most need God's guidance today? _____



Looking Closer

What does this passage reveal about God's care for us? _____



A Question to Consider

What would it look like to allow God's Word to guide your decisions this week? _____

JOURNAL PROMPT:

Write a prayer asking God to guide you in one specific area of your life. _____

PRAYER:

God, thank You for giving me Your Word. Help me trust Your guidance more than my own instincts. Amen.

THE WORLD SAYS:

"Do what's right for you."

GOD SAYS:

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

JAMES 1:22

REFLECTION:

We've seen that our hearts and feelings aren't always reliable guides. God has given us something better: His Word.

Knowing what God says is only the beginning. James tells us not to merely hear the Word, but to *do what it says*.

Sometimes God's Word will agree with what you already want to do. Other times, it will challenge your feelings, desires, or assumptions. That's when the question becomes: *Which one will you follow?*

Following God means trusting that He knows what is best. So when your heart says one thing and God's Word says another, you have a choice. **Don't just hear what God says. Trust Him enough to live it.**



What Stands Out?

What word, phrase, or idea stands out to you most in today's verse? _____



Personal Reflection

Why do you think knowing what God says is sometimes easier than putting it into practice? _____



Looking Closer

What does this passage (James 1:22-25) teach about the purpose of God's Word? _____



A Question to Consider

What happens when God's Word and your desires conflict? _____

JOURNAL PROMPT:

What is something you've learned so far that you need to put into practice this week? _____

PRAYER:

God, thank You for giving me Your Word to guide me. Help me not only to hear what You say, but to trust You enough to do it. Amen.

WEEK 1 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between following your heart and following God? _____



WHAT IF JESUS IS RIGHT?

What if your heart is not the most trustworthy guide in your life? _____

How might your decisions change if you truly believed God's wisdom was better than your own? _____

CLOSING PRAYER:

Father, thank You for loving me enough to guide me. Help me trust Your wisdom more than my feelings and Your truth more than my own understanding. Teach me to follow You faithfully this week. Amen.

Week 02



*You've
heard
it said*

**BELIEVE
IN YOURSELF**



Key Question:

WHERE SHOULD MY CONFIDENCE COME FROM?

MEMORY VERSE:

“I can do all this through him who gives me strength.”

PHILIPPIANS 4:13

WHY THIS MATTERS:

From a young age, we’re told to believe in ourselves. We hear it from coaches, teachers, movies, social media influencers, and motivational speakers.

The message sounds positive: “You’ve got this.” “Trust your gut.” “Believe in yourself.”

And to be fair, there is something good behind that advice. It’s important to have confidence. It’s important to recognize the gifts and abilities God has given us.

But what happens when we face something bigger than ourselves? What happens when our strength isn’t enough?

The Bible points us toward a different kind of confidence—confidence in God rather than in ourselves.

This week we’ll discover that God never intended us to carry life’s burdens alone. Instead of trusting in our own strength, we’re invited to trust the One whose strength *never* fails.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family
- ☐ Friends
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

Believing in yourself means: _____

THIS WEEK’S PRAYER:

Father, thank You for creating me with unique gifts and abilities. Help me see the difference between confidence in myself and confidence in You. Teach me to trust Your strength when my own strength falls short. Amen.

THE WORLD SAYS:

"Believe in yourself."

GOD SAYS:

"Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the Lord." JEREMIAH 9:23-24

REFLECTION:

Most people place their confidence somewhere.

Some trust their intelligence. Others trust their talent, money, appearance, education, or accomplishments.

None of those things are necessarily bad. They can all be gifts from God. The problem comes when they become the foundation of our confidence. Why?

Because all of those things can change. Health can fail. Money can disappear. Abilities can fade. Circumstances can shift.

God invites us to build our confidence on something far more secure: a relationship with Him.

The greatest thing about you isn't what you've accomplished. It's that you can know the God who created you.



What Stands Out?

What word or phrase from today's passage catches your attention? _____



Personal Reflection

When are you most tempted to place your confidence in yourself? _____



Looking Closer

What does this passage teach you about what God values? _____



A Question to Consider

What would it look like to find your confidence in God instead of your accomplishments? _____

JOURNAL PROMPT:

If I lost the thing I depend on most for confidence,
I would feel... _____

PRAYER:

*Father, help me place my confidence
in You rather than in things that can be
taken away. Amen.*

THE WORLD SAYS:

"Trust yourself."

GOD SAYS:

**"Those who trust
in themselves are
fools, but those
who walk in wisdom
are kept safe."**

PROVERBS 28:26

REFLECTION:

This verse may sound surprising.

After all, we're often told to trust ourselves.

But God understands something we sometimes forget...our perspective is limited. We don't know everything. We don't always see the consequences of our choices. We can be influenced by fear, pride, insecurity, or emotion.

That's why God's wisdom is so valuable.

Trusting God doesn't mean ignoring your own thoughts or experiences. It means recognizing that God's wisdom is greater than your own.

When we seek His guidance, we're choosing to rely on Someone who sees what we cannot.



What Stands Out?

What surprises you about this verse? _____



Personal Reflection

What do you tend to rely on most when you need to make a difficult decision? Why? _____



Looking Closer

What does this passage reveal about God's wisdom? _____



A Question to Consider

Why is it sometimes difficult to ask God for guidance? _____

JOURNAL PROMPT:

Describe a situation where God's wisdom could help you right now. _____

PRAYER:

*Lord, teach me to seek Your wisdom
instead of assuming I always know
what's best. Amen.*

THE WORLD SAYS:

"The only person you can truly count on is yourself."

GOD SAYS:

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."

PSALM 28:7

REFLECTION:

Our world celebrates independence and self-reliance. Being capable and responsible *are* good things, but believing that we can only count on ourselves places a burden on us that God never intended us to carry.

In the Psalms, David's confidence wasn't based on believing he was strong enough to handle whatever came his way. He trusted in a strength beyond his own.

Believing in God doesn't mean we stop using the abilities He has given us. It means recognizing that our ultimate confidence and dependence belong in Him.

We don't have to face life as though everything depends on us. God is our strength, our protector, and our help.



What Stands Out?

Which part of today's passage gives you hope? _____



Personal Reflection

When you face something difficult, where do you usually look first for strength or help? _____



Looking Closer

What does this passage reveal about the help God provides? _____



A Question to Consider

How might your approach to challenges change if you trusted more in God's strength? _____

JOURNAL PROMPT:

Where do you most need God's strength today? _____

PRAYER:

God, thank You that I don't have to be strong all the time. Help me to rely on Your strength. Amen.

Believe In Yourself

THE SOURCE OF MY STRENGTH

Day 04
WEEK TWO

You've heard it said

THE WORLD SAYS:

"You can do anything you set your mind to."

GOD SAYS:

"I can do all this through him who gives me strength."

PHILIPPIANS 4:13

REFLECTION:

This verse is often quoted as motivation for success. But Paul wasn't talking about winning, achieving, or accomplishing great things. He was talking about contentment.

He had experienced both abundance and hardship, and through them learned to trust Christ in every circumstance.

The secret wasn't confidence in himself. The secret was confidence in Christ and reliance on His strength.

This verse reminds us that God's strength is enough for whatever He calls us to face. Whether life is easy or difficult, Christ remains faithful.



What Stands Out?

What do you learn about Paul's confidence from this passage? _____



Personal Reflection

What challenge are you facing that requires God's strength? _____



Looking Closer

How is confidence in Christ different from confidence in yourself? _____



A Question to Consider

How would your perspective change if you believed Christ was with you in every situation? _____

JOURNAL PROMPT:

Finish this sentence: Right now, I need Christ's strength to help me... _____

PRAYER:

Jesus, thank You for being my source of strength. Help me depend on You today. Amen.

THE WORLD SAYS:

"Everything you need is already within you."

GOD SAYS:

"Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God."

2 COR. 3:4-5

REFLECTION:

After thinking this week about what it means to "believe in yourself," you might wonder: *Does trusting God mean I shouldn't have confidence at all?*

Paul speaks of having confidence, but he is careful about where that confidence comes from. Our sufficiency, our confidence, is from God.

God has given each of us abilities, opportunities, and strengths, and we should use them well. Biblical confidence recognizes that God has equipped us to act, and yet we remain dependent on Him.

We can have confidence, not because we believe we are enough for anything life brings, but because our trust is in the God who is.



What Stands Out?

What word, phrase, or idea stands out to you most from today's passage? _____



Personal Reflection

What is your confidence usually based on: abilities, successes, what others think of you, your relationship with God, or something else? _____



Looking Closer

What do you see as the difference between biblical confidence and self-reliance? _____



A Question to Consider

What might God do through your life if you relied more on Him than on yourself? _____

JOURNAL PROMPT:

Write about one area where you want to shift from relying primarily on yourself to trusting God? _____

PRAYER:

God, thank You for the abilities and opportunities You have given me. Help me use them with confidence without forgetting where my strength and sufficiency come from. Amen.

WEEK 2 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between believing in yourself and trusting in God? _____



WHAT IF JESUS IS RIGHT?

What if confidence in God is more reliable than confidence in yourself? _____

How might that change the way you approach challenges, failures, and uncertainty? _____

CLOSING PRAYER:

Father, thank You for being stronger than my weaknesses and wiser than my understanding. Help me place my confidence in You rather than in myself. Teach me to trust Your strength and follow Your leading each day. Amen.

Week 03





Key Question:

IS TRUTH SOMETHING I CREATE OR DISCOVER?

MEMORY VERSE:

“Sanctify them by the truth; your word is truth.”

JOHN 17:17

WHY THIS MATTERS:

One of the most common phrases in our culture today is "Speak *your* truth."

At first, that can sound like good advice. People want to be heard. People want to tell their stories. People want to be honest about their experiences. Those are good things.

However, often this phrase implies something more. It suggests that truth is personal; that what is true for one person may not be true for another.

The Bible presents a very different view. According to Scripture, truth isn't something we invent. Truth is something God reveals.

This week we'll explore why God's truth matters, how it is unchanging and eternal, and how Jesus is connected to it.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family/Friends
- ☐ News & Culture
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

Truth is: _____

THIS WEEK'S PRAYER:

Father, help me approach Your Word with humility and honesty. Teach me to recognize Your truth and give me the courage to follow it, even when it challenges my own opinions or assumptions. Amen.

THE WORLD SAYS:

"Speak your truth."

GOD SAYS:

**"Sanctify them by
the truth; your
word is truth."**

JOHN 17:17

REFLECTION:

When Jesus prayed for His followers, He didn't point them toward their feelings, opinions, or personal experiences. He pointed them toward God.

Why? Because truth must be rooted in something more reliable than ourselves.

Our opinions can change. Our emotions can shift. Our understanding can grow. But God's truth remains constant.

That doesn't mean every question is easy to answer. It does mean we have a trustworthy place to begin.

In a world filled with competing voices, God invites us to listen *first* to Him.



What Stands Out?

What word or phrase from today's verse catches your attention? _____



Personal Reflection

What most influences what you believe is true? _____



Looking Closer

What does this verse teach you about God's Word? _____



A Question to Consider

What makes something true? _____

JOURNAL PROMPT:

Choose one belief that shapes the way you live.
What is it based on? _____

PRAYER:

*Father, help me trust Your truth even
when it challenges my own thinking.
Amen.*

THE WORLD SAYS:

"Everyone has their own truth."

GOD SAYS:

"I am the way and the truth and the life. No one comes to the Father except through me."

JOHN 14:6

REFLECTION:

Jesus didn't simply claim to teach the truth. He said He is *the* truth.

That is one of the most remarkable statements in the Bible.

Truth is not merely a set of facts. Truth is ultimately found in a Person.

Everything Jesus taught, everything He did, and everything He revealed about God shows us what is true.

If we want to know what God is like, we look to Jesus.

If we want to know how to live, we look to Jesus.

If we want to know what is ultimately true, we look to Jesus.



What Stands Out?

What part of Jesus' statement surprises or challenges you? _____



Personal Reflection

How would you explain who Jesus is to someone who knows very little about Him? _____



Looking Closer

What does this verse reveal about Jesus? _____



A Question to Consider

Why do you think Jesus connected truth, life, and salvation together? _____

JOURNAL PROMPT:

Write about something new you've learned about Jesus recently. _____

PRAYER:

Jesus, help me know You more deeply and trust what You teach. Amen.

THE WORLD SAYS:

"What's true for you may not be true for me."

GOD SAYS:

"All your words are true; all your righteous laws are eternal."

PSALM 119:160

REFLECTION:

Many things change - Technology changes. Culture changes. Opinions change. But God's truth does not.

This verse reminds us that God's Word endures.

What was true about God a thousand years ago is still true today.

His character hasn't changed. His promises haven't changed. His wisdom hasn't changed.

That's good news because it means we have something stable to stand on in an unstable world.



What Stands Out?

What about today's verse encourages you most? _____



Personal Reflection

Have you ever changed your mind about something you once strongly believed? _____



Looking Closer

What does this verse reveal about God's character? _____



A Question to Consider

Why is it comforting to know that God's truth does not change? _____

JOURNAL PROMPT:

Describe a time when you needed something stable and dependable in your life. _____

PRAYER:

God, thank You for being faithful and unchanging. Help me build my life on Your truth. Amen.

THE WORLD SAYS:

"Be true to yourself."

GOD SAYS:

"For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths."

2 TIMOTHY 4:3-4

REFLECTION:

Truth is easy to accept when it agrees with what we already believe. But what happens when it doesn't?

Paul warned that people would sometimes reject truth in favor of teachers who told them what they wanted to hear. That temptation still exists.

When something challenges our beliefs, desires, or choices, it can be easier to look for an answer that agrees with us rather than reconsider what we believe.

Since God is the source of truth, we don't get to reshape His truth to make it more comfortable for our lives. Sometimes truth will challenge what we believe or how we live. When it does, we need the humility to listen and the willingness to act according to His direction.



What Stands Out?

What word, phrase, or warning stands out to you most from today's scripture? _____



Personal Reflection

How do you typically respond when something challenges what you already believe? _____



Looking Closer

Why is it easier to hear what we want than what we need? _____



A Question to Consider

If God's Word clearly challenged something you sincerely believed or wanted, would you be willing to reconsider your position? _____

JOURNAL PROMPT:

Where might you need to let God's truth challenge what you believe? _____

PRAYER:

God, help me desire truth more than I desire to be right or comfortable. Help me seek Your truth with an open and willing heart. Amen.

THE WORLD SAYS:

"You do you."

GOD SAYS:

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

ROMANS 12:2

REFLECTION:

"You do you" sounds...freeing. It encourages us to live according to what feels authentic without worrying about what others think. But following God calls us to something more.

This passage instructs us to not simply accept the way we already think or conform to the thinking of those around us. Instead, we are to be *transformed*! God's truth doesn't just give us new information. It should change the way we think, what we value, the choices we make, and ultimately how we live.

Throughout this week, we've seen that truth isn't something we create for ourselves. It comes from God. And when His truth conflicts with something we believe, truth isn't what needs to change. We are. Following God means being willing to let His truth shape us into who He wants us to become.



What Stands Out?

What word, phrase, or idea stands out to you? Why? _____



Personal Reflection

In the past few years, have your beliefs, attitudes, or priorities changed? What caused you to reconsider them? _____



Looking Closer

What is the difference between being *conformed* and *transformed*? _____



A Question to Consider

What might change when you allow God's truth to shape your thinking? _____

JOURNAL PROMPT:

Write about one area where you want God's truth to change the way you think or live? _____

PRAYER:

Lord, renew my mind through Your Word and give me the humility to change when my thinking doesn't align with Yours. Amen.

WEEK 3 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between "my truth" and God's truth? _____



WHAT IF JESUS IS RIGHT?

What if truth isn't something we create, but something God reveals to us? _____

How might that change the way you approach your beliefs, decisions, and relationships? _____

CLOSING PRAYER:

*Father, thank You for revealing truth through Your Word and through Your Son.
Help me seek Your truth above my own opinions and follow it with humility,
courage, and love. Amen.*

Week 04



*You've
heard
it said*

**YOU ARE
ENOUGH**



Key Question:

WHERE DOES MY WORTH COME FROM?

MEMORY VERSE:

“Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God.”

2 CORINTHIANS 3:5

WHY THIS MATTERS:

"You are enough." It's one of the most pervasive messages in our culture today. People write it on coffee mugs, post it on social media, and repeat it as encouragement to themselves and others.

And, honestly, we understand why. Many people struggle with feelings of inadequacy. They feel like they don't measure up. They feel like they're failing and wonder if they'll ever be good enough. So when someone says, "*You are enough*," it sounds comforting.

But have you ever noticed that even after hearing those words, many people still feel empty?

The Bible offers a different message. It doesn't tell us to find our worth by looking deeper within ourselves. Instead, it points us to the God who created us, loves us, and sent His Son to save us.

This week we'll discover that, while we are not sufficient to save ourselves, we are deeply loved by the One who can.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family/Friends
- ☐ Self-Help Books
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

I feel like I'm enough when: _____

THIS WEEK'S PRAYER:

Father, help me see myself the way You see me. Teach me to find my identity in Your love rather than in my achievements, failures, or the opinions of others. Amen.

THE WORLD SAYS:

"Make something of yourself."

GOD SAYS:

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

GENESIS 1:27

REFLECTION:

We often measure our worth by what we accomplish, how we look, or what others think of us. But the Bible gives us a different starting point.

Genesis tells us that every person is created in the image of God. Your worth isn't something you have to achieve, earn, or prove. You have value simply because of the One who created you.

Our God-given worth doesn't mean we have everything we need within ourselves, though. We were created to know and depend on Him.

You were created by Him and bear His image. That truth should shape how you see yourself and everyone around you.



What Stands Out?

What stands out to you about the way God created people? _____



Personal Reflection

What do you usually base your worth on? _____



Looking Closer

What does this passage reveal about God's view of humanity? _____



A Question to Consider

How might your life change if you truly believed your worth comes from God? _____

JOURNAL PROMPT:

Write about a time when you felt truly valued by someone for who you are. _____

PRAYER:

God, thank You for creating me in Your image. Help me remember that my value comes from You. Amen.

You Are Enough
WE FALL SHORT

Day **02**
WEEK FOUR

*You've
heard
it said*

THE WORLD SAYS:

"You are enough just as you are."

GOD SAYS:

"For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus."

ROMANS 3:23-24

REFLECTION:

Yesterday we saw that every person has real worth because we are created in the image of God. But having worth does not mean we have everything we need within ourselves.

The Bible is honest about our condition. We have all sinned. We have all fallen short of God's standard. No amount of success, self-confidence, or good intentions can change that.

That may sound discouraging, but this passage doesn't end with our failure. Instead it points us toward God's grace.

We don't have to pretend we're good enough or try to save ourselves. Recognizing that we fall short isn't a statement about our worth. It's an honest recognition of our need for a relationship with our Creator.

And that need is exactly where the Good News begins.



What Stands Out?

What word or phrase from today's passage catches your attention? _____



Personal Reflection

In what areas of life do you feel you have to "be enough" on your own? _____



Looking Closer

What do these verses teach you about God's grace? _____



A Question to Consider

How does God's grace change the way you view your failures? _____

JOURNAL PROMPT:

Describe a time when you felt like needing help meant you weren't capable or "enough.": _____

PRAYER:

Father, thank You for loving me even when I fall short. Help me trust Your grace today. Amen.

THE WORLD SAYS:

"You have to love yourself before anyone else can love you."

GOD SAYS:

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

ROMANS 5:8

REFLECTION:

Many people believe God loves them because they're good. But that's not what this verse says.

God loved us while we were still sinners.

Before we cleaned up our lives. Before we figured everything out. Before we could earn anything. Because...God's love isn't earned. It's given.

The cross is proof that God's love is bigger than our failures. That doesn't mean our sins don't matter. It means God loved us enough to act on our behalf even while we were still sinners.



What Stands Out?

What part of this verse encourages you? _____



Personal Reflection

Do you ever feel like you have to earn God's approval? _____



Looking Closer

What does this verse reveal about God's love? _____



A Question to Consider

How does God's love differ from the way people often show love? _____

JOURNAL PROMPT:

Write a prayer thanking God for loving you even when you fall short. _____

PRAYER:

Father, thank You for loving me even when I don't deserve it. Help me rest in Your love. Amen.

You Are Enough

GRACE FREELY GIVEN

Day 04
WEEK FOUR

You've
heard
it said

THE WORLD SAYS:

"With enough hard work and perseverance, you can achieve anything."

GOD SAYS:

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."

EPHESIANS 2:8-9

REFLECTION:

Hard work and perseverance are good things. They can help us accomplish goals and grow in many areas of life. But some things cannot be achieved through greater effort. Salvation is one of them.

Ephesians 2 tells us that salvation is God's gift. We can't work hard enough, behave well enough, or accomplish enough to erase our sin and earn it. That's why we need grace.

Grace is not something we achieve. It is something God freely gives. And that grace changes how we live. Verse 10 reminds us that we are created for good works. We don't obey God to earn His grace; we respond to His grace by faithfully living the life He calls us to live.



What Stands Out?

What word or phrase stands out to you most in today's scripture? Why? _____



Personal Reflection

How does God's grace change the way you think about your own efforts? _____



Looking Closer

What does this verse teach about the difference between trying to earn salvation and living faithfully? _____



A Question to Consider

Why can it be hard to accept salvation as a gift we can't earn? _____

JOURNAL PROMPT:

What does it mean to you that God's grace cannot be earned? _____

PRAYER:

*God, thank You for the gift of grace.
Help me trust what You have done for
me through Christ. Amen.*

THE WORLD SAYS:

"Look within."

GOD SAYS:

"I am the vine;
you are the
branches. If you
remain in me and
I in you, you
will bear much
fruit; apart from
me you can do
nothing."

JOHN 15:5

REFLECTION:

The message of the Bible is not: "Try harder." "Believe in yourself." Or, "You are enough."

The message of the Bible, and especially of the gospel, is that *Jesus* is enough.

Jesus describes Himself as the vine and us as the branches. A branch cannot provide its own life. In the same way, we were never meant to be spiritually self-sufficient. Jesus says, "Apart from me you can do nothing."

This isn't bad news. It's freeing.

You don't have to prove your worth. You don't have to pretend you never fall short. And you don't have to provide everything you need from within yourself.

Your worth is real. Your need is real. And in Christ, God provides what you cannot provide for yourself.



What Stands Out?

What part of Jesus' illustration speaks to you most? _____



Personal Reflection

What do you tend to rely on besides Jesus? _____



Looking Closer

What does this passage teach about our relationship with Christ? _____



A Question to Consider

How would your life change if you learned to depend on Christ more fully? _____

JOURNAL PROMPT:

Finish this sentence: "Today I need Jesus because..." _____

PRAYER:

Jesus, thank You that I don't have to be enough on my own. Help me depend on You rather than myself. Amen.

You Are Enough

WEEK 4 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

Explain the difference between finding your worth in yourself and finding your worth in Christ? _____



WHAT IF JESUS IS RIGHT?

What if your value doesn't come from your accomplishments, your appearance, or what others think of you? _____

What if your value comes from being created and loved by God? _____

CLOSING PRAYER:

Father, thank You for creating me, loving me, and saving me through Jesus. Help me stop searching for my worth in temporary things or within myself and find my identity in You. Teach me to trust that Your love is enough and that Christ is sufficient for every need in my life. Amen.

Week 05



LIVE YOUR
BEST LIFE

Key Question:

WHAT IS THE BEST LIFE?



MEMORY VERSE:

"I have come that they may have life, and have it to the full."

JOHN 10:10

WHY THIS MATTERS:

"Live your best life." "You deserve to be happy." "God just wants you to be happy."

These messages are everywhere. They sound appealing because everyone wants happiness, fulfillment, and purpose.

After all, who wants to waste their life? Who wants to be miserable? Who doesn't want to experience joy?

The desire for happiness isn't wrong. God created us with the capacity for joy. But the Bible challenges us to think deeper.

Is happiness the ultimate goal of life? Or is there something greater?

This week we'll discover that Jesus offers something far better than a life spent chasing temporary happiness. He offers the life we were created for, and in Him we find true, lasting joy.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family/Friends
- ☐ Podcasts
- ☐ Movies/TV
- ☐ Social Media
- ☐ Self-Help Books
- ☐ Church
- ☐ Other _____

Complete this sentence:

The best life is: _____

THIS WEEK'S PRAYER:

Father, help me understand what truly matters. Show me where I may be chasing temporary happiness instead of lasting joy. Teach me to find my purpose and fulfillment in You. Amen.

THE WORLD SAYS:

"Live your best life."

GOD SAYS:

**"I have come that
they may have
life, and have it
to the full."**

JOHN 10:10

REFLECTION:

Who doesn't want to live a full and meaningful life? The desire for joy, purpose, and fulfillment isn't wrong. In fact, Jesus said He came so that we could have *abundant* life. But what does that look like?

The abundant life doesn't mean a trouble-free life. Jesus' followers experienced hardship, suffering, and even persecution. The abundant life Jesus offers isn't measured by comfort or circumstances.

It is a life found in Him, filled with purpose, hope, forgiveness, peace, and eternal significance.

That is the abundant life Jesus came to provide.



What Stands Out?

What word or phrase catches your attention? _____



Personal Reflection

How does the world's definition of a good life differ from Jesus' definition? _____



Looking Closer

What does this verse reveal about Jesus? _____



A Question to Consider

What are you pursuing most in your life right now? _____

JOURNAL PROMPT:

What does an abundant life look like to you? _____

PRAYER:

*Father, help me seek the abundant life
that only You can provide. Amen.*

THE WORLD SAYS:

"Do what makes you happy."

GOD SAYS:

**"You make known
to me the path
of life; you will
fill me with joy in
your presence, with
eternal pleasures
at your right hand."**

PSALM 16:11

REFLECTION:

Many people spend years searching for happiness. A better job. A bigger house. A relationship. More money. More success.

Yet even when people achieve those things, many still feel empty. Why?

Because we were created for something deeper.

David says that fullness of joy is found in God's presence. Not merely in God's gifts, but in God Himself.

The greatest joy is not found in having everything we want.

A truly joy-filled life is found in the presence of God.



What Stands Out?

What phrase from today's verse stands out most to you? _____



Personal Reflection

Where do people often look for happiness? _____



Looking Closer

What does this verse teach about God? _____



A Question to Consider

How is joy different from happiness? _____

JOURNAL PROMPT:

What things have you hoped would make you happy that didn't? _____

PRAYER:

Father, help me seek You more than the things You provide. Help me understand and appreciate the true joy you give. Amen.

THE WORLD SAYS:

"Your circumstances dictate your happiness."

GOD SAYS:

"...for I have learned to be content whatever the circumstances..."

PHILIPPIANS 4:11

REFLECTION:

Paul wrote these words while facing tremendous hardship, yet he said he had learned the secret of contentment. *Take a moment to read all of Philippians 4:11-13 to see what he means.*

Paul's contentment wasn't based on comfort, success, or having everything he wanted. His contentment came from a close relationship with Christ.

Many people spend their lives waiting for the right circumstances, hoping then they'll be happy. Paul discovered something better. He learned that contentment rooted in Christ can remain even when circumstances change. We can experience that same contentment when we learn to depend on Christ, too.



What Stands Out?

What do you learn about Paul from this passage? _____



Personal Reflection

What circumstances currently affect your happiness? _____



Looking Closer

What does this passage teach about contentment? _____



A Question to Consider

What is the difference between happiness and contentment? _____

JOURNAL PROMPT:

What would it look like to find contentment in Christ today? _____

PRAYER:

Lord, teach me to always find my strength and contentment in You. Amen.

THE WORLD SAYS:

"Live life on your own terms."

GOD SAYS:

"For whoever wants to save their life will lose it, but whoever loses their life for me will find it."

MATTHEW 16:25

REFLECTION:

The world's advice *sounds* like freedom. Decide what *you* want, pursue what makes *you* happy, and build the life *you* choose.

Jesus offers a very different path. In Matthew 16:25, He says that whoever tries to save their life will lose it, but whoever loses their life *for Him* will find it.

Following Jesus means surrendering our plans, desires, and priorities to Him. It means trusting that His way is better, even when it isn't the way we would choose for ourselves.

The surrendered life may not always be the easiest life. But according to Jesus, it is where we discover the life we were meant to live.



What Stands Out?

What word or phrase catches your attention (*be sure to read vs. 24-25*)? _____



Personal Reflection

What plans or desires are hardest for you to surrender to God? _____



Looking Closer

What does this verse teach about where the best life is found? _____



A Question to Consider

Why might surrender actually lead to a better life? _____

JOURNAL PROMPT:

Write about one area you need to surrender to Jesus? _____

PRAYER:

God, help me surrender my plans to You and trust that Your way is better than mine. Amen.

THE WORLD SAYS:

"Put yourself first."

GOD SAYS:

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

MATTHEW 6:33

REFLECTION:

Every life is built around something. What we put first shapes everything else about the way we live. Jesus asks us to consider what deserves first place.

Matthew 6:33 tells us to seek God's kingdom and His righteousness **first**. Our highest priority isn't our comfort, happiness, success, or even getting the life we want. It is living for God and His purposes.

Throughout this week, we've discovered that the best life isn't necessarily the easiest or happiest life. It is a life filled with joy, contentment, and purpose because God is at the center of it.

When we put Him first, we discover what it truly means to live our best life.



What Stands Out?

What does "seek first" mean to you? _____



Personal Reflection

What tends to compete with God for first place in your life? _____



Looking Closer

What does it mean to "seek first" God's kingdom? _____



A Question to Consider

How might putting God first change your priorities? _____

JOURNAL PROMPT:

Write about one way you can put God first this week? _____

PRAYER:

*God, help me put You first in my life.
Shape my priorities around Your will
and teach me to seek Your kingdom
above my own desires. Amen.*

WEEK 5 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between the world's idea of "living your best life" and Jesus' invitation to abundant life? _____



WHAT IF JESUS IS RIGHT?

What if your best life isn't found by pursuing happiness? What if it's found by pursuing Christ? _____

How might that change your goals, priorities, and daily decisions? _____

CLOSING PRAYER:

Father, thank You for offering me something greater than temporary happiness. Help me find my joy, purpose, and identity in You. Teach me to trust that Your way leads to the life I was created for. May I pursue Christ above all else and discover the abundant life He promised. Amen.

Week 06



Key Question:

WHAT IS LOVE, AND WHO GETS TO DEFINE IT?



MEMORY VERSE:

“Love does not delight in evil but rejoices with the truth.”

1 CORINTHIANS 13:6

WHY THIS MATTERS:

“Love is love” has become a familiar way of saying that genuine love should be accepted and valued, regardless of who is involved. Behind the phrase are desires for acceptance, equality, and compassion. Those are things worth taking seriously.

But the phrase also raises an important question: Is love defined simply by what we feel for another person, or is there a greater standard for what love is?

The Bible teaches that love matters deeply. In fact, Christians are commanded to love God and others. But Scripture doesn't leave us to define love for ourselves. God is the source of love, and He shows us what genuine love looks like.

Throughout this week, we'll explore what the Bible says about love, truth, obedience, and what it really means to love like Jesus.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family/Friends
- ☐ Music
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

Love is: _____

THIS WEEK'S PRAYER:

Father, thank You for loving me. Help me understand what real love looks like and teach me to love others the way You do. Amen.

THE WORLD SAYS:

"Love is love."

GOD SAYS:

"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love."

1 JOHN 4:7-8

REFLECTION:

When people talk about love, they often start with human feelings.

The Bible starts somewhere different, somewhere better. It starts with God.

God is the source of love. Every act of genuine love reflects something about His character.

And the greatest demonstration of love wasn't found in a movie, a song, or a romantic relationship. It was found at the cross. God loved us enough to send His Son to save us.

If we want to understand what love truly is, we must begin with God.



What Stands Out?

What word or phrase catches your attention in today's passage? _____



Personal Reflection

When you hear the word "love," what comes to mind first? _____



Looking Closer

What does this passage teach you about God's love? _____



A Question to Consider

Why do you think the Bible begins its discussion of love with God rather than people? _____

JOURNAL PROMPT:

Write about what God's love teaches you about true love. _____

PRAYER:

God, help me understand love as You define it and reflect Your love in the way I live. Amen.

THE WORLD SAYS:

"Love is a feeling."

GOD SAYS:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 CORINTHIANS 13:4-7

REFLECTION:

When many people think about love, they think first about feelings. But notice how the Bible describes love.

Love is patient. Love is kind. Love is not selfish or arrogant. Love perseveres.

These are more than emotions. They are choices reflected in the way we treat others. Feelings can change, but Biblical love remains committed to seeking the good of another person.

True love is not simply something we feel. It shapes how we live.



What Stands Out?

Which description of love stands out most to you? _____



Personal Reflection

Which aspect of love do you find easiest? Which is most difficult? _____



Looking Closer

What do these verses reveal about God's character? _____



A Question to Consider

How is Biblical love different from the way love is often portrayed in culture? _____

JOURNAL PROMPT:

Choose one characteristic from today's passage and write about how you could practice it this week.

PRAYER:

God, help me love others with patience, kindness, and humility. Amen.

THE WORLD SAYS:

"If you love someone, you'll support them no matter what."

GOD SAYS:

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

EPHESIANS 4:15

REFLECTION:

We sometimes think loving someone means agreeing with them or telling them what they want to hear. Biblical love challenges that thinking and teaches that we can't separate love from truth.

Ephesians 4 tells us to **"speak the truth in love."** Truth without love can be harsh, but love without truth can lead someone in the wrong direction.

Genuine love seeks what is best for another person. Sometimes that means encouraging them. Sometimes it means having a difficult conversation.

God calls us to care enough to be truthful, and loving enough to speak that truth with grace.



What Stands Out?

What stands out to you about the relationship between love and truth? _____



Personal Reflection

Have you ever experienced someone speaking truth to you because they cared about you? _____



Looking Closer

What does this verse teach about God's priorities? _____



A Question to Consider

Why do you think people sometimes separate love from truth? _____

JOURNAL PROMPT:

Write about a time when difficult truth ultimately helped you. _____

PRAYER:

*Father, help me love others in ways that are both compassionate and truthful.
Amen.*

THE WORLD SAYS:

"Follow your heart."

GOD SAYS:

**"If you love
me, keep my
commands."**

JOHN 14:15

REFLECTION:

Jesus connects our love for Him with the way we respond to His commands. Love for God is more than something we feel. It affects the way we live.

That doesn't mean obedience earns God's love. Rather, when we love and trust Him, we want to follow His direction.

God's commands aren't opposed to love. They come from the God who *is* love. He loves us and knows what is best for us.

Loving God means trusting Him enough to follow Him, even when His way is different from our own.



What Stands Out?

What connection does Jesus make between love and obedience? _____



Personal Reflection

When is it hardest for you to follow God's direction? _____



Looking Closer

What does obedience reveal about our trust in Jesus? _____



A Question to Consider

How does love change the way we view God's commands? _____

JOURNAL PROMPT:

Write about one area where you want to follow Jesus more faithfully. _____

PRAYER:

God, help me trust Your direction and show my love for You through the way I live. Amen.

THE WORLD SAYS:

"Love accepts people just as they are."

GOD SAYS:

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

JOHN 13:34-35

REFLECTION:

Jesus didn't simply tell His followers to love. *He showed them how...*

He served people. He forgave. He showed compassion. He spoke truth. And ultimately, He sacrificed Himself for others.

Jesus doesn't leave us to decide for ourselves what love should look like. He gives us a standard: "**Love as I have loved you.**" And He says that kind of love should identify us as His followers.

That kind of love requires humility, sacrifice, and grace. It doesn't separate love from truth or love for God from obedience to Him.

This week began with a simple question: Who gets to define love? The Bible's answer is God. And when we want to know what His love looks like in action, we look to Jesus.



What Stands Out?

What part of Jesus' example challenges you most? _____



Personal Reflection

Who in your life needs to experience Christlike love from you right now? _____



Looking Closer

What makes Jesus' love different? _____



A Question to Consider

How would your relationships change if you loved others the way Jesus loves you? _____

JOURNAL PROMPT:

What is one practical way you can show Christlike love this week? _____

PRAYER:

Jesus, teach me to love others the way You have loved me. Help my words, actions, and attitudes reflect Your heart. Amen.

WEEK 6 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between the world's definition of love and God's definition of love?



WHAT IF JESUS IS RIGHT?

What if love is more than a feeling? What if real love seeks what is true, good, and best for others—even when it's difficult? _____

How might that change the way you approach your relationships? _____

CLOSING PRAYER:

Father, thank You for showing me what love truly is through Jesus. Help me love others with grace, truth, patience, and humility. Teach me to reflect Your love in every relationship and help me become more like Christ each day. Amen.

Week 07



MANIFEST YOUR OWN DESTINY



Key Question:

WHO IS REALLY DIRECTING MY LIFE?

MEMORY VERSE:

**“In their hearts humans plan their course,
but the Lord establishes their steps.”**

PROVERBS 16:9

WHY THIS MATTERS:

“Manifest your own destiny.” “Speak it into existence.” “Create the life you want.” Messages like these have become incredibly popular. The idea is simple: if you think positively enough, believe strongly enough, and focus intensely enough, you can shape the future you want.

There is something attractive about that idea, to be sure. After all, who doesn't want more control over their life? Who doesn't want confidence about the future? Who doesn't want to believe success is within their grasp?

The Bible encourages planning, hard work, and wise decision-making. But it also reminds us that we cannot control tomorrow or guarantee the outcome of our plans.

This week, we'll explore what it means to plan wisely, trust God's direction, and hold our plans with open hands.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Social Media
- ☐ Self-Help Books
- ☐ Podcasts
- ☐ Friends
- ☐ Movies/TV
- ☐ Business or Career Advice
- ☐ Other _____

Complete this sentence:

If I could control one thing about my future, it would be: _____

THIS WEEK'S PRAYER:

Father, help me trust You with my future. Teach me to make wise plans while remembering that You alone know what lies ahead. Give me confidence in Your guidance and peace in Your care. Amen.

THE WORLD SAYS:

"Create your own destiny."

GOD SAYS:

"...you do not even know what will happen tomorrow... you ought to say, 'If it is the Lord's will, we will live and do this or that.'"

JAMES 4:13-16

REFLECTION:

In these verses, James challenges people who speak confidently about tomorrow without acknowledging God. His point isn't that planning is wrong. His point is that life is uncertain.

None of us knows exactly what tomorrow holds. While we may want control over the future and even make careful plans, we cannot guarantee how life will unfold. Instead of trying to control the future, we can learn to trust the God who already knows it.

We can make plans while recognizing that our lives ultimately belong to God. Instead of assuming we know what tomorrow will bring, we can trust Him with whatever comes.



What Stands Out?

What part of this passage stands out most to you? _____



Personal Reflection

How do you usually respond when life feels uncertain? _____



Looking Closer

What does this passage teach about humility? _____



A Question to Consider

Why do you think people struggle with uncertainty? _____

JOURNAL PROMPT:

Describe an area of your life where you wish you had more control. _____

PRAYER:

God, help me make wise plans without trying to control the future. Teach me to trust You with whatever tomorrow brings. Amen.

THE WORLD SAYS:

"You are in control of your future."

GOD SAYS:

"In their hearts humans plan their course, but the Lord establishes their steps."

PROVERBS 16:9

REFLECTION:

The Bible is not against planning. In fact, wise planning is often encouraged throughout Scripture. But this verse reminds us that *planning* and *control* are not the same thing.

We can make plans. We can set goals. We can work hard. But ultimately, God is the One who directs our steps.

Plans held with open hands recognize that our way may not always be God's way. We move forward with wisdom and purpose while remaining willing to follow wherever He leads.

God sees the whole picture when we see only a small part. That's why we can make our plans and still trust Him with the direction.



What Stands Out?

What word or phrase from today's verse catches your attention? _____



Personal Reflection

Can you think of a time when life did not go according to your plans? _____



Looking Closer

What does this verse teach you about God's involvement in our lives? _____



A Question to Consider

What is the difference between making plans and trying to control everything? _____

JOURNAL PROMPT:

Write about a plan or goal you are currently pursuing. _____

PRAYER:

Father, help me make wise plans while trusting You with the outcome. Amen.

THE WORLD SAYS:

"Trust your gut."

GOD SAYS:

**"Show me your ways,
Lord, teach me
your paths. Guide
me in your truth
and teach me, for
you are God my
Savior, and my
hope is in you
all day long."**

PSALM 25:4-5

REFLECTION:

When we make plans, it's easy to decide what we want first and then ask God to bless it. But Psalm 25 points us toward a different approach: asking God to show us His ways and guide us in His truth.

Seeking God's direction means looking to His Word, praying for wisdom, and considering whether our plans align with what He has revealed.

God's direction may not always match what we initially wanted or expected. That's why seeking His guidance also requires a willingness to follow it.

God-directed plans begin by asking not simply, *"What do I want?"* but *"God, where do You want me to go?"*



What Stands Out?

What phrase in this passage is hardest to put into practice? _____



Personal Reflection

When making plans, where do you most often look for guidance first? _____



Looking Closer

What is the difference between trusting God and leaning on your own understanding? _____



A Question to Consider

How can you seek God's direction before making a decision? _____

JOURNAL PROMPT:

Write about one decision where you need to seek God's guidance first. _____

PRAYER:

God, guide my decisions and help me seek Your wisdom before my own. Give me a willing heart to follow wherever You lead. Amen.

THE WORLD SAYS:

*"Whatever will be,
will be."*

GOD SAYS:

**"And we know that
in all things God
works for the
good of those
who love him, who
have been called
according to his
purposed."**

ROMANS 8:28

REFLECTION:

We want assurance that our plans will work out the way we hope. That's one reason ideas like manifestation can be so appealing.

But we all know our plans don't always unfold the way we expect. Sometimes they change. Sometimes they fall apart completely. The Bible shows us that our confidence doesn't have to fall apart with them. Our confidence isn't that everything will go according to plan, but that we can trust God when it doesn't.

Romans 8:28 doesn't say everything that happens is good. It says God can work through all things for the good of those who love Him. Even painful experiences. Even disappointments. Even unexpected detours.

God can work through circumstances we never would have chosen to accomplish His purposes. That gives us reason to trust Him even when our plans change and we don't understand what He is doing.

**What Stands Out?**

What part of this verse gives you the most hope? _____

**Personal Reflection**

Can you think of a time when changed plans eventually led to something good? _____

**Looking Closer**

What does this verse reveal about God's work in our circumstances? _____

**A Question to Consider**

How can trusting God change the way you respond when plans fall apart? _____

JOURNAL PROMPT:

Write about a time when your plans changed and you struggled to see how God could work through it.

PRAYER:

God, help me trust You when my plans change. Remind me that You can work through circumstances I didn't expect or choose. Amen.

THE WORLD SAYS:

"You are the master of your fate."

GOD SAYS:

"Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

PROVERBS 19:21

REFLECTION:

We make plans for our lives. We imagine where we'll go, what we'll accomplish, and how our future will look. But Proverbs reminds us that our plans are never the final word.

This week we've seen that planning isn't wrong. We can make plans, set goals, work hard, and prepare for the future. But we do so with open hands, seeking God's direction and trusting Him when our plans change.

We don't need to create or control our own destiny. Our confidence comes from knowing that God sees what we cannot, directs our steps, and can work through circumstances we never planned.

Our plans may change. Our future may look different than we imagined. But God's purposes will prevail.



What Stands Out?

Which part of this verse gives you the most confidence? _____



Personal Reflection

How do you respond when God's direction differs from your plans? _____



Looking Closer

What contrast do you see between our plans and God's purpose? _____



A Question to Consider

What does it look like to make plans while trusting God with the future? _____

JOURNAL PROMPT:

What part of your story are you still learning to trust God with? _____

PRAYER:

God, help me make wise plans while trusting Your purposes above my own. Guide my steps and help me follow wherever You lead. Amen.

WEEK 7 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between trusting yourself to create your future and trusting God to guide your life? _____



WHAT IF JESUS IS RIGHT?

What if your future doesn't depend primarily on your ability to control circumstances? What if real peace comes from trusting the God who already sees the future? _____

How might that change the way you approach your plans, goals, and worries? _____

CLOSING PRAYER:

Father, thank You for seeing what I cannot see and knowing what I cannot know. Help me trust Your guidance more than my own plans. Give me wisdom to make good decisions and faith to follow wherever You lead. Remind me that my future is safest in Your hands. Amen.

Week 08



Key Question:

CAN I TRUST GOD WHEN LIFE DOESN'T MAKE SENSE?



MEMORY VERSE:

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

ROMANS 8:28

WHY THIS MATTERS:

When something painful happens, people often say, “Everything happens for a reason.”

Those words are usually meant to comfort or help us make sense of suffering. But if you've experienced deep loss, disappointment, betrayal, or tragedy, they can also raise difficult questions.

Did God want this to happen? Did He cause it? Is there a purpose behind my pain? Can God still be trusted when life doesn't make sense?

The Bible doesn't ignore these questions. In fact, many of God's people wrestled with them.

This week, we'll explore what the Bible says about suffering, God's role in what happens to us, how He meets us in our pain, and why we can trust Him even when we never get the answers we're looking for.

BEFORE YOU BEGIN:

Where have you heard this?

- ☐ Family/Friends
- ☐ During a difficult situation
- ☐ Movies/TV
- ☐ Social Media
- ☐ School
- ☐ Church
- ☐ Other _____

Complete this sentence:

When something difficult happens, I usually: _____

THIS WEEK'S PRAYER:

Father, there are things in life I don't understand. Help me trust You even when my questions don't have easy answers. Teach me to see Your faithfulness. And, give me hope when life feels uncertain. Amen.

A REASON FOR EVERYTHING?

THE WORLD SAYS:

"Everything happens for a reason."

GOD SAYS:

"A person's own folly leads to their ruin, yet their heart rages against the Lord."

PROVERBS 19:3

REFLECTION:

When things go wrong, we naturally want to know why. We look for a reason, an explanation, or someone to blame. And sometimes, as Proverbs 19:3 points out, we blame God for circumstances He did not cause.

Worldly advice like *"Everything happens for a reason"* can add to that confusion. There may be a reason something happened, but that doesn't mean God was the reason. Our choices have consequences. The choices of others can cause pain. And sometimes suffering is simply part of living in a broken world affected by sin.

We won't always be able to explain why something happened. But we should be careful not to assume that every hardship was caused or desired by God.

Instead of automatically blaming God when life goes wrong, we can honestly consider what happened while trusting what Scripture reveals about who He is.



What Stands Out?

What word or phrase catches your attention? _____



Personal Reflection

When something goes wrong, do you find yourself asking, "Why did God let this happen"? _____



Looking Closer

What does this verse teach you about human tendencies? _____



A Question to Consider

How is having a reason or cause different from saying God caused it? _____

JOURNAL PROMPT:

Write about a situation in your life where you are still searching for meaning or understanding. _____

PRAYER:

Father, help me trust that You are working even when I cannot see what You are doing. Amen.

THE WORLD SAYS:

"If God is so good, then why do bad things happen?"

GOD SAYS:

"The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."

PSALM 34:17-18

REFLECTION:

When something painful happens, it's natural to wonder, "If God is good, why did He let this happen?"

Suffering can make us question what we believe about God. If He could have prevented something painful, does that mean He doesn't care? Is He still good when life isn't?

The existence of suffering does not change the character of God. He is still good, and He is not distant when we hurt. He hears our cries and draws near to the brokenhearted.

We may not always understand why God allows suffering. But what we don't understand about our circumstances doesn't change what Scripture reveals about Him. We can trust that He loves us, remains with us, and will not abandon us in our pain.



What Stands Out?

What phrase in this passage stands out to you most? _____



Personal Reflection

Have you ever struggled with blaming God for something painful? _____



Looking Closer

What do you learn about God's character from the way He responds to the brokenhearted? _____



A Question to Consider

How can you hold onto God's goodness when your circumstances don't feel good? _____

JOURNAL PROMPT:

Write about what you know to be true about God, even when your circumstances are painful. _____

PRAYER:

Lord, help me trust Your goodness and love even when life is painful. Remind me that You are with me and still at work. Amen.

THE WORLD SAYS:

"Someday you'll understand why this happened."

GOD SAYS:

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. 'As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.'"

ISAIAH 55:8-9

REFLECTION:

When something painful happens, one of our first questions is often "Why?"

We want an explanation that will make sense of what happened. Sometimes we find one. Sometimes we don't.

Job experienced devastating loss and desperately wanted to understand why. But God never gave him the full explanation he was looking for. Instead, God reminded Job that His wisdom and perspective were far greater than Job's.

Isaiah reminds us of the same truth. There will be things in this life we simply don't understand. Faith doesn't mean pretending we have all the answers. It means trusting God even when we don't.



What Stands Out?

What phrase in these verses gives you the most comfort? _____



Personal Reflection

How do you respond when you can't understand why something happened? _____



Looking Closer

What do these verses reveal about the difference between God's perspective and ours? _____



A Question to Consider

What does trusting God look like when you don't have an answer? _____

JOURNAL PROMPT:

What questions do you wish God would answer? _____

PRAYER:

God, I don't always understand why things happen. Help me trust Your wisdom when I don't have the answers. Amen.

THE WORLD SAYS:

"Nothing good can come from this."

GOD SAYS:

"You intended to harm me, but God intended it for good..."

GENESIS 50:20

REFLECTION:

Joseph's life included betrayal, injustice, slavery, and imprisonment. None of those things were good or easy.

His brothers intended to harm him. Yet God was able to work through what they had done to save many lives.

This is one of the Bible's clearest examples of God's ability to redeem suffering. God didn't call evil good. He worked through evil to accomplish good.

The same God who worked in Joseph's life is still working today.

We may not always see what He is doing or understand how He can bring good from our pain. But God's ability to redeem what is broken has not changed.



What Stands Out?

What do you find most surprising about Joseph's perspective? _____



Personal Reflection

Where in your life is it hardest to believe God can still bring good? _____



Looking Closer

What can we learn from the way Joseph looks back on his suffering? _____



A Question to Consider

How does Joseph's story change the way you view painful circumstances? _____

JOURNAL PROMPT:

Write about something painful you would like God to redeem? _____

PRAYER:

God of all comfort, help me trust You with what hurts and believe You can still bring good from it. Amen.

THE WORLD SAYS:

"Time heals all wounds."

GOD SAYS:

"Praise be to the God
and Father of our
Lord Jesus Christ,
the Father of
compassion and the
God of all comfort,
who comforts us in
all our troubles..."

2 COR. 1:3-4

REFLECTION:

One of the most beautiful truths in Scripture is that God does not remain distant from our suffering.

He comforts us, strengthens us, and walks with us through difficult seasons.

Faith doesn't mean pretending everything is okay. God invites us to bring our fears, grief, and struggles to Him.

We may not understand why something happened or see how God will work through it. But we don't face our pain alone. God is near to the brokenhearted, and even when life doesn't make sense, we can still find hope in Him.



What Stands Out?

What word or phrase in these verses gives you the most hope? _____



Personal Reflection

Where do you most need God's comfort right now? _____



Looking Closer

What do these verses reveal about how God responds to our suffering? _____



A Question to Consider

How can knowing God is with you change the way you face difficult times? _____

JOURNAL PROMPT:

Write about what it means to find hope in God while you're hurting. _____

PRAYER:

God, meet me in my pain. Comfort me when I hurt, strengthen me when I struggle, and help me trust You even when I don't understand. Remind me that I am never without hope. Amen.

Everything Happens for a Reason

WEEK 8 WRAP-UP

LOOKING BACK:

Which day's Scripture impacted you the most? _____

Why? _____

WHAT DID YOU LEARN?

This week I learned... _____

One truth I want to remember is... _____

One thing God may be asking me to do is... _____

THIS WEEK'S CONVERSATION:

How would you explain the difference between God causing suffering and God redeeming suffering? _____



WHAT IF JESUS IS RIGHT?

What if God can be trusted even when life doesn't make sense? What if His presence is more important than having all the answers? _____

How might that change the way you face pain, disappointment, and uncertainty? _____

CLOSING PRAYER:

Father, thank You for walking with me through both joyful and painful seasons. Help me trust Your goodness even when I don't understand Your plans. Remind me that You are near, that You are working, and that one day You will make all things new. Through Jesus I pray, Amen.

CLOSING REFLECTION

You've now taken a deep look at several familiar sayings and evaluated them against the truth of God's Word. Some of these sayings sound good, feel right, and are repeated so often that we may rarely stop to question them.

You've heard it said...

Follow your heart.

Believe in yourself.

Speak your truth.

You are enough.

Live your best life.

Love is love.

Manifest your own destiny.

Everything happens for a reason.

While some of these sayings may contain pieces of truth, throughout this study we've discovered that a message can sound good without telling us the whole truth.

When you come across a common saying like this in the future, you know the right question to ask... *"What does God say?"*

God invites us to know Him, trust Him, and allow His Word to shape the way we understand ourselves and the world around us.

That doesn't mean we will always find the answer we expect. Sometimes Scripture comforts us. Sometimes it challenges us. Sometimes it asks us to change. But we can always trust the One who speaks.

As you close this workbook, don't stop asking questions. Keep opening your Bible and comparing the messages you hear with what God has actually said.

KEY TAKEAWAYS

God's truth is more trustworthy than our feelings.

Our hearts, desires, experiences, and opinions matter—but they are not the final authority. God sees what we cannot see and knows what we do not know.

Our confidence belongs in God, not ourselves.

We can recognize and use the gifts God has given us without believing we are sufficient on our own. Our greatest strength is found in depending on Him.

Truth is discovered, not created.

We may have different experiences and opinions, but truth does not change from person to person. Jesus points us toward truth that can be known and trusted.

We were never meant to be "enough" on our own.

Our weaknesses and failures reveal our need for something greater than self-sufficiency. In Christ, we find grace, strength, forgiveness, and hope.

God offers something better than simply pursuing happiness.

The good life is not found in doing whatever makes us happy in the moment. Jesus calls us to follow Him, and in Him we discover a deeper joy, purpose, and contentment.

God defines love.

Love is more than approval or affirmation. Biblical love seeks what is truly good, is shaped by truth, and reflects the character of God.

We can make plans without trying to control our future.

We can work hard, set goals, and prepare wisely while holding our plans with open hands and trusting God to direct our steps.

God can be trusted when life doesn't make sense.

Not everything that happens is good, and God does not cause every painful thing. But He is able to work through even the broken parts of life for good.

REFLECTION QUESTIONS

Take some time to look back over what you've written throughout this study. Be honest about what you've learned, what you're still wrestling with, and where God may be asking you to grow.

1. Which of the eight sayings did you most strongly identify with before beginning this study? Why do you think that message appealed to you?
2. What have you learned about God—His character, His priorities, or the way He relates to us—that you did not understand as clearly before?
3. Has this study changed the way you think about truth? When you encounter a message that sounds good, how might you evaluate it differently now?
4. Which truth from this study do you most want to remember six months from now?
5. What question about God or the Bible are you leaving this study with?
6. What do you want your next step with God and His Word to be?

FINAL ENCOURAGEMENT

You've reached the end of *this* study—but hopefully not the end of your questions and your study of God's Word. As you move forward, keep asking one important question when you encounter the messages, opinions, and ideas around you:

“What does the Bible say?”

You will hear countless voices telling you what to believe, who to become, what will make you happy, and how you should live. Keep asking questions. Keep seeking truth. Keep opening your Bible and allowing God's Word to shape what you believe and how you live.

Because, just because you've heard it said...doesn't mean God said it.

A PERSONAL INVITATION FROM KYB

Keep your momentum in God's word going! We'd love to continue studying with you.

You can request an in-depth Bible study, supported by a KYB Study Helper, by completing the form at knowyourbible.com/biblestudyrequest. Studies are available online or can be sent to you via USPS mail, whichever you prefer. We can even get you connected to keep studying God's Word with a personal study partner near you. We look forward to continuing to meet you in the pages of God's word.

In addition, Know Your Bible has created several similar studies that pair a series of videos on YouTube with devotional materials like this workbook. To check out our other study courses, visit the KYB YouTube channel - www.youtube.com/@KYB-Know-Your-Bible/courses - and, while you're there, be sure to subscribe to see similar content each week filled with helpful, Biblical advice.



SMALL GROUP DISCUSSION GUIDE

WELCOME, LEADER!

Thank you for leading this study. Whether you've led groups before or this is your first time, your role matters more than you think. But don't let that intimidate you because:

1. You don't have to have all the answers.
2. You don't have to be the most knowledgeable person in the room.

Your role is simple: **Create a space where people can grow, reflect, ask honest questions, and discover what God's Word says together**

HOW TO USE THIS GUIDE

This guide is designed to help you facilitate meaningful, Scripture-centered discussion using the "You've Heard It Said" video series as the basis.

You do not need to be an expert teacher to lead well. Your role is to guide conversation, create space for reflection, and help participants thoughtfully compare the messages they hear every day with what Scripture actually teaches.

Each week corresponds with one video or main teaching session and is supported by a big idea, key Scriptures, discussion questions, and an application challenge. Together, these tools help groups move beyond simply asking "Does this sound good?" to asking a much more important question:

"What does God say?"

HOW EACH WEEK FLOWS

Each session is built around a simple rhythm:

1. **Watch** (or review the content)
2. **Discuss** together
3. **Reflect** personally during the week
4. **Apply** one practical step

RECOMMENDED 45–50 MINUTE SESSION FLOW

1. Welcome & Opening Prayer - 5 minutes

- Welcome everyone.
- Brief check-in: How has your week been?
- Opening prayer.

2. Video Viewing - 10 minutes

- Watch the week's You've Heard It Said video together.
- Encourage participants to listen for something that stands out, surprises them, or challenges something they've previously thought.

3. Initial Reflection - 5 minutes

Begin with a simple, low-pressure question such as:

- "What stood out to you from the video?"
- "Was there an idea or Scripture that made you think?"
- "Before today, what did this week's saying mean to you?"

These questions help everyone enter the conversation.

4. Small Group Discussion - 20 minutes

- Refer to the Key Question Page from the week for additional context.
- Choose 2–3 discussion questions from the weekly guide. You do not need to cover everything.
- Give participants time to look at the Scriptures themselves rather than simply telling them what the verses mean.

Helpful tips

- Allow silence. Reflection takes time.
- Encourage participation, but don't force it.
- Affirm honest questions and thoughtful responses.
- When opinions differ, gently bring the conversation back to Scripture.

If discussion slows, try asking:

- "What do you notice in this Scripture?"
- "Why do you think this idea is so appealing?"
- "How is what we just read different from what we commonly hear?"
- "If we really believed this Scripture, what might change in the way we live?"

5. Application & Prayer - 10 minutes

- Invite participants to share one takeaway, question, or next step.
- Encourage them to complete the daily workbook reflections during the coming week.
- Close in prayer, asking God for wisdom to recognize His.

SMALL GROUP DISCUSSION GUIDE

PURPOSE OF THIS STUDY

Every day we encounter messages telling us what to believe, who we are, what will make us happy, and how we should live.

Some are obviously questionable. Others sound so positive and reasonable that we may never think to examine them.

This study explores eight familiar sayings. The goal is not to criticize every popular idea or assume that everything our culture says is wrong; some of these sayings contain pieces of truth or appeal to very real desires.

Instead, we want participants to develop a habit that extends far beyond these eight lessons: Hear the message. Examine the Scripture. Ask, "What does God say?"

LEADER REMINDERS

- You are facilitating, not fixing. Let Scripture do the heavy lifting.
- Questions are welcome. Someone wrestling honestly with an idea may be taking an important step toward understanding.
- Avoid turning disagreement into debate. The goal is not to win an argument but to discover what Scripture teaches.
- Don't assume everyone has the same biblical background. Explain unfamiliar terms and help participants locate passages when needed.
- Listen more than you talk. Resist the temptation to turn the discussion into a lecture.
- Keep grace central. Biblical truth should never become a weapon for embarrassing or belittling someone.
- Keep the group focused. Personal experiences can enrich discussion, but continually bring the conversation back to Scripture.

CREATING A HEALTHY DISCUSSION ENVIRONMENT

For the best experience, leaders should aim to create a space that is:

- **Grace-filled** — No one is judged for where they are in their faith or what they believed before beginning the study.
- **Scripture-centered** — Opinions and experiences can be shared honestly, but God's Word remains the standard we are seeking to understand.
- **Safe and welcoming** — Participants should feel comfortable asking questions, expressing uncertainty, and admitting when a teaching is difficult.
- **Jesus-focused** — The goal is not merely knowing what the Bible says, but coming to know and trust the One who gave us His Word.

Growth happens best where people feel safe enough to be honest and supported enough to examine what they believe.

HELPFUL TIPS FOR LEADERS

- You don't need to ask every question. Choose the ones that best fit your group.
- Allow silence. It often means people are thinking deeply.
- Ask follow-up questions such as, "What makes you say that?" or "Where do you see that in the passage?"
- Affirm honest participation without automatically affirming every conclusion.
- If someone shares something that conflicts with the lesson, avoid immediately correcting. Ask the group to look at the relevant Scripture together.
- Keep bringing the group back to the central question: "**What does God say?**"

HANDLING DIFFICULT MOMENTS

Several topics in this study may challenge deeply held beliefs or personal experiences. Participants may discover that something they have believed for years doesn't fully align with Scripture.

That can be uncomfortable. If a difficult moment arises:

1. **Acknowledge It** – "This is something a lot of people wrestle with."
2. **Get Curious** – Ask: "What leads you to see it that way?" or "Let's look again at what this passage actually says."
3. **Slow Down** – You don't have to resolve every question immediately. Give people room to think, process, and continue studying.
4. **Return to Scripture** – Personal experiences and feelings matter, but keep asking: "What does God say?"
5. **Respond With Grace**

KEEP THE BALANCE

Throughout the study, help your group avoid two extremes:

1. Accepting an idea simply because it sounds good.
2. Rejecting an idea simply because it comes from culture.

Instead, teach participants to examine everything carefully.

Some popular sayings contain elements of truth. Others take something good and carry it beyond what Scripture teaches. Still others contradict biblical truth.

The question is: "**Is it true?**" And ultimately: "**What does God say?**"

SMALL GROUP DISCUSSION GUIDE

ENCOURAGE THE WEEKLY PRACTICE

Growth happens *between meetings*, not just during them.

Each week, encourage your group to work through the daily devotional pages and:

- Read the Scriptures.
- Notice what stands out.
- Ask honest questions.
- Consider what the passage reveals about God.
- Examine their own beliefs and choices.
- Identify one way to respond to what they've learned.

Encourage participants to return the following week ready to share something they discovered, questioned, or applied.

PRAY FOR YOUR GROUP

Pray for openness, wisdom, humility, a desire to know truth, for courage when Scripture challenges familiar beliefs, and for real-life change.

Even simple prayers make a difference.

HOW TO USE THE DISCUSSION QUESTIONS EFFECTIVELY

The discussion questions are intentionally designed to:

- Draw participants into **personal reflection**.
- Encourage them to **examine Scripture for themselves**.
- Create space for **honest questions and conversation**.
- Lead toward **personal application**.

Every lesson should eventually bring the group back to the same habit: Ask, “**What does God say?**”

FINAL ENCOURAGEMENT FOR LEADERS

You don't have to lead perfectly. Your willingness to listen, care, ask good questions, and continually point people back to Scripture can make a real difference.

If you faithfully create a place where people can ask honest questions and examine God's Word together, God will do the rest.

Follow Your Heart

WEEK 1 SMALL GROUP DISCUSSION GUIDE

*You've
heard
it said*

BIG IDEA

Your feelings are real, but they aren't always reliable. Rather than allowing our hearts to lead us, Scripture teaches us to seek God's wisdom and allow Him to guide our hearts.

KEY SCRIPTURES

- Proverbs 3:5–6
- Jeremiah 17:9
- Psalm 139:23–24

START HERE

“Follow your heart” is usually intended as positive advice. Why do you think it appeals to so many people?

DISCUSSION FOCUS

- What do you think is the difference between acknowledging your feelings and letting your feelings lead you?
- Read Proverbs 3:5–6. What contrast do you see between trusting ourselves and trusting God?
- Can you think of a time when something felt right to you but later proved to be wrong or unwise?

WATCH FOR

- Participants concluding that feelings are bad or should be ignored.
- Someone becoming embarrassed about a decision they made based on emotion.
- Discussion staying theoretical rather than becoming personal.

LEADER EMPHASIS

Your feelings can tell you something about yourself. They cannot always tell you what is true.

God doesn't ask us to ignore our hearts. He asks us to trust Him enough to let His truth guide them.

APPLICATION CHALLENGE

When facing a decision this week, pause before asking, “What do I feel like doing?”

Ask instead: “What does God say?”



Believe In Yourself

WEEK 2 SMALL GROUP DISCUSSION GUIDE

BIG IDEA

Healthy confidence recognizes the abilities God has given us. But Scripture points us toward something more dependable than self-confidence: confidence in God.

KEY SCRIPTURES

- Proverbs 28:26
- 2 Corinthians 12:9–10
- Philippians 4:13

START HERE

Where do you most often hear the message “Believe in yourself”? What do you think people are trying to communicate when they say it?

DISCUSSION FOCUS

- Is there anything good about believing in yourself? When can self-confidence become unhealthy?
- Read 2 Corinthians 12:9–10. Why would Paul see weakness as an opportunity rather than simply a problem?
- How does understanding the context of Philippians 4:13 change the way you understand “I can do all things through Christ who strengthens me”?

WATCH FOR

- Participants equating humility with low self-worth.
- Philippians 4:13 being treated as a promise that we can accomplish anything we want.
- The discussion becoming simply “self-confidence is bad.”

LEADER EMPHASIS

Biblical confidence does not say: “I can do anything.”

It says: “I can faithfully use what God has given me and trust Him when my strength isn’t enough.”

APPLICATION CHALLENGE

Identify one situation where you feel pressure to handle everything yourself.

Bring it specifically to God in prayer this week and ask Him to help you depend on His strength.

Speak Your Truth

WEEK 3 SMALL GROUP DISCUSSION GUIDE

*You've
heard
it said*

BIG IDEA

We each have our own experiences, feelings, and opinions, but we do not create our own truth. Truth exists, and God calls us to seek it, know it, and live by it.

KEY SCRIPTURES

- John 8:31–32
- John 17:17
- John 14:6

START HERE

When you hear someone say “That’s my truth,” what do you think they usually mean?

DISCUSSION FOCUS

- What is the difference between saying, “This is my experience” and “This is my truth”?
- What does Jesus’ statement in John 8:32 assume about truth?
- Read John 17:17 and John 14:6. What do these passages tell us about where truth comes from?

WATCH FOR

- The conversation turning into a debate about current social or political issues.
- Participants using “truth” as a weapon against other people.
- Someone assuming sincerity automatically makes a belief true.

LEADER EMPHASIS

This lesson isn’t about winning arguments.

It’s about asking: Do I want truth badly enough to allow it to correct me, too?

APPLICATION CHALLENGE

Notice one message you encounter this week that makes a claim about what is true or right. Instead of immediately accepting or rejecting it, ask:

“How could I evaluate this against God’s Word?”



You Are Enough

WEEK 4 SMALL GROUP DISCUSSION GUIDE

BIG IDEA

The Bible doesn't tell us that we are sufficient on our own. It gives us something better: God knows our weakness and provides what we cannot provide for ourselves through Christ.

KEY SCRIPTURES

- Romans 3:23–24
- 2 Corinthians 3:5
- John 15:5

START HERE

Why do you think “You are enough” has become such a comforting and popular message?

DISCUSSION FOCUS

- What is the difference between having worth and being sufficient on our own?
- Read Romans 3:23–24. What do these verses tell us about both our need and God's response to it?
- Why can admitting that we are not enough actually point us toward hope rather than shame?

WATCH FOR

- Participants hearing “you are not enough” as “you are worthless.”
- Shame replacing the gospel message of grace.
- Overlooking the hopeful second half of the lesson.

LEADER EMPHASIS

Not being sufficient is not the same as not having value.

Our need for God is not evidence that we are worthless. It is part of what points us toward the grace, strength, and redemption He offers.

APPLICATION CHALLENGE

Identify one weakness or inadequacy you regularly try to hide or overcome by yourself. Instead of simply criticizing yourself for it, bring it honestly to God.

Live Your Best Life

WEEK 5 SMALL GROUP DISCUSSION GUIDE

*You've
heard
it said*

BIG IDEA

God cares about our joy, but His highest goal for us is not simply that we feel happy. Jesus offers something deeper: a life shaped by holiness, purpose, joy, and relationship with God.

KEY SCRIPTURES

- Matthew 16:24–25
- Psalm 1:1–3
- Philippians 4:11–13

START HERE

If someone told you to “live your best life,” what would you assume that life should look like?

DISCUSSION FOCUS

- How does our culture typically define a “good life”?
- Why is “God just wants me to be happy” such an appealing belief?
- What does Paul’s contentment in Philippians 4 teach us about the difference between happiness and lasting joy?

WATCH FOR

- Giving the impression that God wants people to be miserable.
- Treating pleasure or happiness themselves as sinful.
- Discussion remaining focused on what other people wrongly pursue.

LEADER EMPHASIS

The choice isn’t between following God and having joy.
The question is where lasting joy is actually found.

God’s goal is greater than giving us whatever makes us happy today.
He is shaping us to become like Christ.

APPLICATION CHALLENGE

Think about one current decision or desire. Ask yourself: “Am I choosing what feels best right now, or what will help me faithfully follow Christ?”



Love Is Love

WEEK 6 SMALL GROUP DISCUSSION GUIDE

BIG IDEA

Love is central to the Christian life, but love is more than a feeling, attraction, approval, or acceptance. God defines love, and biblical love is always connected to truth and what is genuinely good for another person.

KEY SCRIPTURES

- 1 John 4:7–10
- 1 Corinthians 13:4–6
- Ephesians 4:15

START HERE

People use the word love to mean many different things. What are some different ways you hear the word used today?

DISCUSSION FOCUS

- According to 1 John 4, what do we learn about the source and nature of love?
- What does 1 Corinthians 13:6 mean when it says love “rejoices with the truth”?
- Why can truth without love be harmful? Why can love without truth also become harmful?

WATCH FOR

- The discussion becoming centered on one cultural or political issue.
- Harsh or dismissive language about people.
- Equating disagreement with hatred or approval with love.

LEADER EMPHASIS

This lesson is not an excuse to love people less. It is an invitation to understand love more deeply. Biblical love seeks another person’s true good and reflects both the grace and truth of God.

APPLICATION CHALLENGE

Think of someone you find difficult to understand or disagree with. Ask:

“What would it look like to show this person genuine, biblical love?” Then take one practical step.

Manifest Your Own Destiny

WEEK 7 SMALL GROUP DISCUSSION GUIDE

*You've
heard
it said*

BIG IDEA

The Bible encourages planning, diligence, and wise action, but it does not tell us that we control our future. We make plans while trusting God with our path and the outcome.

KEY SCRIPTURES

- James 4:13–16
- Proverbs 16:9
- Matthew 6:33

START HERE

What do you think makes the idea of creating or manifesting your own future so attractive?

DISCUSSION FOCUS

- What balance do you see in Proverbs 16:9 between human responsibility and trust in God?
- Have you ever wanted something so badly that you were tempted to assume it must be God's will?
- What might it look like to pursue goals while still holding your plans with "open hands"?

WATCH FOR

- Treating planning, ambition, or goals as unspiritual.
- Assuming every outcome is a direct indication of God's approval or disapproval.
- Romans 8:28 being interpreted to mean everything that happens is good.

LEADER EMPHASIS

The Bible encourages planning. It discourages presumption.

We can work hard and make wise decisions without carrying the impossible burden of believing we control every outcome.

APPLICATION CHALLENGE

Choose one plan, dream, or outcome you care deeply about. Pray honestly:

"God, this is what I hope for. Help me pursue it wisely while trusting You with the outcome."



Everything Happens For A Reason

WEEK 8 SMALL GROUP DISCUSSION GUIDE

BIG IDEA

Not everything that happens is good, and God does not cause every tragedy. But even in a broken world, God is present, trustworthy, and able to bring good from what is painful.

KEY SCRIPTURES

- Romans 8:28
- James 1:13
- Genesis 50:20

START HERE

Have you ever heard “Everything happens for a reason” used to comfort someone? Why do you think we reach for that phrase when something painful happens?

DISCUSSION FOCUS

- Why is it important to distinguish between God allowing something and God causing or desiring it?
- Read Romans 8:28 carefully. What does the verse actually promise? What does it not promise?
- How can we trust God even when we never receive a satisfying answer to “Why did this happen?”

WATCH FOR

- Someone implying another person’s tragedy must have been caused by their own choices.
- Romans 8:28 being used as a quick answer to someone’s grief.
- The group feeling pressure to identify a “silver lining” in every tragedy.

LEADER EMPHASIS

Sometimes the most faithful response to suffering is not: “Here’s why this happened.”

It is: “I don’t know why. But I know God can still be trusted.”

Romans 8:28 does not promise that everything is good. It promises that God can work for good even in circumstances that are not.

APPLICATION CHALLENGE

Think about one difficult circumstance you don’t fully understand. Instead of demanding an explanation from God this week, try praying: “God, I don’t understand this. Help me trust You in it, and help me recognize the good You may still be able to do.”

CLOSING THE FINAL GROUP SESSION

*You've
heard
it said*

After completing Week 8, give the group a few extra minutes to look back over the entire series.

CONSIDER ASKING:

The Bible encourages planning, diligence, and wise action, but it does not tell us that we control our future. We make plans while trusting God with our path and the outcome.

- Which of the eight sayings challenged you the most?
- Is there something you believed at the beginning of this study that you now see differently?
- Which Scripture from the study has stayed with you?
- What have you learned about God through these eight weeks?
- Has the way you evaluate the messages around you changed?
- What question about God or the Bible do you want to explore next?

Then return one final time to the question that has guided the entire study:

When something sounds good, feels right, or is repeated everywhere around us, what should we ask?

“What does God say?”

Encourage the group to carry that question with them long after the study ends.

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*You've
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1. FOLLOW YOUR HEART
2. BELIEVE IN YOURSELF
3. SPEAK YOUR TRUTH
4. YOU ARE ENOUGH
5. LOVE IS LOVE
6. MANIFEST YOUR OWN DESTINY
7. EVERYTHING HAPPENS FOR A REASON
8. LIVE YOUR BEST LIFE



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