

# Taking Care *of* YOU

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Study Guide

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February 2022



# Taking Care *of* YOU

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# Week 1:

## Taking Care of You

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### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you

### ICEBREAKER

Have everyone in the group introduce themselves and share their favorite food.



### WATCH THE TEACHING VIDEO

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### BIBLE READING:

**Read aloud:** Acts 2:42-47

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

1. What are you looking forward to about this study? Why did you want to do it? Have you ever done a small group study before? What would you like to get out of this group study?
2. What resonated with you from the teaching video? What stood out to you from the Acts passage above? What did the early church do? Why are those things important? How do we do those things today? Is there anything the early church was doing that you need more of?

### CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer. Ask group members for prayer requests and select one person to lead the prayer.



# Week 2:

## Filling Up Your Spiritual Tank

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### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

*Lord, thank you for this time to connect, learn and grow. We invite your presence here. Please protect our group, guide our conversations and help us to grow in our understanding of your great love for us. Help us draw closer to you over the next four weeks. Amen*

### ICEBREAKER

Have everyone in your group introduce themselves and share one of their favorite vacation spots.



### WATCH THE TEACHING VIDEO

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### BIBLE READING:

**Read aloud:** Titus 2:11-14

*For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don’t feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

1. What does it look like to say no to ungodliness and worldly passions? What do you need to say no to so that you can say yes to something better? In what ways do we sometimes say no to spiritual disciplines?
2. Why do we practice spiritual disciplines? What spiritual disciplines do you regularly practice? How have those impacted your faith? Are there any spiritual disciplines you’d like to start? How could those help grow your faith?
3. What stood out to you from the teaching this week? Was there anything you learned? Was there anything that surprised you?

## CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer however your group chooses or feels comfortable.

As an option, this week you can:

Go around the group and have everyone share one thing they would like prayer for and one thing they are grateful for already in 2022 (anyone is welcome to pass).

The last person to state what they are thankful for simply ends with *"Lord, thank you for hearing our prayers. Amen"*

**NOTES:**

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# CREATIVE ARTS ACTIVATION:

## FAITH VISION BOARDS

### SUPPLIES:

- Magazines
- Newspapers
- Glue stick or tape
- Washi tape
- Scissors
- Stickers
- Blank paper (use one or two pages in this journal)

### DIRECTIONS:

1. Gather your supplies.
2. Take a moment to read the following Scripture aloud together, then pause and pray, asking God to help align your heart with his.

*And then God answered: "Write this. Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming—it can hardly wait! And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time." Habakkuk 2:2-3 (The Message)*

*Gracious God, thank you for this time. Lord, I invite your Spirit to speak to me about this year. Help me to create a vision for 2022 that you and I can walk through together. Amen*

3. As you pause, pray and think about Habakkuk 2:2-3, you may feel inspired to write down Scripture, words or pictures that come to mind. Often that can be God inspiring you! When that happens, put them on your board.
4. Find pictures or words of the ideas and thoughts that come to mind. Glue or tape them on the board.
5. Hang up the board somewhere as a reminder to you each day.

### BENEFITS OF A FAITH VISION BOARD:

- Helps build our faith and define our purpose.
- Encourages and energizes us to follow God's will.
- Hones in on what God wants to do in and through us.
- Clarifies and shows us where we need help changing and transforming.
- Helps us become more aware of our intentions as Christians.
- Helps us see God's power more obvious in our life as we accomplish some of our visions.
- Emboldens us to step out.
- Helps us grow in service to others.



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# Week 3:

## *Your Body Is a Temple*

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### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

*Lord, thank you for this time to learn about how we are temples for your Holy Spirit. We invite you, Holy Spirit, to be here with us. Please guide our conversations and help us grow in our understanding of the good things you have for us. Amen*

### ICEBREAKER

Have everyone in your group reintroduce themselves and share either a favorite book or movie.



### WATCH THE TEACHING VIDEO

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### BIBLE READING:

**Read aloud:** 1 Corinthians 6:19-20

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

1. What is a temple? How does the Bible describe a temple? What does it mean for your body to be a temple of the Holy Spirit? What is the significance of that?
2. How does knowing that your body is a temple change how you take care of it? What does it look like to take care of your body physically, emotionally and spiritually? How do you currently do those things? How can you grow in your ability to care for yourself in those ways?
3. What stood out to you from the teaching this week? Was there anything you learned? Was there anything that surprised you?

### CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer.

Give everyone a few minutes to share a prayer request or praise. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close.

As an option, you may pray as a group:

*Lord, thank you for being with us tonight. Thank you for hearing and knowing what is going on in our lives. We give all these things to you, Lord. Amen*

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# CREATIVE ARTS ACTIVATION:

## MOVE YOUR TEMPLE!

Did you know dance is a creative way we can move our bodies and honor God? This week we challenge you to move your body in a new and freeing way.

### SUPPLIES:

- Music-playing device
- A quiet, private space without distractions
- An open heart and mind

### DIRECTIONS:

1. Start playing music.
2. Pray: *Lord, please speak to me (bring Scripture, words or pictures to mind) through the lyrics, notes or composition of this music.*
3. Feel the beat of the music and start moving (remember, it doesn't matter what you look like ... it's just you and God).
4. Let the spirit take over and let go. Feel the movement and honor God with your temple.
5. Dance and move your body as long as you'd like.
6. Journal your thoughts and feelings when you're finished on the page provided.

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# Week 4:

## Fighting Back Against Anxiety

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### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

*Lord, we invite your Holy Spirit to be with us. Please guide our conversation. Help us to explore and understand how you want us to walk in freedom, faith and love. Amen*

### ICEBREAKER

Go around the group and share a favorite song or band. What makes that song or band one of your favorites?



### WATCH THE TEACHING VIDEO

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### BIBLE READING:

**Read aloud:** 1 Peter 5:6-11

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.*

*Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.*

*And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

1. How can we humble ourselves? What does it mean to be humble?  
Why is humility important to a life of faith? What makes you anxious?  
Have you ever struggled with anxiety before? What is that like?  
How can God help you with that?
2. In what ways does the enemy work in our world? How can we be more aware of those things in order to resist them? What can help us resist temptation? What has God given us to remain faithful in difficult times?  
How can your Hope Group support you through struggles?

3. What stood out to you from the teaching this week? Was there anything you learned? Was there anything that surprised you?

## CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer.

**Popcorn Prayer:** Ask someone in your group to start the group prayer and someone else to finish. After the first person is done praying, allow group members to “pop in” at a random time to insert their own short prayer for themselves, others or the group. Once everyone is finished or there is a minute of silence, the “finisher” will complete the group prayer time.

As an option, you may pray:

*Lord, help us be free from anxiety and worry. Guide us in our understanding of how you are always here for us. Lord, we give the things we are worried about to you. And if we try to take them back, help us to know they are not all ours to carry. Please speak to us this week and send your Spirit to remind us of how faithful you really are in all areas of life. In Jesus' name, Amen*

**NOTES:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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# CREATIVE ARTS ACTIVATION: **MEDITATE AND CREATE!**

Meditation has been an exercise that has been practiced for thousands of years. It's a great way to bring peace and calm to your life.

## **SUPPLIES:**

- A quiet space
- Soft music
- Scripture verse or characteristic of God (i.e., love, joy, faithfulness)
- A blanket or soft mat

When you're finished with your meditation, you'll need a pen, markers, colored pencils and a blank sheet in this booklet to draw or journal your thoughts.

## **DIRECTIONS:**

1. Find a quiet space. Pick a spot you won't be disturbed for a few moments.
2. Get comfortable. Lie down on your blanket or mat, or sit in a position that's comfortable for you. Play some soft music.
3. Relax, close your eyes and focus on your breath. Breathe in through your nose and out through your mouth. Feel it going in and filling your lungs. Breathe in for a count of three, breathe out for a count of four.
4. Pick a Scripture or characteristic of God (i.e., love, joy, faithfulness) to meditate on. Notice your thoughts. Your mind naturally wanders. Observe those thoughts.
5. Let the thoughts naturally pass and come back to your breath.
6. Aim for five minutes each day.
7. Draw or journal your thoughts. Write a poem, draw a picture, watercolor or paint. Use a medium you may not be familiar with.

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# Week 5:

## First Things First

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### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

*Lord, we invite your Holy Spirit to be with us. Please guide our conversation and help us to see how and why our lives can be so much more full when we put first the things you put first. Thank you for hearing our prayers. Amen*

### ICEBREAKER

Go around the group and share a place, person or group of people you would like to visit.



### WATCH THE TEACHING VIDEO

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### BIBLE READING:

**Read aloud:** Luke 10:38-42

*As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

*"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

1. How do you spend most of your time? What things are you spending time on that are taking life from you? What things give you the most life? How can you manage your time better? What does God want you to do with your time? What brings him joy? Is it what you do or who you are?
2. How does what you do influence who you believe you are? Is what you do a firm foundation? Why or why not? Who does God say that you are? Why does that matter? How does believing what God says change how you live?

3. What stood out to you from the teaching this week? Was there anything you learned? Was there anything that surprised you?

## CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer.

Ask someone in the group to set a timer for one minute. Pray the ancient prayer “Come Holy Spirit” as a group. Next, sit in silent reflection for one minute asking God to reveal anything to you about putting first things first.

*Come Holy Spirit. We invite you to fill us to overflowing with your love. Stir our hearts with your fire. Guide us, renew us, instruct us in your ways! Show us how to bring heaven to earth as only you can. It is by the power of your spirit that we grow. We thank you for your goodness and faithfulness, Lord. Amen*

After the minute is up, divide into groups of two or three. Set a timer for five minutes and allow each person to share a prayer request with their partner(s). Allow each pair to pray together before coming back as a bigger group to wrap up your group meeting.

End your time praying the Lord’s Prayer together:

*Our Father, who art in heaven,  
Hallowed be thy name;  
Thy kingdom come;  
Thy will be done;  
On earth as it is in heaven.  
Give us this day our daily bread;  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation;  
But deliver us from evil.  
For thine is the kingdom,  
And the power and the glory,  
Forever and ever.  
Amen*

## NOTES:

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# CREATIVE ARTS ACTIVATION: FIRST THINGS FIRST CHALLENGE

This is a 21-day challenge to learn to put God first in our lives. We will be putting to use all of the activation exercises to finish this study strong. We will be working with the number seven. We will read for seven minutes, meditate for seven minutes and create for seven minutes.

## SUPPLIES:

- Notebook
- Pen
- Bible or devotional
- Timer
- Soft music
- Quiet space

## DIRECTIONS:

1. Gather your supplies.
2. Find a quiet space. Play some soft background music. Get comfortable.
3. The mornings work best before anyone else is awake.
4. Set your timer for seven minutes and read your Bible (start with the gospels) or devotional.
5. Set your timer for seven minutes and meditate on the Scripture you read. You could even dance!
6. Set your timer for seven minutes and write everything down in your notebook. Don't leave out anything.

**Optional:** At the end of your 21 days, make another vision board with highlights in your journal and watch to see what God does! How similar is it to the first one you did? How is it different?

It takes 21 days to develop a habit. Challenge yourself to put God first and watch what he does in and through you!

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