



DIGGING DEEPER

WEEK 2: Scripture

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you and your Life Group.

PRAY Have someone in your group open in prayer.

MESSAGE SUMMARY

This week at Fair Oaks Church we continued our new series *Spiritual Fitness*. We learned that our first healthy habit of Scripture is an essential practice for our lives, growth and spiritual fitness and our ability to be a benefit to those around us.

KEY SCRIPTURE [Read aloud]

"Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the door frames of your houses and on your gates." **Deuteronomy 6:4-9**

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Of the suggestions for how to get more out of reading the Bible:
 1. Study: Reading with the goal of understanding, individually and in community.
 2. Meditation: Reading a passage or verse with the goal of hearing and obeying.
 3. Memorization: Reading with the goal of making Scripture a part of you.

Which of these comes the easiest to you and which is the hardest? How might you grow in one of these areas in cultivating a habit of Scripture in your life?

3. Have someone read 2 Timothy 3:14-16 to your group. What is one thing Paul is teaching Timothy about the importance of scripture for our lives? How might you be like Paul in influencing those younger in their faith than you by using Scripture?
4. If you haven't yet, take a few minutes now to take the Scripture Habit section of the Spiritual Fitness Assessment (available at fopc.org or via Fair Oaks Church app). If you are comfortable share your score with your group. Where does your current score for Scripture land on the Spiritual Fitness Scale at the end? What is one way you might want to respond to where you are with the habit of Scripture today?

Optional Group Scripture Practice: Take a moment to close your eyes and be quiet. Have someone read 1 John 4:7-12 out loud to the group 3 times slowly. Quietly listen for a word or phrase that stands out to you. Share what word or phrase you may have heard from God with the group.

PRAY Close your time in prayer.

Allow time to pray for any needs in your group. Close your time by asking God to help you and your group grow in the healthy habit of Scripture in your life.