

DBS Questions

PRAY

- What are you thankful for today?
- What cares, concerns, or challenges are going on?
- What do you need for things to be better?

PEOPLE

- Read the Bible passage out loud
- Retell the passage in your own words as if you were telling a friend.
- What do we learn about God?
- What does this say about people?

PURPOSE

- According to this study, what am I doing well?
- What do I need to change? "I will grow by..."
- Who needs to hear this story, and how can I tell them?

10 STORIES OF HOPE

1	A party at Levi's	Mark 2:1-17
2	Nicodemus at night	John 3:1-17
3	A transformed life	Mark 5:1-20
4	A memorable act	Luke 7:37-50
5	The lost son returns	Luke 15:11-32
6	Thanks!	Luke 17:11-19
7	What God sees	Luke 18:9-14
8	Coming to your house	Luke 19:1-10
9	Hungry for God	John 4:1-42
10	Seeds and soils	Mark 4:1-20

Hope

Discovery Bible Study (DBS) is a very simple tool to help facilitate community centered around obedience to God's Word. The core of DBS can be summed up in three words: **read, obey, and share!** It's simple, sustainable, and reproducible.



“
Blessed are those
who hear the
Word and obey it.

”

LUKE 11:28

4 TOPICAL STUDIES ON *recovery*

RECOVERY - ABUSE

"The hardest thing I ever did was share my darkest secret. Now that I've dared to open up the wound, what can I do to heal the pain? I know I'm not alone, but who can help me through this?"

1	Expressing emotion	Tamar raped by her half brother	2 Samuel 13:1-22
2	No more shame	Jesus heals an "unclean" woman	Mark 5:24-34
3	Matters of the heart	The unmerciful servant	Matthew 18:21-35
4	You're not alone	God speaks to Elijah	1 Kings 19:1-18
5	Walking in love	David spares Saul	1 Samuel 24:1-22
6	Hope for healing	On the road to Emmaus	Luke 24:13-35

RECOVERY - 12 STEPS

"I'm hooked, and this thing is stronger than I am. I know I need a "Higher Power" and I know that "Higher Power" is God. How can God help me break the stranglehold of this addiction?"

1	Going beyond denial	A Pharisee and a tax collector	Luke 18:9-14
2	Naming the higher power	Elijah and the prophets of Baal	1 Kings 18:16-40
3	Coming to God	A possessed man set free	Luke 8:26-39
4	Confession	Josiah's reform	2 Kings 23:1-25
5	Making amends	Zacchaeus makes things right	Luke 19:1-10
6	An addiction-free life	Lifestyle crossing the Red Sea	Exodus 14:5-31

RECOVERY - HEALTHY HABITS

"I've read so many books. I've tried so many diets and exercise plans. They either don't work or I don't stick with them. I hate what I've become and can't stand to look at myself in the mirror. What do I do? I feel like giving up."

1	Frustrations	The disciples in Gethsemane	Mark 14:32-42
2	Healthy habits	Daniel's discipline	Daniel 1:1-21
3	Living in balance	Enough manna for each day	Exodus 16:1-35
4	A matter of control	Israelites crave other food	Numbers 11:4-34
5	Don't give up	Children of Israel turn back	Numbers 13:26-14:45
6	Consistent and persistent	The walls of Jericho	Joshua 5:13-6:21

RECOVERY - HEALING BROKEN RELATIONSHIPS

"My family and I have hurt each other in the past. That's why I turned my back on them. But time is running out and in my heart I want to try to make things right. But I'm afraid and need some help."

1	I have a dream	Parable of the Prodigal Son	Luke 15:11-32
2	Heart's desire	Longing for reconciliation	2 Samuel 14:1-33
3	Called to reconcile	The unmerciful servant	Matthew 18:21-35
4	Taking the initiative	Joseph reaches out	Genesis 45:1-28
5	Anxious anticipation	Jacob prepares to meet Esau	Genesis 32:1-21
6	Homecoming	Jacob and Esau reunited	Genesis 33:1-20