



SESSION GUIDE:

#3 The Handhold of KNOWLEDGE

3. Warm-up Questions:

- Describe a time when you set out with great energy and commitment to accomplish something important to you only to end up in frustration, injury, or embarrassment.
- What KNOWLEDGE—had you known it—would have helped you, and changed the approach and the outcome?

Inductive Bible Study:

Observation (what does it say?) SPEND MOST OF YOUR TIME HERE!

As you read the text, ask: WHO, WHAT, WHERE, WHY, WHEN, HOW?

Circle and draw lines to similar thoughts.
Notice contrasts and key words.

Interpretation (what does it mean?)

- What are the author’s central thoughts to the reader?
- What is the context (time, place, circumstance, audience)?
- What spiritual principle or lifestyle change is addressed?

Application (what does it mean for my life?)

- What action step would demonstrate my obedience to what God is saying in this passage?



Spend a few minutes discovering the truths in these passages. Then come back together and share your findings in the whole group.

The PEACE anchor:

Romans 5:1-2

Therefore, since we have been justified through faith, we[a] have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we[b]boast in the hope of the glory of God.

The LIFE anchor:

Hebrews 2:14-15

14 Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— 15 and free those who all their lives were held in slavery by their fear of death.

The HOPE anchor:

2 Corinthians 4:16-18

16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

- How has knowledge of the PEACE, LIFE, or HOPE anchor become real for you?



T E A C H I N G

Action Steps:

- Which of these anchors for your mind need to be strengthened? What KNOWLEDGE do you need to repeat and repeat until it becomes a daily confidence?

Pray for each other in triads.

Prepare for Session #4:
Read Chapter #5 in DNRT: SELF-CONTROL