



IT IS WRITTEN

Staying Alive

- Focus** When we read the Bible, we're filling ourselves with the breath of God. Regularly reading the Bible helps us to go beyond merely surviving to living life to the fullest.
- Fun** Provide each group member with an empty balloon. Have a contest to see who can blow their balloon up the largest without popping it. They must use their own breath—no machinery allowed. You can make it more exciting by putting a time limit on the contest. If you don't have balloons, try using bubble gum. If you don't have bubble gum, have a contest to see who can hold their breath the longest.
- Review** Key Scriptures: 2 Timothy 3:16; Ezekiel 37:1–10
- While we can go days without food or water, we can only live for a few minutes without breathing air. In the same way, our spiritual life is dependent on reading God's Word often. God's Word is also His breath.
- ***The Written Word Brings Understanding*** (Job 32:8; Luke 24:45)
Like a person who is running out of air underwater, we sometimes panic when we don't understand situations in our lives. We need God's Word to help us understand what we are going through.
 - ***The Written Word Brings Order*** (Psalm 33:6; Genesis 1:2–3; Isaiah 55:11)
God brought order to chaos and created the earth by His spoken Word, His breath. In the same way, His written Word brings order to our lives.
 - ***The Written Word Brings Strength*** (Exodus 15:8–10; John 20:22)
In Ezekiel 37, the prophet Ezekiel had a vision where he prophesied over dry, disconnected bones. They came to life and stood up on their feet, forming a vast army. This is a picture of how the Word of God gives us strength to stand.
 - ***The Written Word Brings Life*** (Proverbs 4:20–22; Genesis 2:7; Job 33:4; 2 Peter 1:20–21)

Our breath comes from God. He gives us life. Coming to church once a week to hear God's Word is not enough to give us abundant life. We can all breathe in God's Word every day.

- Discuss**
1. Who won the contest from the **Fun** section above? What gives a person strong lungs? What can contribute to someone having weak lungs?
 2. How do we develop our "spiritual lungs"?
 3. With regard to reading the Bible, which of the following describe(s) you?
 - (a) I don't own a Bible but would like to.
 - (b) I don't understand how all the different parts of the Bible fit together, but I want to learn.
 - (c) I like to look up specific verses that speak to the struggles in my life.
 - (d) I'm working on reading through the entire Bible.
 4. Read 2 Timothy 3:15–17 in *The Message Bible* if you have it. What stands out to you from these verses?
 5. God's Word brings understanding, order, strength and life. Of these four, which do you need the most right now?
- Take Home**
- As we conclude, remember the following:
- God's Word brings understanding to every situation of our lives.
 - God's Word brings order to chaos.
 - God's Word gives us strength to stand.
 - We can't live without God's Word.
- Pray**
- Ask the Holy Spirit to open the mind of every group member so they can understand the Scriptures. Pray also for specific prayer requests that people have mentioned.
- *New Leader Tip*** Try not to over-schedule your time together as a group. Be sure to leave room for people to visit and get to know one another. Many people come to groups looking for new friendships.