

**CHASE OAKS CHURCH
GROUPS DISCUSSION RESOURCE LIST
FALL 2020**

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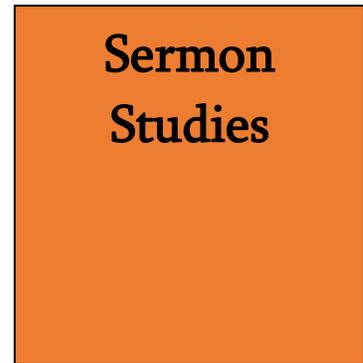
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SERMON STUDIES
Chase Oaks Church



Description: How many times have you heard a great message on the weekend only to forget it by the middle of the week? What about when you've heard a convicting talk but wondered what you were going to do about it? These easy-to-use studies provide discussion questions designed to help your group process the passage and concepts covered in our weekend messages.

For the fall semester, here are the sermon series we have planned:

- A Series on Current Events and Issues (September 11/13-October 16/18)
Topics: politics and civility; immigration/race; the environment; business
- A Series on Jesus (October 23/25-November 27/29)
Topics: compassion; sacrificial love; serving others; acceptance; transforming grace
- A Series on Unity (December 4/6-December 11/13)
Topics: What we have in common; fighting for unity

Length: Weekly throughout the semester

Format/Cost/Materials: Accessed for free through chaseoaks.org or the Chase Oaks Church App

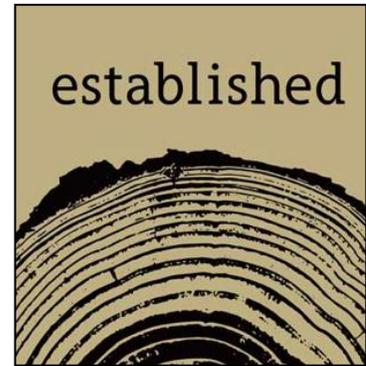
Homework: No homework (if you've watched the message, you've done 40 minutes of prep time). Easy for everyone to engage.

Goals & Next Steps: Great for groups that want to develop friendships and stay connected with conversations happening churchwide. Because there isn't any homework or cost, it is easy for everyone to engage and no one to be left out (or have any reason to skip). It's also easy on the leader – not a lot of prep work is needed. And, it helps take what everyone spent time listening to over the weekend to a deeper, personal, and more applicable level.

Tips: Don't feel like you have to ask every question. The point is to have an engaging conversation based on what was covered in the weekend message. Also, consider starting with an icebreaker activity or question to get the conversation rolling.

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ESTABLISHED
Chase Oaks Church



Description: Something amazing happens when we take a season to journey in an intentional way with others to explore things that matter most, including things like the Bible, Jesus, prayer, and faith. Not only will you gain confidence together in what you believe, *Established* is designed to help your group connect in a much deeper way. The biggest highlight for many starts in week 6, when everyone starts sharing their “tree ring” stories with one another. Over 6,000 people have gone through this foundational study. We ask every Chase Oaker to go through it at some point – and since we’ve updated it a few times, if it’s been more than a few years since you’ve done it, there are new discoveries and experiences to enjoy!

Length: 10 Sessions + Introduction Meeting

Format/Cost/Materials: Workbook (\$15/copy – each person should have their own)
Available for purchase through Chase Oaks Church

An e-version of our latest edition is available for free, though we recommend everyone having a physical copy if possible because the workbook is highly interactive. But, if you want to see or share the digital version, [click here](#) (password: deeproots).

Homework: Five daily readings and activities each week, about 15 minutes per day

Goals & Next Steps: If your group wants to go deeper and grow closer together, this will do it. *Established* is designed for both new believers and seasoned Christ-followers alike. Each week builds off the previous one and will take you through foundational theology, spiritual disciplines, and storytelling.

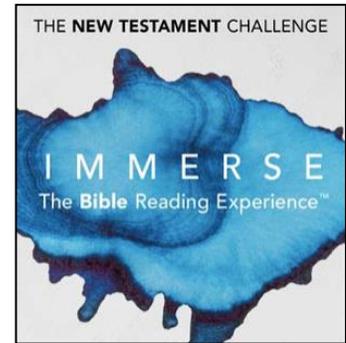
Tips: Even if you’ve completed *Established* previously, doing it again with different or new people joining in will make for a powerful and compelling experience. We recommend meeting weekly during this journey.

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IMMERSE: MESSIAH

The New Testament Challenge

Description: Over the course of eight weeks, read through the entire New Testament in a fresh, compelling, and unique way with the *Immerse: Messiah Reading Bible*. This journey will help you experience the Bible like never before and have a simple “book club” style conversation around what you discover each week.



Length: 8 Sessions

Format/Cost/Materials: Participants will need to purchase the *Immerse: Messiah Reading Bible* (one of the six volumes in the *Immerse: The Bible Reading Experience*). This Bible is unique; it is the New Living Translation but reads like a book. The book is explained in detail on their [website](#).

Each participant needs to purchase a copy of *Messiah*. You can do that through [Tyndale](#).

There are a bunch of free resources to help you lead and people engage, including a free audio version, handouts, and the reading plan. To find these resources, [click here](#).

Homework: A good amount. Each week has five readings, about 10-12 pages each. However, let your participants know they don't have to complete all the readings to participate. Whether you've done five minutes or all five days of reading, you can still answer the four questions asked each group time: What stood out to you this week? Was there anything confusing or troubling? Did anything make you think differently about God? How might this change the way we live?

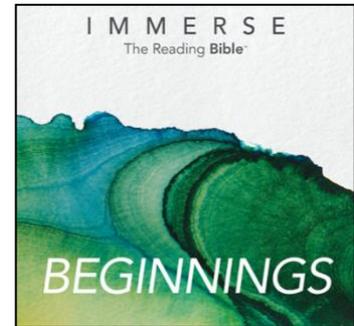
Goals & Next Steps: Jeff will be doing a series on the life of Jesus this fall. What better way to go deeper than to read the story of the New Testament together? Also, whether people are Christ-followers or simply curious, journeying through the New Testament is a bucket list item for most everyone. So, take the challenge together!

Tips: Make your first meeting an introductory session and clarify that the goal isn't to read everything – not everyone will be able to do that. Instead, the goal is to read more of the New Testament than maybe they've ever done before, and to read BIG (don't get stuck on tricky passages, keep reading and see if it starts to make sense). Also, highlight the audio version, that is a lifesaver for many people. Finally, when tricky questions pop up (and they will), don't try to answer them right away. Put the question in a “parking lot,” a whiteboard, or piece of paper that lists questions. You may find as you journey more through the New Testament the questions will get answered.

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IMMERSE: BEGINNINGS *The First Five Challenge*

Description: The second book in the *Immerse: The Reading Bible* series, *Beginnings* will take you on a journey through the first five books of the Bible, following the ancient nation of Israel from its earliest ancestors to the moment it is poised to enter the land God promised them.



Length: 8 Sessions

Format/Cost/Materials: Participants will need to purchase the *Immerse: Beginnings Reading Bible*. This Bible is unique; it is the New Living Translation but reads like a book. The book is explained in detail on their [website](#).

Each participant needs to purchase a copy of *Beginnings*. You can do that through [Tyndale](#).

There are a bunch of free resources to help you lead and people engage, including a free audio version, handouts, and the reading plan. To find these resources, [click here](#).

Homework: A good amount. Each week has five readings, about 10-12 pages each. However, let your group members know they don't have to complete all the readings to participate. Whether you've done five minutes or all five days of reading, you can still answer the four questions asked each group time: What stood out to you this week? Was there anything confusing or troubling? Did anything make you think differently about God? How might this change the way we live?

Goals & Next Steps: If you've ever wanted to take a fresh step into the world of the Old Testament, this is it! Many of us wish we knew this part of Scripture better. The *Immerse* Reading Bible format will make this a compelling experience.

Tips: Make your first meeting an introductory session and clarify that the goal isn't to read everything – not everyone will be able to do that. Instead, the goal is to read more of the Pentateuch (the first five books of the Bible) than maybe they've ever done before, and to read BIG (don't get stuck on tricky passages, keep reading and see if it starts to make sense). Also, highlight the audio version, that is a lifesaver for many people. Finally, when tricky questions pop up (and they will), don't try to answer them right away. Put the question in a "parking lot," a whiteboard, or piece of paper that lists questions. You may find as you journey more through the Pentateuch, the questions will get answered.

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THE BOOK OF PHILIPPIANS *Jo Saxton (RightNow Media)*

Description: Philippians is a timely letter – it was written to provide encouragement to believers facing hostility, chaos, and difficulty. Couldn't we all use a bit of encouragement this season? In this eight-session series, Jo Saxton takes us through Philippians, a book about grace, peace, and joy.



Length: 8 Sessions

Format/Cost/Materials: Free. Each session there is a short video to watch (5-10 minutes long), accompanied by a free downloadable study guide. Both the videos and study guide can be accessed on [RightNow Media](#).

If you don't have a RightNow Media account, you can get one for free [here](#).

Homework: None

Goals & Next Steps: It's great when groups simply want to get into the Bible. This season, we've selected two options to help you do that with Philippians (we think Philippians ties in very well to our current cultural climate and finding peace and contentment during chaos and difficulty). This first option allows your group to get into the Bible with no homework and through a video-driven study taught by a world-class, compelling teacher, Jo Saxton. The videos are short, the questions are great, and anyone can join in at any time with no prep work in-between.

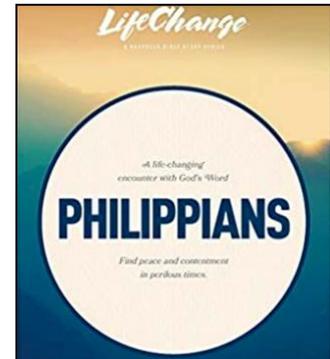
Tips: Since the videos are short, plan on watching them in the group. If you are meeting in-person, make sure the host has the ability to stream the video content from RightNow Media. If you're meeting digitally, you can share your screen. Then, use the questions provided by the free study guide and you're good to go!

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PHILIPPIANS

NavPress LifeChange Series

Description: *LifeChange* Bible studies are filled with a wealth of ideas, thoughts, and questions to help you go deeper into God’s Word. Through this study, you’ll have space to write and reflect on concepts, learn more about historical background, and study word origins and definitions. By the end, you’ll have journeyed through the entire book of Philippians in 11 lessons.



Length: There are 11 sections, but this is an “at your own pace” study. Each lesson covers a short amount of verses, so you could certainly go quicker if you wanted. You could choose to go through more sections at a time, do some on your own, or go through one at a time. It’s flexible!

Format/Cost/Materials: Everyone will want their own workbook, which you can buy on [Amazon](#) (\$9/copy). Also, a Bible!

Homework: Some. Before you discuss each lesson, it is helpful for participants to have gone through it on their own first.

Goals & Next Steps: It’s great when groups simply want to get into the Bible. This season, we’ve selected two options to help you do that with Philippians (we think Philippians ties in very well to our current cultural climate and finding peace and contentment during chaos and difficulty). This option allows your group to get into the Bible with a great, interactive, compact, and compelling guidebook. There is some homework to do, but if your group would like to have a more in-depth Bible study, this is a great resource to use.

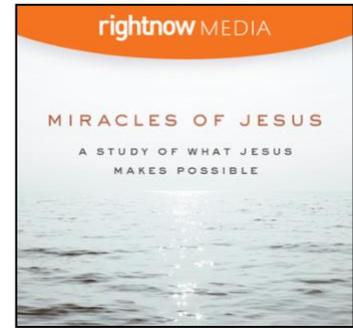
Tips: The guide gives you a lot of questions, which is great, but can be overwhelming! Pick out the questions you think would most resonate with your group. And if a great conversation starts, don’t move on too fast. It’s better to have an interactive discussion than to simply “get through” the material. Remember, this isn’t a course on Philippians that needs to be taught. It’s a chance to learn together and share how God’s Word impacted you. Also, go quickly enough to make sure your group finishes by the end of the semester.

Review: “I’ve done several *LifeChange* Bible studies, and each one has been so easy-to-use and brought about great discoveries. There are some similarities to a Bible Study Fellowship format. Best yet, it gives space to write, reflect, and dig in, while also giving flexibility to the leader to pick and choose questions. If you simply want to dive into the Bible, this is a great one to try!” – Eric Torrence, Central Groups Pastor

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MIRACLES OF JESUS

Jennie Allen, Bianca Juarez Olthoff, Jada Edwards, & Sadie Robertson (RightNow Media)



Description: Discover the ways Jesus healed, provided for, calmed, and resurrected the people he encountered. This seven-session study is about believing in the power of God who can accomplish anything. As you watch teaching from the places in Israel where Jesus performed miracles and dig into God’s Word, you will end the study in awe of the Messiah who relentlessly seeks, saves, and restores us. We believe this study will be a great companion for the fall sermon series our church will be doing on the life of Jesus!

Length: 7 Sessions

Format/Cost/Materials: Beautifully produced study guide with video, streamed for free on RightNow Media. To purchase the study guide (at a discounted rate/no shipping cost), contact Lori Eubanks, Central Women’s Groups Pastor, at leubanks@chaseoaks.org. Cost is \$20 per book. Videos can be streamed [here on RightNow Media](#).

If you don’t have a RightNow Media account, you can get one for free by [clicking here](#).

Homework: The study guide features five short devotions and scripture to read each week and a space to answer a question or two over the content.

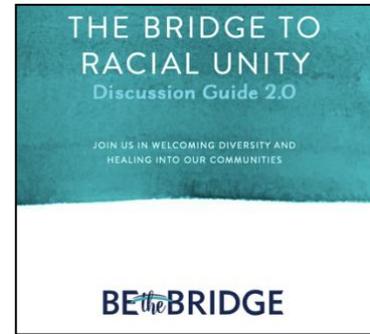
Goals & Next Steps: This material has been produced by IF, an organization that equips women with gospel-centered resources, events, and community. While helpful to anyone, this study is a fantastic resource to help women connect with one another and grow in faith.

Tips: The videos for this study range from 7-14 minutes and feature all four speakers and amazing views of where Jesus actually walked, taught, and interacted with people. Our suggestion would be to watch the video together (even if you are meeting digitally) and then use the questions provided in the study guide for a dynamic discussion. You will also want to spend a few minutes allowing group members to share what they learned individually from the previous week’s homework.

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THE BRIDGE TO RACIAL UNITY *Be the Bridge – Latasha Morrison*

Description: Do you have a heart to help heal racial division in our country and community? Do you have a desire to work toward racial unity or discuss the complex issues facing our world? *The Bridge to Racial Unity Discussion Guide* might be just the tool you're looking for. This nine-session study will guide your group through the key steps in the racial reconciliation process. Each session involves studying a passage of Scripture, reading background information, sharing personal experiences (and listening to those of others), and prayer.



Length: 9 Sessions

Format/Cost/Materials: Downloadable discussion guide. Each person needs a copy (\$15). It can be downloaded [here](#).

There is also a leader's guide available for \$10. It can be downloaded [here](#).

Homework: Some. Between sessions, group members are expected to complete educational and experiential homework assignments.

Goals & Next Steps: Given the complexities of the cultural conversations happening right now, particularly around race, many people in our church (and in your group) are asking how they can engage, learn more, discuss, and become part of the solution. Latasha Morrison is a well-respected and thoughtful guide. She seamlessly weaves in Scripture throughout this process and asks questions that would be helpful for groups of people who are interested in learning more.

Tips: Latasha recommends having diversity in the group as you go through the discussion. If you have a diverse group, she requests that you have a person of color serve as a co-leader of the discussions. If you do not have a diverse group, consider asking someone to join in to make this a richer experience. However, even if your group is only one ethnicity/race/culture, we still feel like Latasha's resource is incredibly beneficial and helpful, so we'd still encourage you to do it to learn more.

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THRIVING IN BABYLON

Larry Osbourne (RightNow Media)

Description: These are confusing times for many Christians. Traditional biblical values are not only rejected; it seems as if they're attacked and change is happening at warp speed. In this five-session series, Larry Osbourne takes us through the story of Daniel, a leader in the Old Testament forced to live in a fast-changing and godless society. Not only did Daniel survive, he thrived by leaning on the power of hope, humility, and wisdom.



Length: 5 Sessions

Format/Cost/Materials: Free. Each session there is a video to watch (15-20 minutes long), accompanied by a free downloadable study guide. Both the videos and study guide can be accessed on [RightNow Media](#).

If you don't have a RightNow Media account, you can get one for free by [clicking here](#).

While not required for this study, if you or others would like a deeper experience, you can also read Larry's book, *Thriving in Babylon*, found on [Amazon](#).

Homework: Nothing that is required. The study gives a number of suggestions if people want to go deeper, but these activities are not necessary to participate.

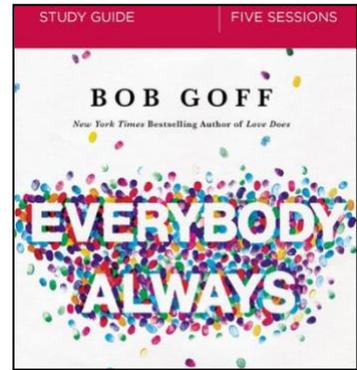
Goals & Next Steps: This fall season promises to have a lot of tricky, divisive, and challenging situations arise in our culture. Jeff will be doing a series on issues and politics. If your group would like to engage on those issues with a different lens, Larry's examination of Daniel is incredibly timely, as he will help you navigate with hope, humility, and wisdom.

Tips: We recommend watching the videos together as a group. If you are meeting in-person, make sure the host has the ability to stream the video content from RightNow Media. If you're meeting digitally, you can share your screen. Then, use the questions provided by the free study guide and you're good to go!

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EVERYBODY, ALWAYS
Bob Goff (RightNow Media)

Description: In a divisive culture, couldn't we all agree the world needs more love? But what does that actually mean? In his trademark enthusiastic, storytelling style, Bob Goff shares what it means to love everybody the way that Jesus loves – without fear, insecurity, or restriction. In this five-session video Bible study, your group will take practical steps to courageously love and follow Jesus, each day at a time.



Length: 5 sessions

Format/Cost/Materials: Workbook (\$8/copy), available on [Amazon](#) or [Church Source](#). Videos (17-19 minutes each) available to stream for free on [RightNow Media](#).

If you don't have a RightNow Media account, you can get one for free by [clicking here](#).

While not required for this study, if you or others would like a deeper experience, you can also read Bob's book, *Everybody, Always*, found on [Amazon](#).

Homework: Nothing that is required. The study gives a number of suggestions if people want to go deeper, but these activities are not necessary to participate.

Goals & Next Steps: This fall season promises to have a lot of tricky, divisive, and challenging situations arise in our culture. That's why this study is so timely. It is both wonderfully optimistic and powerfully challenging as it asks us to simply consider Jesus' command to love everybody we meet, even when it's difficult. If your group wants to grow in love, sharing faith with your friends and neighbors, and making a positive impact in our culture for good, this study is a fantastic way to do that. Plus, Bob is speaking at Chase Oaks this summer, which will be sure to inspire people in your group to want to dive into more of his content.

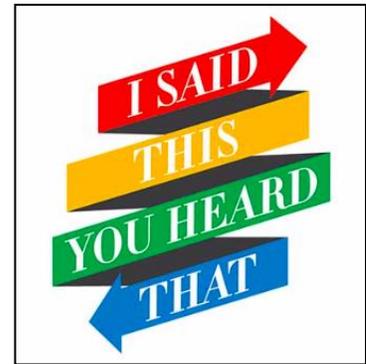
Tips: We recommend watching the videos together as a group. If you are meeting in-person, make sure the host has the ability to stream the video content from RightNow Media. You do not need to purchase the DVD if you have the ability to stream. If you're meeting digitally, you can share your screen. Then, use the questions provided by the free study guide and you're good to go!

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“I SAID THIS, YOU HEARD THAT”

Kathleen Edelman

Description: This six-session study explores how your wiring affects what you say, how you listen, and how others hear you. After taking a 40-question assessment, you’ll learn a simple framework that will instantly improve your communication. And you’ll see how advice from the Apostle Paul thousands of years ago may have held the secret all along.



Length: 6 Sessions

Format/Cost/Materials: Workbook (\$16/copy), available on [Amazon](#). Videos available to stream for free at isaidyouheard.study or through their app.

Homework: Some. Workbook reading and activity to do each week. Also, groups may want to have members watch the session video in-between meetings.

Goals & Next Steps: In August, Jeff and the teaching team will be doing a series on relationships. This would be an excellent study to take those concepts deeper. This material is powerful and useful for all types of relationships, including marriages, parenting, dating, friendships, and co-workers.

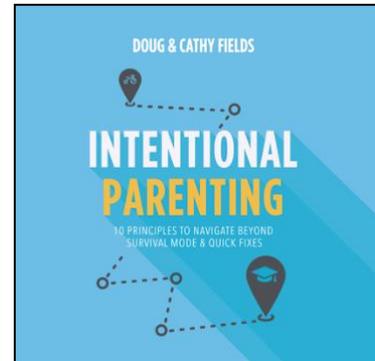
Tips: Some of the videos can be longer than others, which is why we recommend watching them in-between sessions in order to free up discussion time. Leaders should review the length of that week’s video to determine the best way for their group to interact with it.

Review: “Everyone needs to go through ‘I Said This, You Heard That’ as you will learn how to communicate more effectively. We all have different communication styles and this tool gives you a deeper understanding and strategies on why and how we speak and listen. If you ever communicate with anyone 😊, then this is for you!” – Peter Park, Legacy Campus Pastor

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INTENTIONAL PARENTING
Doug Fields (RightNow Media)

Description: Let's face it, parenting is hard! And if it wasn't challenging enough, COVID-19 made it even more difficult. In the midst of these circumstances, it's easy to become a "quick-fix" parent instead of an intentional one. That's where Doug and Cathy Fields are here to help. Doug is the author of over 60 books, and he and Cathy have both served as youth, family, and teaching pastors. Together, they'll offer 10 ways to be an exceptional parent in a quick-fix world.



Length: 5 Sessions

Format/Cost/Materials: Workbook (\$19/copy), available on [Amazon](#) or [Orange Ministries](#). Videos (7-9 minutes each) available to stream for free on [RightNow Media](#).

If you don't have a RightNow Media account, you can get one for free by [clicking here](#).

In the workbook there is a Leader's Guide, starting on page 141.

Homework: Some. Workbook reading and activity to do each week.

Goals & Next Steps: If your group would like to grow as parents, this is a great study to use. Jeff will be doing a series on relationships in August, including how to relate to each other in our families.

Tips: There is a Leader's Guide in the workbook, starting on page 141. We strongly recommend discussion leaders looking and following this guide to best know how to structure your group's time together.

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WHAT HAPPY COUPLES KNOW

Andy Stanley (RightNow Media)

Description: Have you ever run into a couple that seems to have it all together? Perhaps you and your significant other struggle even to decide on where to go for dinner. What's the secret that some of these couples seem to know that many of us don't? In this four-session study, author and pastor Andy Stanley introduces three habits of happy couples. Start practicing them today and you just may live happily ever after.



Length: 4 Sessions

Format/Cost/Materials: Free. Each session has a video (28 minutes) accompanied by a free discussion guide. The videos can be accessed on RightNow media [here](#). The discussion guide can be accessed [here](#) (click on "guide" for each session).

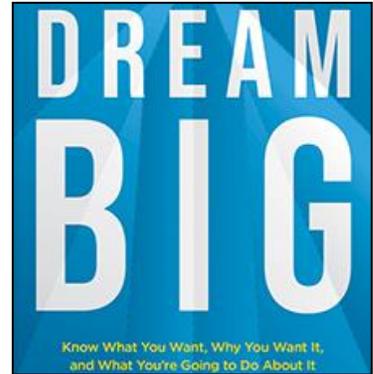
Homework: No required homework. However, because of the length of the videos, we recommend group members watch or listen to the video in-between sessions.

Goals & Next Steps: These fantastic messages by Andy Stanley will help all types of couples, from dating to engaged and married. Oftentimes there are great marriage studies that require reading, which can be challenging for some people. But many people are open to listening to something as they drive home from work, do the yard work, or go for a run. If so, they'll love this!

Tips: We recommend watching or listening to these videos in-between sessions. Consider encouraging couples to watch them together for a date night! Also, because this study is shorter, think through what else you'll do for the remainder of the semester. This could be an excellent study to get started and then finish up with sermon-based studies.

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DREAM BIG
Bob Goff



Description: If anyone knows how to live life to the fullest, it is Bob Goff. He has already dazzled people with his crazy, audacious, live-out-loud approach in his books *Love Does* and *Everybody, Always*. Yet, as unique as Bob might seem, he had to make his own choice to dream big. In this study, he will take your group on a journey he has already traveled and help you rediscover the dreams God has for them and turn them into reality. In his latest book (released June 2020), *Dream Big*, he will help us understand that God has a plan for each of us and provide a step-by-step road map to breaking through barriers holding us back.

Length: 5 Sessions

Format/Cost/Materials: Each group member will need a *Dream Big* study guide. Each group will need a set of the *Dream Big* session videos.

Dream Big Study Guide (paperback - \$12, Kindle – \$8), is available on [Amazon](#).

Session videos are available to purchase on demand on [Vimeo](#) (\$25) or [DVD](#).

For a deeper study, group members may want to purchase [Dream Big](#), but it is not necessary to participate.

Homework: A little, but not required. Study provides personal activities and readings, but not necessary to participate in the group discussion time.

Goals & Next Steps: Bob will be speaking at Chase Oaks Church in July, which is sure to inspire people to engage more with his material. Also, in a season that has been disappointing and disillusioning for many, *Dream Big* could be a great way to help everyone get wind in their sails as they look at how to connect gifts and passions to God's grand story.

Tips: We think it's best to watch the videos during group time, which means only one person needs the DVD or download the Vimeo files. If you're meeting digitally, it's best to download the Vimeo files. That way you can share your screen and watch together. The videos are about 15-20 minutes long, but because it's Bob Goff, the time will fly by!

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GOOD AND BEAUTIFUL GOD

James Bryan Smith

Description: We all have ideas we tell ourselves about God and how He works in our lives. Some are true—but many are false. James Bryan Smith believes those thoughts determine not only who we are, but how we live. This deep, loving, and transformative study will help you discover the narratives that Jesus lived by and to practice spiritual exercises that will help you grow in the knowledge of our good and beautiful God.

Length: 9 Sessions

Format/Cost/Materials: Book study. Every participant will want a copy of *The Good and Beautiful God*, found on [Amazon](#) (\$15).

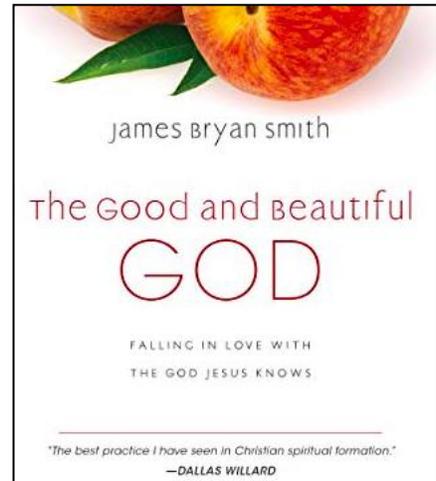
In the book there is a small group discussion guide starting on page 193.

Homework: In between meetings, there is a short chapter to read and a “soul training” exercise to try.

Goals & Next Steps: This study is fantastic for a number of reasons. First, Jeff will be doing a series on Jesus this fall. *The Good and Beautiful God* explores in a deeper way the narratives Jesus taught and lived by. Second, this book will help anyone in your group who wants to go deeper in spiritual disciplines like prayer, meditating on Scripture, and silence.

Tips: Use the discussion guide, starting on page 193.

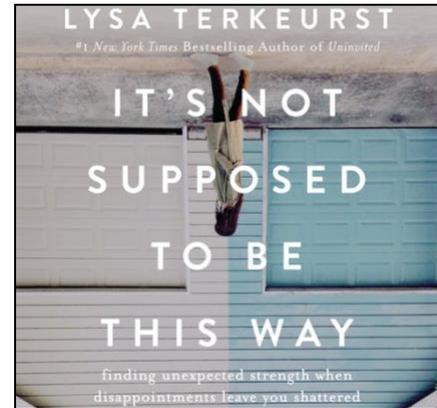
Review: “One of the best studies I’ve been through with a group. A.W. Tozer says, ‘What comes into our minds when we think about God is the most important thing about us.’ *The Good and Beautiful God* is a great study to help us have a clearer picture of who God is and how that should impact the way we live.” – Glen Brechner, Executive Director, Chase Oaks Church



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IT'S NOT SUPPOSED TO BE THIS WAY *Lysa TerKeurst*

Description: What do you do when God's timing seems questionable, His lack of intervention hurtful, and His promises seem doubtful? Whether you are asking these questions because of a serious hurt, disappointment, or maybe because of this crazy hard COVID-19 season, this study provides needed answers and helpful perspective. In *It's Not Supposed to Be This Way*, Lysa TerKeurst invites us into her own journey of faith and, with grit, vulnerability, and honest humor, helps us see our lives in the context of God's bigger story.



Length: 7 Sessions

Format/Cost/Materials: Each person will need to purchase a copy of *It's Not Supposed to Be This Way*, (the book, not the study guide), available on [Amazon](https://www.amazon.com) (\$12).

The church has several copies of the DVD that can be used with this study. Before you purchase a copy, feel free to check out one that has already been purchased. To inquire, contact Lori Eubanks, Central Women's Groups Pastor, at leubanks@chaseoaks.org.

Homework: Each week there is 1-2 chapters to read in the book, and then a few study questions to think and journal about. The chapters are easy to read but full of great insights and truths.

Goals & Next Steps: This material will help people in your group deal with anxiety, disappointments, and process unmet expectations. It is especially helpful to those who are in the middle of unsettling relationships, painful situations, and facing uncertain outcomes.

Tips: You will need a highlighter! The book is so great that we really don't recommend getting the official study guide. Each chapter ends with several questions to think through (we suggest each person purchase a journal to write their answers down). If you'd like suggestions on how to break the study down into seven meetings, let us know! We have a plan we can send you. Contact Central Women's Groups Pastor, Lori Eubanks, for information and more tips. leubanks@chaseoaks.org

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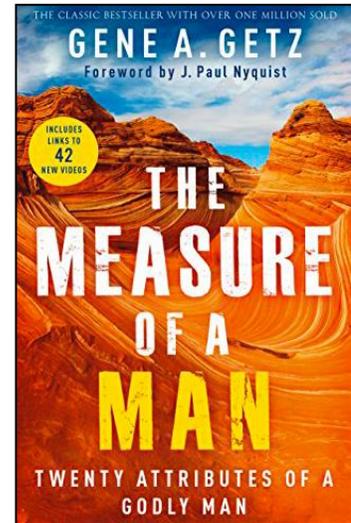
THE MEASURE OF A MAN

Gene Getz

Description: True masculinity is not measured by strength, wealth, or position, but by 20 biblical qualities drawn from the Apostle Paul's letters to his young proteges Timothy and Titus. Inspiring, encouraging, and practical, this classic book shows how you can measure up to Christ's fullness as a husband, father, and mentor to other men.

Length: Varies

Format/Cost/Materials: Book study. Each participant will need a copy of *The Measure of a Man* found on [Amazon](#) (\$12).



Homework: Short chapters to read in-between sessions.

Goals & Next Steps: This is a classic and powerful book for men who would like to grow in friendship and godliness with one another. It was written by Gene Getz, founding Senior Pastor and now Pastor Emeritus at Chase Oaks Church.

Tips: In order to finish in one semester, read multiple chapters each week. Chapters are not long but are full of great questions to consider. Leaders should highlight questions that they feel would be especially helpful to their group. There are also free videos included, though these aren't required.

Review: “*The Measure of a Man* will help guys in your group get real about the core principles of being a godly man. The book (and free included videos) is really easy to use—practically anyone can host it, and it is sure to generate a great conversation about how to live out these principles. Not only will every guy grow closer to understanding God's plan for them, each person will form a bond with a band of brothers to help him along the way.” – Todd Baughman, Woodbridge Campus Pastor, Chase Oaks Church

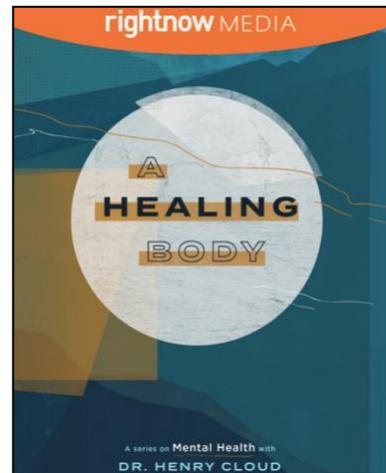
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A HEALING BODY

Henry Cloud (RightNow Media)

Description: Our world is full of hurting people who struggle with a range of emotional issues, such as anxiety, loneliness, and depression. We also contend with relational struggles, professional disappointments, and identity issues. In *A Healing Body*, psychologist Dr. Henry Cloud teaches that there are biblical solutions to help work through these issues and find healing on the other side.

Length: 5 Sessions



Format/Cost/Materials: Free. Each session there is a video to watch (9-11 minutes long), accompanied by a free downloadable study guide. Both the videos and study guide can be accessed on [RightNow Media](https://www.rightnowmedia.com).

If you don't have a RightNow Media account, you can get one for free by [clicking here](#).

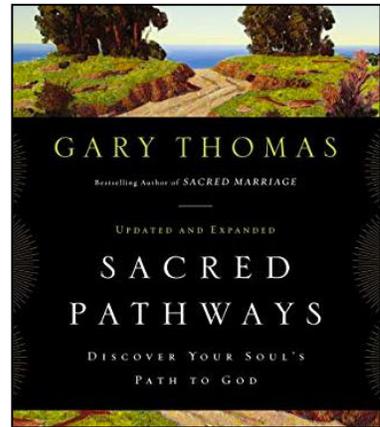
Homework: None

Goals & Next Steps: If you've never interacted with Henry Cloud before, you're in for a treat. He has written numerous books, including the best-selling *Boundaries*. This study goes through some of his concepts in an easy-to-digest format. It is especially helpful to people who would like to grow in the Scriptural principles of grace, forgiveness, and sound wisdom.

Tips: We recommend watching the videos together as a group. If you are meeting in-person, make sure the host has the ability to stream the video content from RightNow Media. If you're meeting digitally, you can share your screen. Then, use the questions provided by the free study guide and you're good to go!

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SACRED PATHWAYS
Gary Thomas



Description: In *Sacred Pathways*, Gary Thomas details nine spiritual temperaments—different ways people naturally connect with God. And, like the Enneagram and other tools do with personality, he encourages you to dig into your spiritual temperament (the traits, strengths, and pitfalls) in order to grow. It will help you eliminate the barriers that might keep you locked into rigid methods of worship and praise. Plus, as you begin to identify and understand your own temperament, you'll also learn about the others that aren't necessarily "you" but may help you understand the spiritual tendencies of friends, families, and people in your group.

Length: Varies. There are 12 chapters, but groups can go at their own pace—we recommend doing two chapters at a time.

Format/Cost/Materials: Book study. Each participant will need a copy of *Sacred Pathways* found on [Amazon](#) (\$12).

In the book there is a discussion guide at the end, starting on page 245.

Homework: Chapters to read in between sessions.

Goals & Next Steps: This is a great study for people who want to deepen their connection with God. If your spiritual walk is not what you'd like it to be, you can change that together using this study.

Tips: First, we recommend pairing this book with an online spiritual pathway assessment. You can access that for free [here](#). While this doesn't exactly match up with the temperaments in the book, it's close and it will help you and your group members get an idea of where each of you are at. Have people do this assessment toward the beginning of the study, it'll help everyone engage more.

Second, the discussion guide is helpful. We recommend using it! And in order to finish in one semester, we recommend doing more than just a chapter at a time.

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