

DEUTERONOMY: WELLNESS GOD'S WAY



Group Study Guide

WELCOME...

Welcome to our *Deuteronomy: Wellness God's Way* series. Our vision and prayer for you and your group as you watch these films is that they would make Deuteronomy come alive for you, opening up the text and helping you meet with God and be transformed.

We'd love to pray for you specifically as you work through these sessions, and it would also really help us to know who's running the series – so if you can, please do let us know by registering your group at burningheart.org/register.

SESSION OUTLINES...

The notes for each session give a suggested outline and timings for a one-hour session – but feel free to adapt that to your circumstances and preferences.

The outline and questions are designed to be discussion starters, rather than too proscriptive – don't worry if you only get through one or two in the time available, or even if your conversation takes you in different directions completely. What matters is that you are all engaging with God, and to a lesser extent this wonderful book of Deuteronomy.

A LITTLE EXTRA HELP...

Did you know that you can download each film in advance of your session, so you can avoid technical glitches? Go to the 'extras' section on burningheart.org/deuteronomy for instructions.

If anyone in the group misses a week, why not send them the link so they can catch up? There are also podcast and e-book versions of each session available in the "extras" section of the website.

Don't forget that we'd also love to pray for you – just let us know who you are by registering on the link above.

DIGGING DEEPER...

If any of your group want to dig a little deeper we've got lots of resources to help – we've put together a daily devotional guide, as well as "extra essays" on the authorship of Deuteronomy or some difficult questions. Just go to the "extras" section on the website.

DEUTERONOMY: WELLNESS GOD'S WAY



Session 1: Introduction

WELCOME...

In this first session we'll begin to explore Deuteronomy – and how it's much more exciting and life-giving than we often realise.

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- What are you hoping for from this series?
 - What is your attitude towards Deuteronomy? How has that changed after watching the film?
 - Read Deuteronomy 4v40.
 - What are the main points of this verse?
 - How do you respond to what it says?
 - David talked about the need for a 'Copernican Revolution', to re-orientate our lives to put God at the centre of everything? How do you feel about that? How are you doing at it?
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PRAY... (15 mins)

- Spend some time praying that God would meet you and speak to you through this series
- Ask each member of the group what has challenged them most in this session – and then pray about what is shared
- Pray for each other as you would normally at the end of a session

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Session 2: Remembering Grace



Deuteronomy 1-4

WELCOME...

In this second session we'll explore Moses' first sermon, in chapters 1-4, looking at how they re-tell Israel's stories and what that shows us about God and us.

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- What are your expectations when you read the stories of the Old Testament? Has that changed at all in light of what was said in the film?
 - Read Deuteronomy 4v9. How do you think we can best "*be careful, and watch ourselves closely so that we do not forget the things our eyes have seen or let them fade from our heart as long as we live*"?
 - David spoke about remembering our own experiences of God's grace in our lives. What is your story and experience of God? Use the remaining time for discussion to share your stories with each other.
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PRAY... (15 mins)

- Spend some time giving thanks to God for his grace. Pray both about the general and universal grace we have all received in Jesus, and the specific testimonies you have just heard from each other.
- Ask God to meet with each of you now, and renew your awareness of his grace and presence in your lives. Spend some time simply waiting on God in silence and allowing him to meet with each of you.
- Ask one member of the group (maybe not the most obvious person!) to pray for God to help you all to remember his grace, and keep it fresh in your hearts
- Pray for each other as you would normally at the end of a session.

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Session 3: The Perfect 10

Deuteronomy 5

WELCOME...

How well do we really know the ten commandments? In this session we'll explore them afresh, asking whether they're as much about relationship as rules.

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- Read Deuteronomy 5v1-22. What strikes or surprises you from this familiar passage as you read it?
 - How do you feel about the idea that rules and obedience are a part of our relationship with God?
 - Read Deuteronomy 5v28-29. Do you agree that God's call to obedience is for our own good? How does that change the way you react to this chapter?
 - What does obedience to God look like for us, today? Is there anything that needs to change in your lives?
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PRAY... (15 mins)

- Ask God to meet with each of you now and deepen his relationship with you. Ask him to show you more fully what it means for you to follow him. Spend some time simply waiting on God in silence and allowing him to meet with each of you.
- Pray together as a group about the things you shared in the final part of the discussion about what obedience looks like for you today.
- Pray for each other as you would normally at the end of a session.

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Session 4: The Meaning of the Law

Deuteronomy 6-11

WELCOME...

This session looks at the opening half of Moses' longest sermon in the book and explores how it shows us the purpose of the Law, and the priority of loving God.

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- Read Deuteronomy 6v20-24. How would you answer this question? Has today's session changed that at all?
 - Look at the rest of that passage – how would you update this drama for your own children (or friends), if they asked you what the meaning of your faith was?
 - Read Deuteronomy 6v4-5. How do you feel about being commanded to love God? As your first priority?
 - What does this actually look like in practice?
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PRAY... (15 mins)

- Ask God to meet with each of you now and help you to love him more deeply. Spend some time simply waiting on God in silence and allowing him to meet with each of you.
- Pray together as a group about the things you shared in the final part of the discussion about what loving God looks like in practice. Pray particularly for any areas you identified as difficult or challenging.
- Pray for each other as you would normally at the end of a session.

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Session 5:

What about the Canaanites?

Deuteronomy 7

WELCOME...

This session looks at one of the most challenging bits of the whole Bible – God's commands to the Israelites to destroy the Canaanites. How could God have done that?

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- How do you feel about God's command to destroy the Canaanite nations?
 - Has this film changed your feelings at all? What did you think of the two key explanations that David gave? (that they were guilty of extraordinary wickedness, and that Israel's calling as God's people needed to be safeguarded)
 - How do you feel about the idea of God's judgement in general?
 - In the film David spoke of the connection between God's grace in restoring and saving the world and his judgement. How do you feel about that idea?
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PRAY... (15 mins)

- This is a particularly difficult theme, and so it is important that we take time both to acknowledge that and to pray. Take some time at the end of the session to ask each person how they are feeling about all this. Then pray about it – pray about the issues that have been shared, and ask God to meet you all by his Holy Spirit and minister to your hearts and souls.
- Don't worry if you run out of time to do anything else – but if you do have more time, pray for any specific situations and systemic areas of sin that have come up in the session (such as the sinfulness in the global fashion industry that David mentioned).
- Pray for each other as you would normally at the end of a session.

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Session 6: Getting down to detail



Deuteronomy 12-26

WELCOME...

In this session we'll look at the details of Deuteronomy, with individual laws from chapters 12-26. We'll explore how we as Christians should understand and apply them to our lives. Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- Has today's film helped you to understand the Old Testament Law any better? Do you feel more confident about reading it?
 - Read Deuteronomy 15v1-11.
 - Why are these laws here? What is their purpose?
 - What do they show us about God, and what it means to be his people?
 - In light of that, how do these laws apply to you?
 - Has working through this passage made you any more confident about reading passages in the Old Testament Law?
 - If you have time, read Deuteronomy 19v1-14, asking the same questions.
 - If you still have time, read Deuteronomy 24v6-7, asking the same questions.
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PRAY... (15 mins)

- Pray together as a group, asking God to meet with each of you when you read the Old Testament law and reveal himself and his ways to you.
- Take some time in silence to meditate and reflect on the things you have looked at in this session. Ask that God would meet and speak to you in the silence.
- Pray into the specific things you discussed about your lives as you studied the passages in Deuteronomy in the discussion time.
- Pray for each other as you would normally at the end of a session.

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Session 7:

Grace through Judgement

Deuteronomy 27-34

WELCOME...

In this final session we'll explore how Deuteronomy closes with a focus on both judgement and blessing, and how that points us to Jesus and our need for God's grace.

Start the session by opening in prayer and/or worship.

WATCH... (20 mins)

DISCUSS... (25 mins)

- Read Deuteronomy 31:19-22.
 - What is the point that these verses are making?
 - Does this change your understanding of the blessings and curses prophesied in this part of Deuteronomy?
 - How does it impact your understanding of the Old Testament Law more generally?
 - In the film, David talked about Deuteronomy pointing forwards to Jesus? What do you think about that?
 - As this is the final session in the series, take some time to share with one another what (if anything!) you have learned over the course of the whole series.
 - In what ways has it changed your understanding of Deuteronomy?
 - In what ways has it drawn you closer to God and deepened your relationship with him?.
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PRAY... (15 mins)

- Pray together as a group about the things you shared in the final part of the discussion about what you have learnt through this series.

- Pray into the ways in which this series has drawn you closer to God and deepened your relationship with him:
- Take some time to pray as a group to thank him for those things
- Take some time to ask that he would root those things deeply in your hearts, praying 'Come Holy Spirit' and waiting on God.
- Pray for each other as you would normally at the end of a session.

TWO FINAL QUESTIONS...

We hope and pray that this series has been a blessing to you, and that it has drawn you closer to God and deepened your relationship with him. If it has, we want to ask you and your group two final questions:

- would you consider giving towards the costs of future series?
 - can you please pray for us?
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GIVE...

BurningHeart.org/give

All our materials are available free of charge, so that money is not a barrier to anyone engaging with God through them – but that also means that we are reliant on donations for our funding.

If you would like to give towards our ministry, we would be grateful for any amount – whether 5 pence or £5million! The Bible is very clear that what matters in our giving is how generous we are with what we have, and not how much we give in absolute terms (see Mark 12v41-44). We will not know how generous you are actually being – but God will!

We would also encourage you to prioritise your own church when planning your giving. Please don't stop your giving to them to give to us!

PRAY...

We believe in prayer! As James tells us, "the prayer of a righteous person is powerful and effective." (James 5v16). Please can you pray for us and for our ministry? Pray that God would use our resources to speak to people and meet with them. Pray that God would inspire us as we look to make more resources. And pray that God would provide all that we need to resource what he has called us to do.