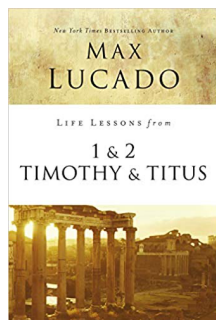


METRO GROUP STUDIES



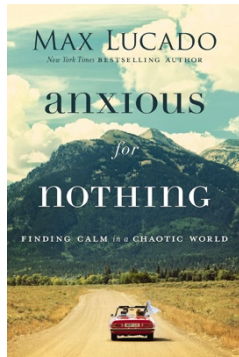
ALL OPTIONS: Listed A-Z



1 & 2 Timothy and Titus

Homework: Light | Length: Semester

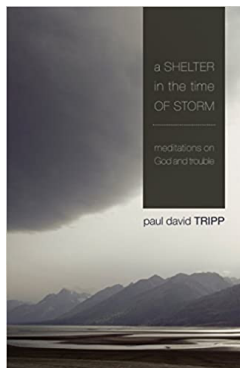
We all need guidance, direction, and insight as we attempt to navigate life and honor God. Packed with instruction, guidelines, principles, and encouragement, this study provides practical words of wisdom and valuable keys to discipleship.



Anxious for Nothing, Finding Calm in a Chaotic World

Homework: Light | Length: 11 Weeks

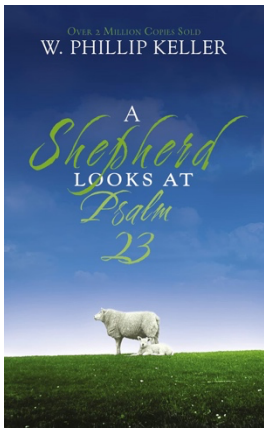
Does the uncertainty and chaos of life keep you up at night? Is irrational anxiety your constant companion? Let God help you win the war on worry and receive the lasting peace of Christ. We all experience anxiety, but we don't have to let worry and fear control our lives. *Anxious for Nothing* provides a roadmap for coping with and healing from anxiety. Complete with Lucado's signature storytelling and relatable anecdotes, *Anxious for Nothing* invites you to study Philippians 4:6-7—the most highlighted passage of the Bible and any book on the planet according to Amazon.



A Shelter in the Time of Storm: Meditations on God and Trouble

Homework: Light | Length: 10 Weeks

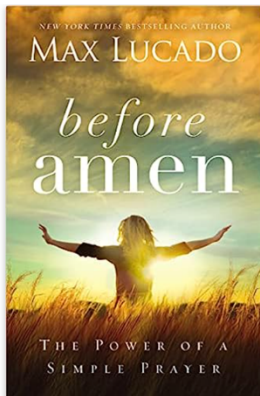
A Shelter in the Time of Storm takes readers through this roller-coaster-ride of Psalm 27 in fifty-two brief and engaging meditations (recommended 5 meditations per group week). These meditations are designed to fill hearts with a patient hope that grows stronger as the trouble-spotted days go by. Reflection questions at the end of the chapter make these meditations thought-provoking and practical. Psalm 27 is a psalm of trouble and worship, of difficulty and beauty, of the evil of people against people, and of the mercy of God.



A Shepherd Looks at Psalm 23 (NEW for 2026)

Homework: Light | Length: 12 Weeks

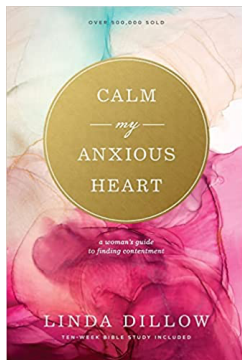
Travel the Shepherd's path to the green pastures and cool, refreshing waters of Psalm 23. As a shepherd himself, W. Phillip Keller shares his insights into the life and character of sheep--and of the Good Shepherd who loves and cares for them. *A Shepherd Looks at Psalm 23* will give new meaning to the ageless Shepherd Psalm, enriching your trust in and love for the Lord who watches closely over you. As we lie down in green pastures or walk through the shadowy valley, we're assured that whatever our path, whatever our stumbling, the Shepherd will lovingly guide, carry, and protect us. Click [HERE](#) for Study Guide



Before Amen

Homework: Light | Length: 9 Weeks

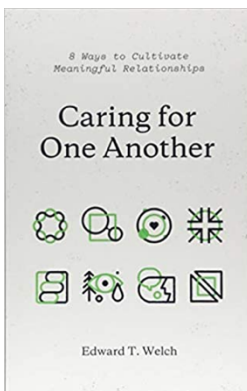
We aren't the first to struggle with prayer. The first followers of Jesus needed prayer guidance too. In fact, prayer is the only tutorial they ever requested. In *Before Amen*, New York Times bestselling author Max Lucado helps readers discover the very heart of biblical prayer, offering hope for doubters and confidence for both prayer beginners and experts.



Calm My Anxious Heart

Homework: Light | Length: Semester

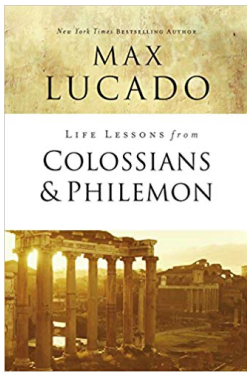
Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, this Bible study for women explains what God says about contentment and offers ways to apply it to daily life.



Caring for One Another

Homework: Light | Length: 8 Weeks

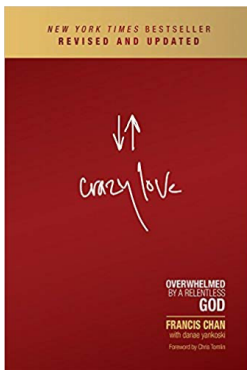
Imagine . . . an interconnected group of people who entrust themselves to each other. You can speak of your pain, and someone responds with compassion and prayer. You can speak of your joys, and someone rejoices with you. You can ask for help with sinful struggles, and someone prays with you. The goal of this book is that these meaningful relationships will become a natural part of daily life in your church. Ed Welch guides small groups through eight lessons that show what it looks like when ordinary, needy people care for other ordinary, needy people in everyday life.



Colossians and Philemon

Homework: Light | Length: Semester

Do you need principles for living and interacting at work, in our families and churches? This study provides encouragement and challenge as well as providing insight on showing mercy, forgiveness, grace and love. Christ makes a difference in every aspect of our lives.



Crazy Love - Book & Study Guide

Homework: Moderate | Length: 6 Weeks

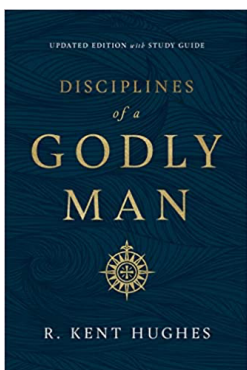
God is love. It's crazy if you think about it. The God of the universe -the Creator of nitrogen and pine needles, galaxies and E-minor - loves us with a radical, unconditional, self-sacrificing love. God is calling you to a passionate love relationship with Himself. Because the answer to religious complacency is not working harder at a list of do's and don'ts -it's falling in love with God. And once you encounter His love, you will never be the same. Because when you're wildly in love with someone, it changes everything!



Dark Clouds, Deep Mercy

Homework: Light | Length: 10 Weeks

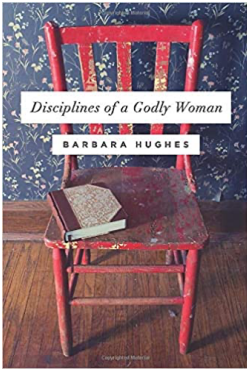
Lament is how we bring our sorrow to God—but it is a neglected dimension of the Christian life for many Christians today. We need to recover the practice of honest spiritual struggle that gives us permission to vocalize our pain and wrestle with our sorrow. Lament avoids trite answers and quick solutions, progressively moving us toward deeper worship and trust. Exploring how the Bible—through the psalms of lament and the book of Lamentations—gives voice to our pain, this book invites us to grieve, struggle, and tap into the rich reservoir of grace and mercy God offers in the darkest moments of our lives.



Disciplines of a Godly Man

Homework: Moderate | Length: Semester

Seasoned pastor R. Kent Hughes's inspiring and best-selling book *Disciplines of a Godly Man*—now updated with fresh references and suggested resources—is filled with godly advice aimed at helping men grow in the disciplines of prayer, integrity, marriage, leadership, worship, purity, and more. With biblical wisdom, memorable illustrations, and engaging study questions, this practical guide will empower men to take seriously the call to godliness and direct their energy toward the things that matter most.



Disciplines of a Godly Woman

Homework: Moderate | Length: Semester

Maybe *discipline* seems like a hard word to you—implying nothing but challenge and duty. Yet most of us see the value in cultivating spiritual disciplines, and we long to be more consistent in our relationship with God, even in the midst of our busy lives. Combining biblical teaching, poignant stories, and insightful reflection questions, Barbara Hughes explores 15 vital disciplines in this classic book—helping us to mature as godly Christian women and giving meaningful shape to our lives.

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE

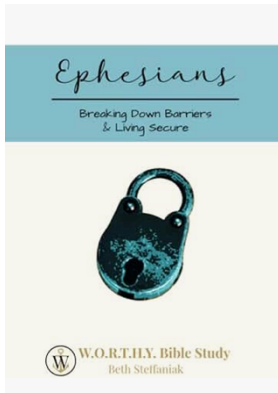
IT'S TIME TO WIN THE BATTLE OF YOUR MIND...

LOUIE GIGLIO

Don't Give the Enemy a Seat at Your Table

Homework: Moderate | Length: 10 Weeks

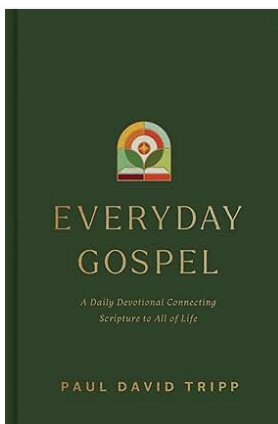
The Enemy is constantly seeking to fill your mind with destructive and harmful thoughts—whether of fear, worry, insecurity, anxiety, temptation, envy. . . . It's all too easy for Satan to manipulate his way into a seat at the table intended for only you and Jesus, and to try making himself at home in your mind. It's an ongoing battle, but one you can win! It's time to reject the lies and listen to the truth. There are no discussion questions with this book.



Ephesians – Breaking Down Barriers

Homework: Moderate | Length: 50 Day Devotional

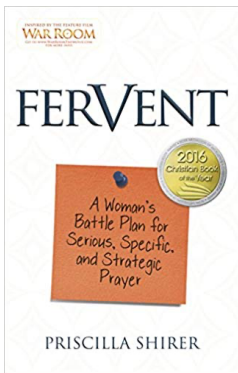
Few books of the Bible offer such a comforting and clarifying foundation for the Christ-follower's faith than Ephesians. In this W.O.R.T.H.Y. Bible study, you'll be amazed by what you discover about your identity in Christ, and be inspired by the mystery of how Christ brings you into oneness with His body—the family of God. You'll also discover how to follow Christ's example for living and loving your own family, respecting authority figures in your life, as well as how to effectively battle the spiritual forces of evil in the Savior's power.



Everyday Gospel: A Daily Devotional

Homework: Light | Length: Year

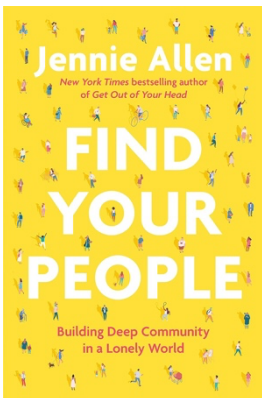
Christians know that daily Scripture reading is an essential spiritual discipline. But sometimes opening the Bible day in and day out can feel like a burden rather than the joy and gift that it is. Spending a few minutes reflecting on the truths found within God's word can strengthen your faith, help you resist sin, and inspire you to live for the eternal, unshakeable kingdom of God. In the *Everyday Gospel* devotional, Paul David Tripp provides a roadmap for readers who want to spend a full year in God's word. There are no discussion questions with this book.



Fervent: A Woman's Battle Plan to Serious, Specific and Strategic Prayer

Homework: Light | Length: 6 Weeks

You have an enemy . . . and he's dead set on destroying all you hold dear and keeping you from experiencing abundant life in Christ. What's more, his approach to disrupting your life and discrediting your faith isn't general or generic, not a one-size-fits-all. It's specific. Personalized. Targeted. So this book is your chance to strike back. With prayer. With a weapon that really works. Because with every new strategy you build, you're turning the fiercest battles of life into precise strikes against him and his handiwork, each one infused with the power of God's Spirit.



Find Your People

Homework: Light | Length: 12 Weeks

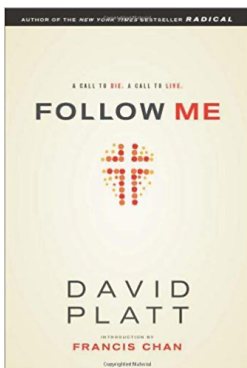
In a world that's both more connected and more isolating than ever before, we're often tempted to do life alone, whether because we're so busy or because relationships feel risky and hard. But science confirms that consistent, meaningful connection with others has a powerful impact on our well-being. We are meant to live known and loved. But so many are hiding behind emotional walls that we're experiencing an epidemic of loneliness. You were created to play, engage, adventure, and explore—with others. There is a workbook a leader could use for group questions.



Forgiving What You Can't Forget

Homework: Light | Length: Semester

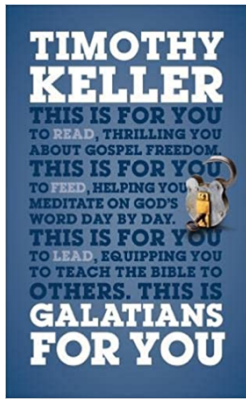
You deserve to stop suffering because of what other people have done to you. Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on like this, but you don't know what to do next. Lysa Terkeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right. Study guide available to group leaders.



Follow Me

Homework: Light | Length: Semester

Scores of men, women, and children have been told that becoming a follower of Jesus simply involves believing certain truths or saying certain words. As a result, churches today are filled with people who believe they are Christians . . . but aren't. We want to be disciples as long as doing so does not intrude on our lifestyles, our preferences, our comforts, and even our religion.

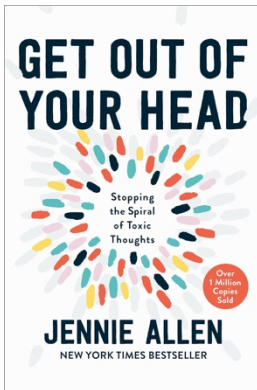


Galatians for You – Verse by Verse Bible Study

Homework: Moderate | Length: 13 Weeks

Timothy Keller's Galatians For You walks you through the book of Galatians, showing how the gospel message changes the whole of our lives. It will excite ordinary Christians in their faith and equip teachers and preachers in their work.

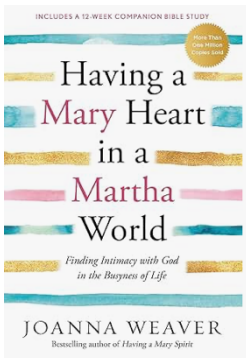
This is a great option for Metro Group Leaders looking to do a bible study that includes group questions.



Get Out of Your Head

Homework: Light | Length: Semester

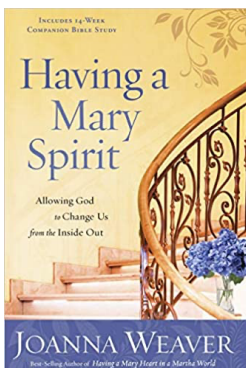
Are your thoughts holding you captive? I'll never be good enough. Other people have better lives than I do. God couldn't really love me. Jennie Allen knows what it's like to swirl in a spiral of destructive thoughts, but she also knows we don't have to stay stuck in toxic thinking patterns. In Get Out of Your Head, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. There is a workbook a leader could use for group questions.



Having a Mary Heart in a Martha World

Homework: Moderate | Length: 12 Weeks

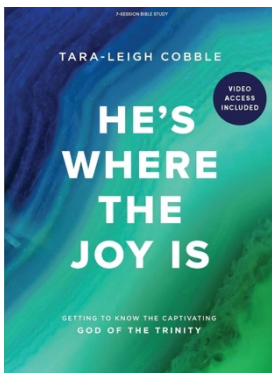
An invitation for every woman who feels she isn't godly enough... isn't loving enough... isn't doing enough. The life of a woman today isn't really all that different from that of Mary and Martha in the New Testament. With her fresh approach to the familiar Bible story and its creative, practical strategies, Joanna shows how all of us -Marys and Marthas alike- can draw closer to our Lord, deepening our devotion, strengthening our service, and doing both with less stress and greater joy.



Having a Mary Spirit

Homework: Moderate | Length: Semester

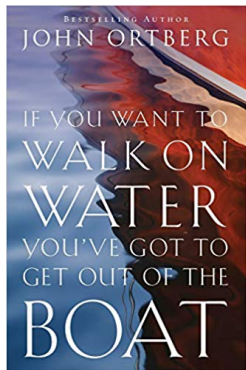
"Lord, Whatever It Takes, Make Me Like You!" You long to serve God with grace and strength, to reflect Christ in every word and action. Yet you find yourself continually struggling to bring that vision to life in your daily walk. This life-changing book directs your gaze past your own shortcomings to the God who stands ready, willing, and able to make a new woman out of you. Invite Christ into the hidden places of your soul and giving him full permission to redeem and renovate.



He's Where The Joy Is

Homework: Moderate | Length: 7 Weeks

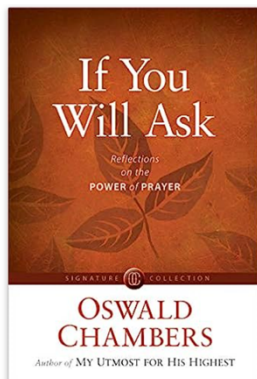
It's hard to know a God we don't understand, and it's hard to love a God we don't know. But our God wants to be known and loved, and He's told us a lot about Himself in the pages of His Word. Join Tara-Leigh Cobble as she breaks down the intimidating doctrine of the Trinity. You'll discover a beautiful, foundational view of our Triune God that will transform how you relate to Him. Understanding God's three-in-oneness and each of the Persons of God individually—Father, Son, and Spirit—will lead you to deeper intimacy with God and greater joy in knowing Him!



If You Want to Walk on Water, You've Got to Get Out of the Boat

Homework: Light | Length: 10 Weeks

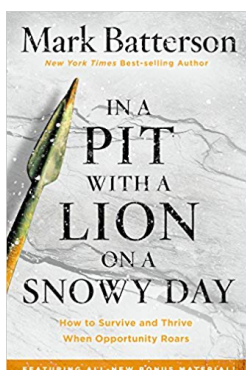
This study invites you to consider the incredible potential that awaits you outside your comfort zone. Jesus is waiting to meet you in ways that will change you forever, deepening your character and your trust in God. The experience is terrifying. It is thrilling beyond belief. It's everything you'd expect of someone worthy to be called Lord. The choice is yours to know him as only a water-walker can, aligning yourself with God's purpose for your life in the process.



If You Will Ask

Homework: Light | Length: 10 Weeks

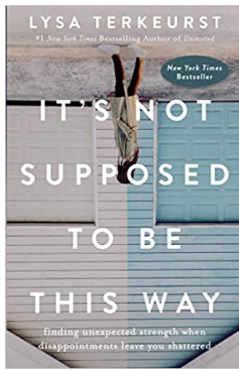
While this familiar phrase holds an element of truth, prayer is about so much more than asking God to give us the job, help us sell the house, or heal us from sickness. It changes things, yes, but more importantly, it changes us. That's the premise of *If You Will Ask*, a collection of teachings on prayer from bestselling author and Bible teacher Oswald Chambers. This short book packs a punch, exploring how this vital spiritual discipline is less about getting what you want and more about getting to know the God of the universe. Book does not include questions.



In a Pit With a Lion on a Snowy Day

Homework: Light | Length: Semester

Want to be a lion chaser? God has great plans for your life, but to fully embrace what God wants to do through you ... it takes faith. This study will challenge you to grasp the infiniteness of God, defy the odds, face your fears, reframe your problems, and shift your perspective. All this takes risk, but that is the essence of faith. Sometimes following Christ looks crazy to everyone else, but God wants you to live life to the fullest. What lion is God calling you to chase?

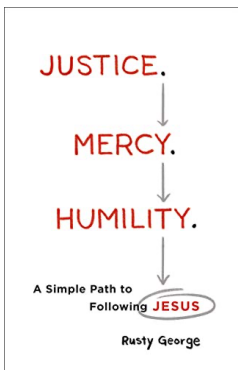


It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered

Homework: Moderate | Length: 11 Weeks

Life often looks so very different than we hoped or expected. Some events may simply catch us off guard for a moment, but others shatter us completely. We feel disappointed and disillusioned, and we quietly start to wonder about the reality of God's goodness.

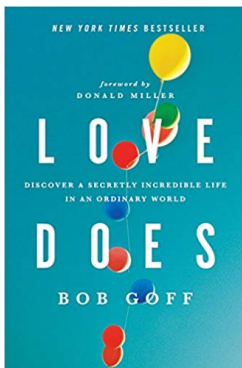
Lysa Terkeurst understands this deeply. But she's also discovered that our disappointments can be the divine appointments our souls need to radically encounter God.



Justice. Mercy. Humility. A Simple Path to Following Jesus

Homework: Moderate | Length: Semester

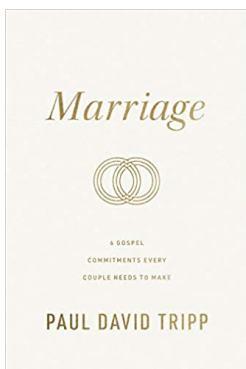
More than two thousand years ago, the prophet Micah implored Israel to return to its true calling: "Act justly, love mercy, walk humbly with your God." Could this plainspoken Bible verse not only sum up how we should live today but breathe a fresh purpose into our souls? In this practical and freeing book, pastor Rusty George shares the simplicity of what God desires from us. Living a faithful life should not be a chore, and George teaches how to put away our checklists and walk humbly according to God's will for our lives.



Love Does

Homework: Light | Length: Semester

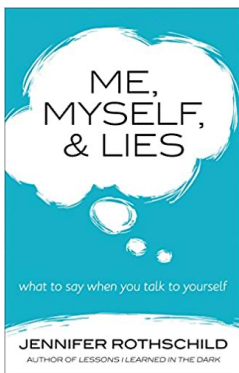
As a college student he spent 16 days in the Pacific Ocean with five guys and a crate of canned meat. As a father he took his kids on a world tour to eat ice cream with heads of state. He made friends in Uganda, and they liked him so much he became the Ugandan consul. He pursued his wife for three years before she agreed to date him. His grades weren't good enough to get into law school, so he sat on a bench outside the Dean's office for seven days until they finally let him enroll.



Marriage: 6 Gospel Commitments Every Couple Needs to Make

Homework: Moderate | Length: Semester

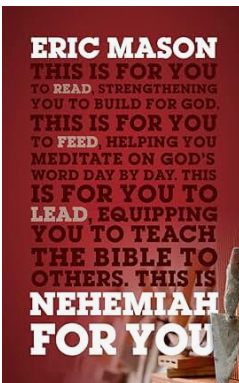
When you say "I do," you begin the journey of a lifetime—and you have dreams of that journey being perfect. But it won't take long for expectations of the perfect marriage to fade away in the struggles of everyday life. A long-term, vibrant marriage needs to be grounded in something sturdier than romance—it needs the life-changing power of the gospel. There are no discussion questions provided.



Me, Myself and Lies

Homework: Light | Length: Semester

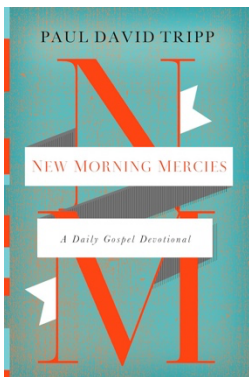
What Should You Say When You Talk to Yourself? Have you ever noticed the things you say to yourself-and believe? I could never do that. They don't like me. I am such an idiot! You wouldn't talk that way to anyone else, yet phrases like these constantly flow through your mind, leaving you insecure and defeated. Learn how to replace the lies with truth.



Nehemiah For You

Homework: Heavy | Length: Semester

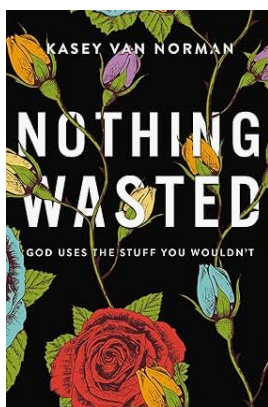
The book of Nehemiah chronicles a key moment in the history of God's people: the rebuilding of the walls of Jerusalem after the return from exile. But we don't walk away from this book just knowing about a rebuilt wall. Nehemiah helps us think through any type of rebuilding we might do for God from our homes and families to our local church, our communities and our world. It teaches us about gospel mission. Urban pastor



New Morning Mercies: A Daily Gospel Devotional

Homework: Light | Length: Year

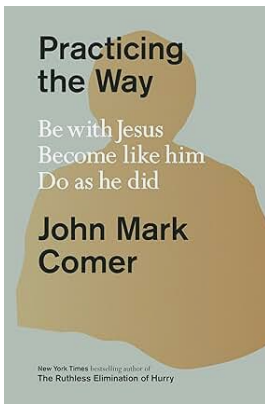
Mornings can be tough. Sometimes, a hearty breakfast and strong cup of coffee just aren't enough. Offering more than a rush of caffeine, best-selling author Paul David Tripp wants to energize you with the most potent encouragement imaginable: the gospel. Forget "behavior modification" or feel-good aphorisms. Tripp knows that what we really need is an encounter with the living God. Then we'll be prepared to trust in God's goodness, rely on his grace, and live for his glory each and every day. There are no discussion questions provided.



Nothing Wasted: God Uses the Stuff You Wouldn't

Homework: Light | Length: Semester

We all have past experiences we wish we could redo or undo altogether. *In Nothing Wasted*, counselor and teacher Kasey Van Norman's vulnerability invites you to discover God's personal and purposeful design for your future--not in spite of your story, but through it. What if the pain and mistakes of your past are exactly what God wants to use to redeem your future? The truth that no part of our life story is wasted--but purposefully designed and used by God to shape who we are meant to be. There is a study guide leaders can purchase for group questions.

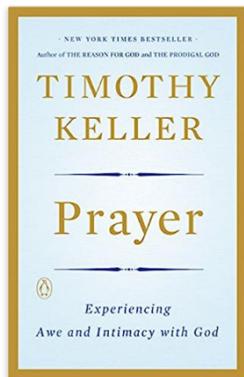


Practicing the Way

Homework: Moderate | Length: Semester

We are constantly being formed by the world around us. To be formed by Jesus will require us to become his apprentice.

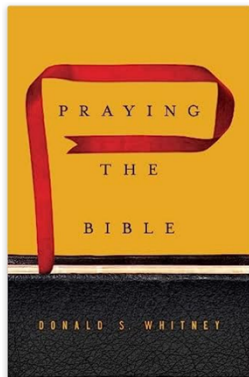
To live by what the first Christian disciples called a Rule of Life—a set of practices and relational rhythms that slow us down and open up space in our daily lives for God to do what *only* God can do—transforms the deepest parts of us to become like him. There are no discussion questions with this book.



Prayer

Homework: Heavy | Length: Semester

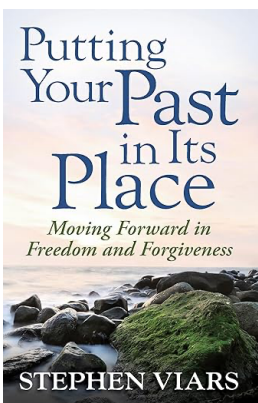
Christians are taught in their churches that prayer is the most powerful way to experience God. But few receive guidance in how to make prayer genuinely meaningful. In *Prayer*, Keller delves into the many facets of this everyday act. With his trademark insights and energy, Keller offers biblical guidance as well as specific prayers for certain situations, such as dealing with grief, loss, love, and forgiveness. He discusses ways to make prayers more personal and powerful, and how to establish a practice of prayer that works for each reader. There are no discussion questions in this book.



Praying the Bible

Homework: Light | Length: 10 Weeks

All Christians know they should pray, but sometimes it's hard to know how—especially if the minutes start to drag and our minds start to wander. Offering readers hope, encouragement, and the practical advice they're looking for, this book outlines a simple, time-tested method that can help transform our prayer lives: praying the words of the Bible. *Praying the Bible* shows readers how to pray through portions of Scripture one line at a time, helping us stay focused by allowing God's Word itself to direct our thoughts and words. There are no discussion questions in this book.

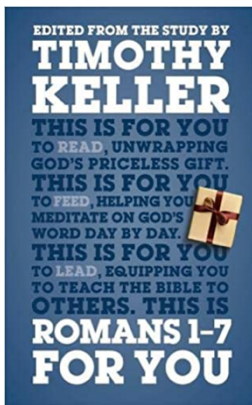


Putting Your Past in Its Place (NEW for 2026)

Homework: Light | Length: 12 Weeks

Lives grind to a halt when people don't know how to relate to their past. Some believe "the past is nothing" and attempt to suppress the brokenness again and again. Others miss out on renewal and change by making the past *more* important than their present and future. Neither approach moves people toward healing or hope.

Pastor and biblical counselor Stephen Viars introduces a third way to view one's personal history—by exploring the role of the past as God intended.

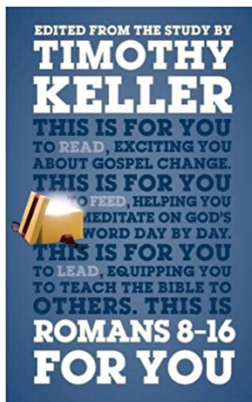


Romans 1-7 for You – Verse by Verse Bible Study

Homework: Moderate | Length: 12 Weeks

Join Dr. Timothy Keller as he opens up the first half of the book of Romans, helping you to get to grips with its meaning and showing how it transforms our hearts and lives today. Written for people of every age and stage, from inquirers to new believers to pastors and teachers, this flexible resource is for you to.

This is a great option for Metro Group Leaders looking to do a bible study that includes group questions.

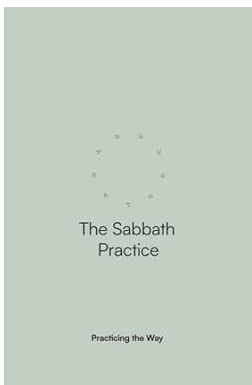


Romans 8-16 for You – Verse by Verse Bible Study

Homework: Moderate | Length: 12 Weeks

Join Dr. Timothy Keller as he opens up the second half of the book of Romans, beginning in chapter eight, helping you to get to grips with its meaning and showing how it transforms our hearts and lives today.

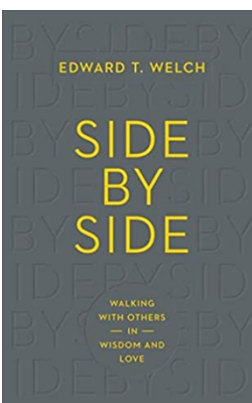
This is a great option for Metro Group Leaders looking to do a bible study that includes group questions.



Sabbath: Companion Guide

Homework: Moderate | Length: 4 Weeks

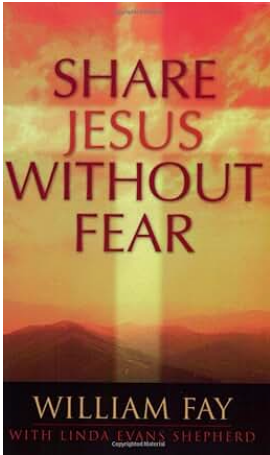
The Sabbath is a twenty-four hour time period set aside to stop, rest, delight, and worship. It is the best day of the week. In our era of chronic exhaustion, emotional unhealth, and spiritual stagnation, few things are more necessary than the recovery of this ancient practice. In this Sabbath practice companion guide, you'll find weekly exercises, readings, and resources to help your small group create life-changing daily rhythms as you apprentice under Jesus together.



Side by Side

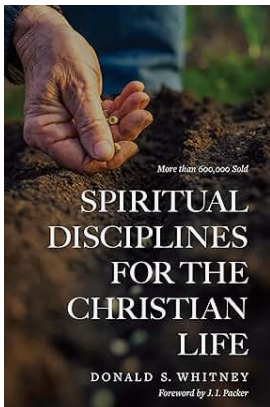
Homework: Light | Length: 17 Weeks

Everyone needs help from time to time, especially in the midst of painful circumstances and difficult trials. Written out of the conviction that friends are the best helpers, this accessible introduction to biblical counseling will equip believers to share their burdens with one another through gentle words of wisdom and kind acts of love. This book is written for those eager to see God use ordinary relationships and conversations between ordinary Christians to work extraordinary miracles in the lives of his people.



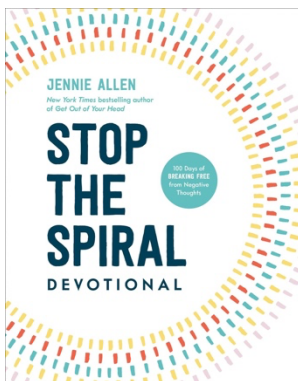
Share Jesus Without Fear
Homework: Light | Length: 11 Weeks

William Fay, once a money-driven businessman with Mafia ties who ran a house of prostitution until it was raided by police. Facing the threat of jail time, Fay turned to Jesus Christ for redemption and ever since has been turning others to Him as well. Now featuring a fresh new cover design, Share Jesus without Fear relays Fay's passionate, effective instructions on how to share the love of Christ with anyone--without feeling intimidated on either side of the conversation. Bold and joyful, the outreach movement continues without fear. There is a study guide available for leaders.



Spiritual Disciplines for the Christian Life (Book & Study Guide)
Homework: Light | Length: 6 Weeks

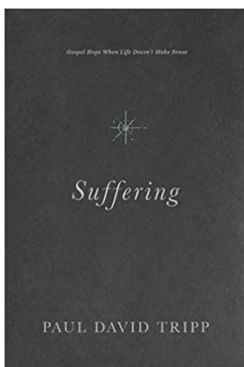
God desires us to express Christ's character. Becoming more like Christ is in large part dependent on a deliberate cultivation of spiritual disciplines. This study will show practical suggestions on how practicing daily spiritual disciplines will provide an opportunity to embrace life's greatest pursuit - the pursuit of holiness.



Stop the Spiral Devotional (NEW for 2026)
Homework: Moderate | Length: 100 Day Devotional

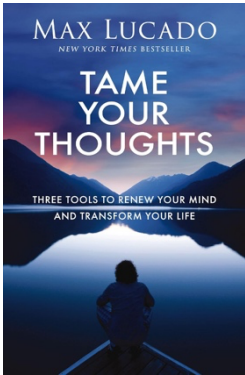
Are your thoughts holding you captive? Are you worn out from getting stuck in patterns of anxiety, distraction, or cynicism? If so, do you know that God built a way for us to escape that downward spiral?

Stop the Spiral Devotional, inspired by the New York Times bestseller Get Out of Your Head, is your invitation to begin noticing negative spirals—every day.



Suffering: Gospel Hope When Life Doesn't Make Sense
Homework: Moderate | Length: Semester

Sometimes life just hurts. Out of nowhere, death, illness, unemployment, or a difficult relationship can change our lives and challenge everything we thought we knew. But, in the midst of all this pain and confusion, we are not alone. Weaving together his personal story, pastoral ministry experience, and biblical insights, best-selling author Paul David Tripp helps us trust God in the midst of suffering. He identifies traps to avoid in our suffering and points us instead to comforts to embrace. This raw yet hope-filled book will help you cling to God's promises when trials come.



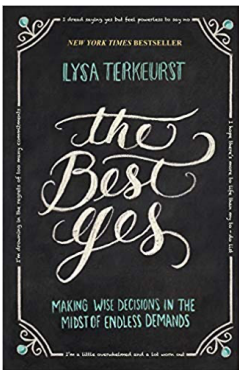
Tame Your Thoughts (NEW for 2026)

Book & Study Guide

Homework: Light | Length: 12 Weeks

Tame your thoughts and transform your life!

In *Tame Your Thoughts*, Max explores three key thought-management tools and then applies them to the most common thought problems: worry, guilt, anxiety, and other types of mental quicksand that threaten to trap us. God loves us too much to let us lead a life marked by poor thinking. He made our brains; he can retrain our brains. God has not left us alone in this battle of the mind.

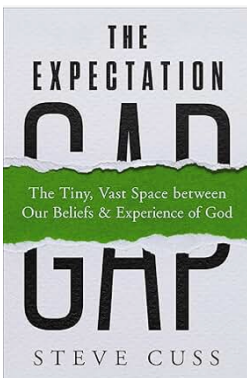


The Best Yes: Making Wise Decisions in the Midst of Endless Demands

Book & Study Guide

Homework: Light | Length: Semester

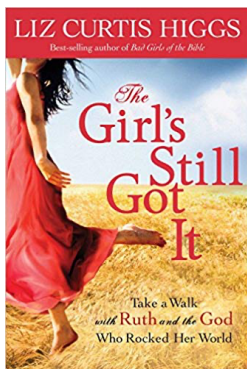
Most of us spend a lot of our lives figuring out when to say yes and how to say no. But we don't find space for our souls until we learn to step past the yes and no of daily decisions and seek out a third option: The Best Yes. The Best Yes is the choice that shapes all our other choices. It's what allows us to play our necessary parts in God's plan, to spend our energy and focus our passion on the assignments that really are ours. Too many of us confuse the command to love with the disease to please.



The Expectation Gap

Homework: Light | Length: 9 Weeks

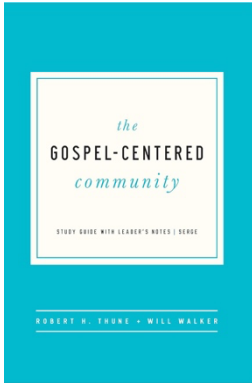
In *The Expectation Gap*, Steve Cuss—pastor and founder of the leadership organization Capable Life—offers tangible tools for engaging with God in a deeper, more soul-satisfying way. You'll unveil harmful expectations and patterns that keep you spiritually stuck so that you can replace them with habits and practices that will lead to a more vibrant faith life. The book has discussion questions at the end of every chapter.



The Girl's Still Got It

Homework: Light | Length: Semester

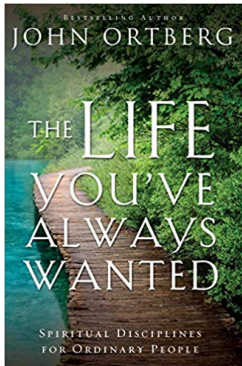
Walk with Ruth as she travels from Moab to Bethlehem, certain of her calling, yet uncertain of her future. Hold Naomi's hand and watch love put the pieces of her broken life back together. And hang out with Boaz, their kinsman-redeemer, who blesses both women and honors God big time. See what God is trying to teach you through this rags-to-riches redemption story. He has a plan for your life.



The Gospel-Centered Community (NEW for 2026)

Homework: Light | Length: 9 Weeks

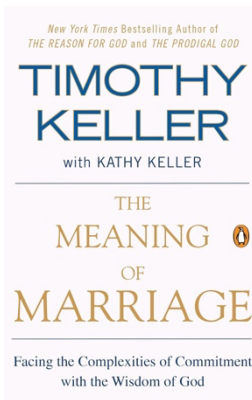
We don't want to be alone. We want to love and be loved; and we know that genuine relationships make our lives rich. But somehow living in community always ends up being harder than we thought. This study helps participants learn how the Holy Spirit shapes diverse people into a Christ-centered community that reflects Jesus to a watching world. Each lesson is self-contained, featuring clear teaching from biblical Scripture, and requires no extra work outside the group setting. The *Leader's Guide* helps small group leaders with discussion questions.



The Life You Always Wanted

Homework: Light | Length: Semester

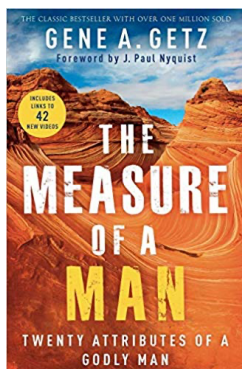
What does true spiritual life really look like? What keeps you from living such a life? What can you do to pursue it? If you are tired of the status quo - if you suspect that there's more to Christianity than what you have experienced - this study points to a road of transformation and spiritual vigor that anyone can take. One that leads to *The Life You've Always Wanted*.



The Meaning of Marriage (NEW for 2026)

Homework: Heavy | Length: Semester

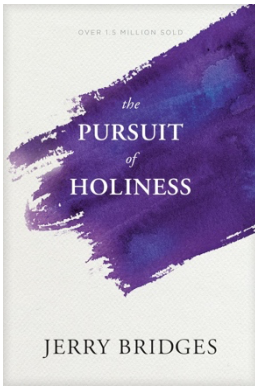
Culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But these assumptions are wrong. *The Meaning of Marriage* offers instruction on how to have a successful marriage and is essential reading for anyone who wants to know God and love more deeply in this life. It is recommended that groups also use the couple devotional guide which have questions.



The Measure of a Man: Twenty Attributes of a Godly Man

Homework: Moderate | Length: Semester

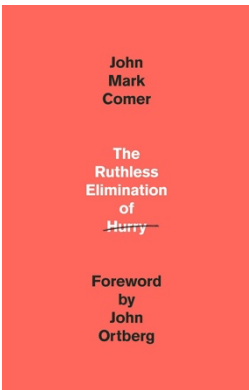
The Measure of a Man has taught hundreds of thousands of men around the world how to live according to God's direction--faithfully, lovingly, and spiritually. Now revised this classic guide to biblical masculinity is poised to impact a new generation of men. True masculinity is not measured by the strength of a man, but by these twenty biblical guidelines drawn from the Apostle Paul's letters to his young protégés Timothy and Titus. Inspiring, encouraging, and practical, this book shows men how they can reach God's standards as fathers, husbands, and mentors to other men.



The Pursuit of Holiness (NEW for 2026)

Homework: Moderate | Length: Semester

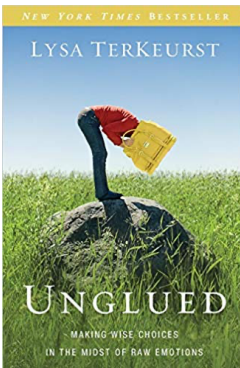
Because of grace we don't have to earn our salvation . . . but sometimes that leaves us wondering what our part in holiness should be. In this bestselling and long-esteemed resource, renowned author Jerry Bridges helps us see where we should rely on God—and where we should accept responsibility and exercise discipline. Both compassionate and convicting, this theological guide to living a holy life encourages you to dive into Scripture. It now features an added study guide for personal use or group discussion so you can dive deeper.



The Ruthless Elimination of Hurry

Homework: Light | Length: Semester

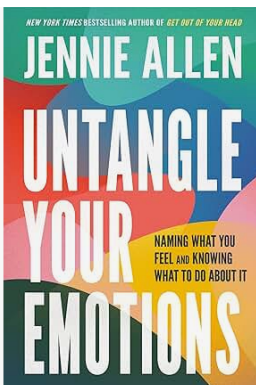
"Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life." It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world. There is a study guide available for group leader questions.



Unglued: Making Wise Choices In The Midst of Raw Emotions

Homework: Moderate | Length: Semester

God gave us emotions to experience life, not destroy it! Sometimes we have experiences where others bump into our "happy" and we come emotionally unglued. We stuff, we explode, or we react somewhere in between. What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and this study, filled with gut-honest personal examples and biblical teaching, will equip you. Learn to respond with no regrets by managing your tendencies to stuff, explode, and react, or somewhere in between.



Untangle Your Emotions

Homework: Light | Length: Semester

How often have you heard, "Don't let your emotions get the best of you"? But what if instead of ignoring our feelings, we noticed them, named them, and let God use them to draw us closer to Himself and others?

Many of us need to unlearn damaging messages about our emotions. We've been taught, for example, that emotions are untrustworthy, when, in fact, God can use them to help us see where we need His healing. There is a study guide for purchase for group discussion questions.

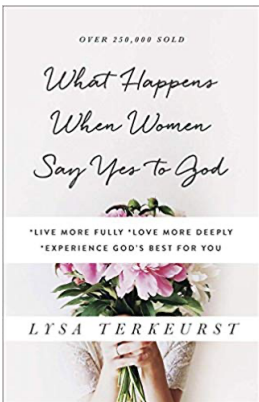


Welcome to Adulting (NEW for 2026)

Homework: Light | Length: 11 Weeks

Adulting is hard. But sometimes we make it harder than it has to be. Combining entertaining stories from his own experience, insights from the Bible, and compelling evidence from research, Jonathan "JP" Pokluda lays out a roadmap for how to navigate your life as an adult, addressing topics such as:

- friendships and dating • career and money management
- interpersonal conflict • controlling anxiety
- recovering from addiction • discovering your purpose on this earth



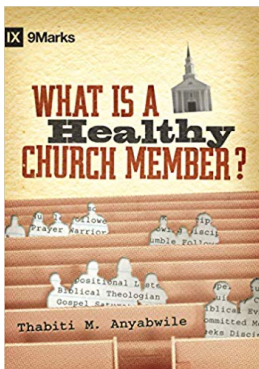
What Happens When Women Say Yes to God

Homework: Light | Length: Semester

In this study the author shares inspiring stories and compelling insights about what it means to partner with God in all decisions and actions. This adventure leads you to:

- discern the voice of God and say yes to His call
- experience the deep joy of wholehearted obedience
- let God affect lives around you in remarkable ways

This is your invitation to embark on the transforming journey of faithfulness as you seek God and boldly ask for and expect more from the Christian life.



What Is A Healthy Church Member?

Homework: Light | Length: 6 Weeks

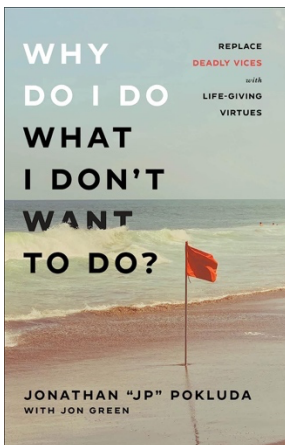
God intends for us to play an active and vital part in the body of Christ, the local church. He wants us to experience the local church as a home more profoundly wonderful and meaningful than any other place on earth. He intends for his churches to be healthy places and for the members of those churches to be healthy as well. This book explains how membership in the local church can produce spiritual growth in its members and how each member can contribute to the growth and health of the whole.



Whiter Than Snow: Meditations on Sin and Mercy

Homework: Light | Length: 10 Weeks

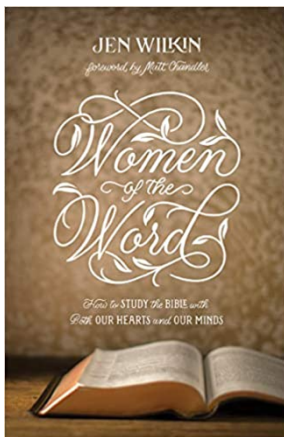
Sin and grace-these are the two themes of our lives. We all blow it and we all need to start over again. In Psalm 51, David tells his story of moral failure, personal awareness, grief, confession, repentance, commitment, and hope. This book offers fifty-two meditations (recommended 5 medications per group week), reminding readers that by God's grace there is mercy for every wrong and grace for every new beginning. Designed for busy believers, these brief and engaging meditations are made practical by the reflection questions that conclude each chapter.



Why Do I Do What I Don't Want To Do?

Homework: Light | Length: 10 Weeks

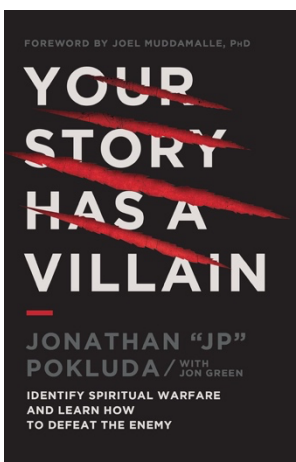
We live in an upside-down culture. We wink at our vices as coping strategies while restricting our virtues to our online personas, where they won't interfere with our real lives. And we wonder why we feel empty, exhausted, and directionless. But why do we do things that we know are harmful for us? The author wants you to know there's a better, more fulfilling way to live, and it doesn't involve looking inside yourself for the answers--because that's not where you'll find them. With his signature wit and wisdom, he explains, unpacks, and expands on the age-old virtues we're told to pursue in Scripture: humility, forgiveness, generosity, diligence, self-control, authenticity, rest, and optimism.



Women of the Word

Homework: Moderate | Length: 9 Weeks

We all know it's important to study God's word. But sometimes it's hard to know where to start. What's more, a lack of time, emotionally driven approaches, and past frustrations can erode our resolve to keep growing in our knowledge of Scripture. How can we, as Christian women, keep our focus and sustain our passion when reading the Bible? Women of the Word has helped countless women with a clear and concise plan they can use every time they open their Bible. This book will equip you to engage God's word in a way that trains your mind and transforms your heart. For Study Guide Click [HERE](#)



Your Story Has a Villain **(NEW for 2026)**

Homework: Light | Length: 13 Weeks

Are you ready to change your narrative and live a different story today? If you're weary from the struggle and ready to experience life as God intended, this book will help you explore the tactics of Satan, equip you to overcome spiritual battles. Yes, your story has a villain, an unseen enemy disrupting your life more than you realize. But remember the hero, Jesus Christ, who came so that we may "have life, and have it to the full" (John 10:10). We know the grim, eternal outcome for Satan and his demons, but the battle still rages. Are you ready to fight back, find freedom from sin and toxic thinking, and walk in the abundant life available to you?

APP and Podcast



The Bible Recap Podcast

Homework: Moderate | Length: Semester

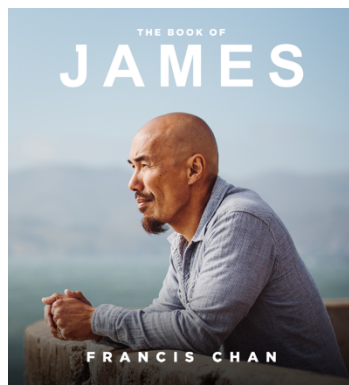
The Bible Recap is a short daily podcast hosted by Tara-Leigh Cobble. This will be her 10th time reading through the Bible chronologically, and she'll highlight and summarize that day's Bible reading in a casual, easy to understand way. The Bible Recap will not only help you *read* scripture but help you *love* reading it! Each day you'll read the assigned reading, then tune in to The Bible Recap each day *after* you've finished reading!



First Five App

Homework: Light | Length: Semester

Transform your time with God using First 5 app, developed by Proverbs 31 Ministries. We believe in giving the Lord our firsts! So it only makes sense for us to give Him our first thoughts of each day. First 5 was specifically designed to greet you with a short teaching in God's Word first, before you get distracted by social media and everything else screaming for your attention. It will equip you to better study and know the Word of God.



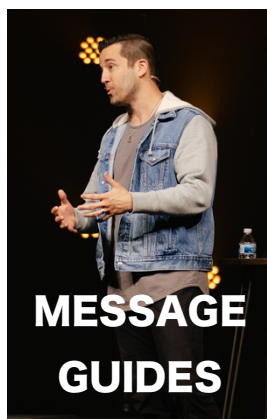
The Book of James Study by Francis Chan

Homework: None | Length: 12 Weeks

True faith produces fruit. A faith without action and without life change is ultimately a dead faith. The book of James speaks to the realities of a living faith in Jesus—the kind of roll-up-your-sleeves and get-your-hands-dirty discipleship that is borne out of an authentic relationship with the risen Lord. James writes to believers who know suffering, who've faced trials, and who ultimately desire a deep relationship with God. Francis works through James verse-by-verse, challenging followers of Christ to move beyond a private, intellectual knowledge of God and His Word, to a vibrant faith that impacts every square inch of life.

For this study, a group would read the passage in James first, then watch a 5 to 10 minutes YouTube Video and have a discussion (FYI, there are no premade questions). For Videos Click [HERE](#)

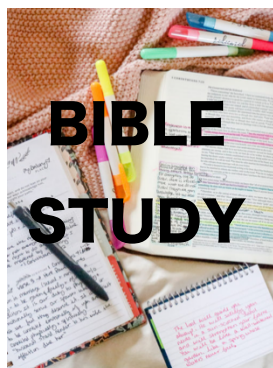
OTHER OPTIONS



Weekend Message Guides – Guides Provided by Metro

Homework: None | Length: Semester

These studies are based upon the weekend messages. They center on understanding biblical principles and practical ways to integrate them into daily living.



Bible Study – Guides Provided by Metro

Homework: Light | Length: Semester

The purpose for this curriculum option is to get group members consistently in the Word. In doing so, they learn how to become “self-feeders”.

Recommended books of the bible to use this tool with would be epistles such as Galatians, Ephesians, Philippians, Colossians, 1 and 2

Thessalonians, 1 and 2 Timothy, Titus, Philemon, Hebrews, James, 1 and 2 Peter, 1, 2, 3 John, and Jude. Proverbs would be a great Old Testament book to use this study with as well.

Where Do I Order My Books? 2 Convenient Options!



1) Amazon Prime

amazon.com



2) Christian Book Distributors

cbd.com