

VIDEO SESSION GUIDES

KNOWING BETTER

Session Video Guides

Print for each participant to help them follow
along and take notes during the videos.

Unless otherwise noted, all Scripture quotations are taken from the New International Version® NIV®, copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by Permission. All rights reserved worldwide. Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved. Scripture quotations marked ESV are from the ESV® Bible © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

KNOWING BETTER

Session Video Guides

VIDEO: WELCOME/INTRODUCTION

Why should you do this study?

POINT 1: You're probably getting it _____.

Answer TRUE or FALSE for each statement.

- ___ 1) There are areas I've never really felt fulfilled
- ___ 2) Sometimes, I don't feel okay in my own skin.
- ___ 3) I worry about a lot of things.
- ___ 4) Sometimes, I'm downright fearful with parts of my life.
- ___ 5) I have insecurities.
- ___ 6) I have troubling thoughts.
- ___ 7) I'm missing joy.
- ___ 8) My life could definitely be better.
- ___ 9) I'll never be able to stop _____.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. ~John 14:27 (NIV)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ~Philippians 4:7 (NIV)

In this study you will learn how to find that kind of peace.

Point 2: What am I going to get out of this?

Answer: What you never knew you really _____ or _____.

But, when we let our Father show us what _____ is, then we begin to understand. We can have Life. Full, real life filled with Joy, regardless of circumstances. A healed, unbroken life. A fulfilling life. A life with Purpose and meaning. A life experiencing the love and care of a good God. A life that is fulfilling.

Point 3: What should I expect? Or HOW will I get all the goodness?

Answer: _____ to work for it.

What will be different in this study:

- 1) We're not going to be sharing our homework with our group.
- 2) This has to be _____.

And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. ~John 17:3 (NASB)

It says eternal life is in the _____ of God.

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 1 ■ TIME FOR A CHANGE

What might we be missing?

POINT 1: Salvation (AKA: Access to The Father)

“Not everyone who says to me, ‘Lord, Lord’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. MANY will say to me on that day, ‘Lord, Lord, did we not prophesy in your name, and in your name drive out demons and in your name perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers.’”

~ Matthew 7:21-23 (NIV)

Jesus tells us the problem and solution: _____ .

Salvation in Jesus wasn't a sign up for church activities. It's an invitation to be in the presence of God Almighty and to KNOW Him.

Another reason we might want to change is...

POINT 2: Because otherwise nothing changes.

Things may not change because...

- 1) You're going through the motions of religion without _____ with your Creator.
- 2) You're trying to _____ .
- 3) You're going the _____ .

For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God...

~1 Peter 3:18 (NIV)

Not to bring God to us.

Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. ~Matthew 7:13-14 (NIV)

The last reason we want change is...

Point 3: You can experience your _____ .

Jenn's paraphrase of A.W. Tozer's quote from *The Pursuit of God*.

To be meek means I don't worry about who is greater than me or who has something negative to say about me. Why? Because I have decided that what other people think about me is not worth worrying about.

To be meek is not to look at myself as a mouse, feeling inferior, less than. Instead, it makes me strong. It makes me bold because I have accepted who I REALLY am. What God says I am. In one sense, helpless and weak...and at the same time more important than the angels of heaven. In myself, nothing. In God, everything. That's what I'm going to live by.

I know the world will never see me as God sees me. That's okay, because I have stopped caring about that. In my meekness, I'll be happy to let God defend me and stop wasting my time defending myself. In my meekness I will be at peace.

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 2 ■ PLANT YOUR FEET

We need to realize a couple of things about FAITH

POINT 1: You may not _____ as you think.

How do you know if your faith is strong?

Don't worry about anything. Instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace which exceeds anything we can understand.

~Philippians 4:6-7a (NLT)

POINT 2: At some point your faith is going to _____.

In this life you will have trouble. ~John 16:33 (NIV)

The late Supreme Court Justice, Louis Brandeis said,

"If you would only recognize that life is hard, things would be so much easier for you."

3 things to remember so you pass the test. So you stay solid on your FAITH foundation.

"Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up the last day."

~John 6:54 (NIV)

"For my flesh is real food and my blood is real drink." ~John 6:55 (NIV)

"Lord, to whom shall we go? You have the words of eternal life." ~John 6:68 (NIV)

WHAT CAN WE LEARN ABOUT TRIALS

1) God is never the _____.

2) The answers are never _____.

"If you have not chosen the Kingdom of God, it will make in the end no difference what you have chosen instead." ~William Law

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

~Psalm 40:1-2 (NIV)

Blessed is the one who trusts in the LORD, who does not look to the proud, to those who turn aside to false gods. ~Psalm 40:4 (NIV)

3) Faith _____.

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 3 ■ THE STUFF IN YOUR WAY

One of our biggest obstacles can be our...

POINT 1: Expectations.

PERIPETIA: the reversal from one state of affairs to its opposite.

ANAGNORISIS: in Greek means “recognition” or a change from ignorance to knowledge.

And we know that God causes all things to work together for the good of those who love God...

~Romans 8:28 (NASB)

Another big encompassing issue that gets in our way is...

POINT 2: What our _____ is on.

Have I not commanded you? Be strong and courageous! Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. ~Joshua 1:9 (NIV)

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” ~Deuteronomy 3:8 (NIV)

You go before me and follow me. You place your hand of blessing on my head. ~Psalm 139:5 (NLT)

So how do we keep our focus OFF the wrong things and ON Jesus?

I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms. – Ephesians 1:19-20 NLT

“In myself nothing. With God, EVERYTHING.” ~A.W. Tozer

Ubuntu means “_____ because we are.”

We need to have the same focus: I am because I am with Jesus. There’s no more _____ to focus on.

...it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. ~Galatians 2:20 (NASB)

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 4 ■ THE REAL JESUS

How do we do life with the real Jesus?

POINT 1: Get ready for the _____ .

*For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace. ~Isaiah 9:6 (NIV)*

There are nice questions Jesus asks at times.

What do you want me to do for you? ~Matthew 20:32 NIV

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye. ~Matthew 7:3-5

POINT 2: Let Him _____ .

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” ~John 8:12 NIV

What I heard Jesus tell me: *I’ll light the way out of the darkness for you.*

...If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? 13 And if he finds it, truly I tell you, he is happier about that one sheep than about the ninety-nine that did not wander off. 14 In the same way your Father in heaven is not willing that any of these little ones should perish. ~Matthew 18:12-14 NIV

What I heard Jesus tell me: *Just because other people got it figured out and are hanging with me, doesn’t mean you aren’t just as important to me. You may feel lost, but I’m not giving up on you. I’ll always show up for you.*

For he chose us in him before the creation of the world to be holy and blameless in his sight.
~Ephesians 1:4

What I heard: *I had your life figured out before I created the world. You may see a mess, I see what’s coming: perfection.*

POINT 3: Remember He is _____ .

“The virgin will conceive and give birth to a son, and they will call him Immanuel” (which means ‘God with us’). ~Matthew 1:23 NIV

If you want to experience God, truly experiencing Jesus with you, simply start living the truth that He is with you.

HOW DOES THAT HAPPEN?

Spend _____ **with Jesus.**

Live life _____. Be attached to Jesus.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ~Matthew 11:29 NIV

One writer explained that this occurs when you become “willfully aware” of God with you.

...God has said, “Never will I leave you; never will I forsake you.” ~ Hebrews 13:5 (NIV)

...And surely I am with you always, to the very end of the age.” ~ Matthew 28:20 (NIV)

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 5 ■ THE HARD ROAD

Wars are only won by an offensive attack, never with a defensive strategy.

How to walk the hard road well.

POINT 1: Walk the road

WHAT'S DIFFERENT ON THE HARD ROAD

1) Our _____.

Put on the full armor of God, so that you can take your stand against the devil's schemes... Take the helmet of salvation and the sword of the Spirit, which is the word of God. ~ Ephesians 6:11, 17 (NIV)

2) Our _____.

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

~Isaiah 26:3 (NLT)

The last thing we'll need to be aware of on the hard road is...

3) What we're _____.

*Praise be to the Lord, to God our Savior,
who daily bears our burdens.
Our God is a God who saves;
from the Sovereign LORD comes escape from death.
~Psalm 68:19-20 NIV*

POINT 2 Be refined

For those God foreknew he also predestined to be conformed to the image of his Son...

~Romans 8:29 (NIV)

'Truly I tell you, whatever you did for one of the least of these...you did for me.' ~Matthew 25:40 (NIV)

"Don't let _____ kill your life or steal your life from you. Don't change because of the pressure of the world, you go and change the world." ~Mama Maggie Gobran

How do we become refined, to be like Christ?

"When you _____ is when you find the beauty in you." ~Mama Maggie Gobran

KNOWING BETTER

Session Video Guide

VIDEO: WEEK 6 ■ BE DIFFERENT

The Light shines in the darkness and the darkness has not overcome it. ~John 1:5 (NIV)

Other translations capture that a little differently,

"...cannot understand it." (AMP)

"...did not grasp it." (NASB)

"...did not comprehend it." (NKJV)

"...has not overpowered it." (WNT)

The light of God, Christ Jesus, is unconquerable. The light is the truth. The true way to do life.

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. ~1 Peter 2:9

REPEAT:

I am chosen

I am God's special possession

I am holy

REPEAT:

I am chosen.

I am God's special possession.

I will _____.

We have to keep an eye on...

POINT 1: what's important to you

Did anyone ask to die in his place? Did any friend come and loose the rope and say: 'Put it around my neck and let me die instead'? No; he underwent the sentence of the law. For many offences? No; for one offence. He had stolen a parcel from a stage coach. He had broken the law at one point and must now die for it. It was the penalty of a changing human law...also the last instance of capital punishment for that offence.

I saw another sight... myself a sinner standing on the brink of ruin, deserving nought but hell. For one sin? No; for many sins committed against the unchanging laws of God. But again I looked and saw JESUS, my substitute, scourged in my stead and dying on the cross for me. I looked and cried and was forgiven. And it seems to be my duty to tell you of that Saviour, to see if you will not also look and live.
-Sir James Young Simpson

"Don't let success kill your life or steal your life from you." -Mama Maggie Gobran

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. ~1 John 2:15 (NASB)

How do we keep God as our #1?

When he died he died once to break the power of sin. But now that he lives, he lives for the glory of God. So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus. ~Romans 6:10-11 (NLT)

Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. ~Romans 6:12-13a (NLT)

Take a quick inventory: What part of you serves sin?
What to do INSTEAD

Instead, give yourselves COMPLETELY to God, for you were dead, but now you have new life. So use your WHOLE body as an instrument to do what is right for the glory of God. ~Romans 6:13b (NLT)

POINT 2: Live the _____.

Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. ~James 1:22-24 (NIV)

The Message Bible gets to the heart of it,

*Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are...
~James 1:22-24 (MSG)*

How do we live the Bible?

When you read the Bible, ask God how that applies to YOUR life. What YOU need to understand from the verses you just read. Look for His instruction and let Him guide you how to line up with that.

Point 3: Don't _____ Jesus

"I have no words to express my thankfulness that you have brought me to the wonderful Savior. I would never have it any other way."

How will we not lose sight of Jesus?

Showing up at church is something anyone can do. Showing up to spend time with your Savior privately is only something the devoted will do.

Don't live in the gray area.

Don't try to live in the in-between. Trying to do some life in the world and some life with God. It will never work. Things won't get fixed there. Nothing changes there. Your life will be different because you KNOW God. Because you are following Jesus closely, listening to and living by His word, keeping God first in your life. Know Better and continue to watch your life change. Watch Everything change.

*Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.
~John 17:3 (NLT)*