

# G-3 Group Weekly Bible Study

## The Journey Upward to Praise



THE PATH OF FREEDOM AND PEACE

Week 5/24/2026

There is a deep, radiant joy that rises when a life moves from the shadow of affliction and the weight of sin into the light of salvation and the calm of God's peace; it is the relief of chains falling away, the surprise of mercy meeting us where we are, and the steady assurance that our scars have been woven into a larger story of redemption. This joy is not mere happiness but a settled gladness—rooted in forgiveness, sustained by grace, and expressed in a heart that can finally breathe, hope, and love without pretense. It changes how we see suffering (no longer as final but as refining), how we speak to ourselves (no longer with condemnation but with truth), and how we live each day (no longer driven by fear but guided by the gentle confidence of One who has saved and keeps us).

The most important decision you can make is to have a relationship with Jesus.

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### Overview of the Problem and Promise

**All people are sinners and separated from God**, and the consequence of sin is death; yet God, in love, provided Jesus Christ as the only way to be reconciled and receive eternal life. Key biblical summaries of this reality appear throughout Scripture.

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### Step 1 Recognize the Problem: Sin and Its Consequence

- **Scripture:** *Romans 3:23; Romans 6:23* — “For all have sinned... the wages of sin is death.”
  - **Truth:** Everyone falls short of God’s standard; sin brings spiritual death and separation from God. [OpenBible.info](http://OpenBible.info)
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## Step 2 See God’s Provision: Christ Died for Sinners

- **Scripture:** *John 3:16; Romans 5:8* — “God demonstrates his love: Christ died for us while we were still sinners.”
  - **Truth:** God’s love is shown in Christ’s sacrificial death and resurrection, which makes forgiveness and new life possible. [GotQuestions.org](http://GotQuestions.org) [OpenBible.info](http://OpenBible.info)
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## Step 3 Understand How Salvation Is Received

- **Scripture:** *Ephesians 2:8–9; Romans 10:9–10* — “By grace you have been saved through faith... if you confess and believe, you will be saved.”
  - **Truth:** Salvation is a gift received by faith, not earned by works; it involves trusting Jesus as Lord and believing in His resurrection. [GotQuestions.org](http://GotQuestions.org)
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## Step 4 Respond in Repentance and Faith

- **Scripture:** *Acts 2:38; Mark 1:15* — “Repent and be baptized... and you will receive the Holy Spirit.”
  - **Application:** Repentance means turning from sin; faith means trusting Christ alone for forgiveness. Baptism and public confession are biblical responses that follow conversion. [OpenBible.info](http://OpenBible.info) [GotQuestions.org](http://GotQuestions.org)
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## Step 5 Live Out the New Life and Receive Assurance

- **Scripture:** *Ephesians 1:3–14; 1 John 5:13* — God seals believers with the Spirit and gives assurance of eternal life.
  - **Application:** Grow in prayer, Scripture, fellowship, and obedience; rely on the Holy Spirit’s work and the promises God has given. [Bible Gateway](http://Bible Gateway) [OpenBible.info](http://OpenBible.info)
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## Short Prayer to Receive Christ

Lord Jesus, I admit I am a sinner. I believe You died and rose for me. I repent of my sin and trust You as my Lord and Savior. Thank You for forgiving me and giving me new life. Amen.

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## Day 1 Affliction Reframed

**Key Scripture:** *Romans 8:28* (This Week- Psalm 129)

**Supporting Scriptures:** *Psalm 34:19; 2 Corinthians 4:17; James 1:2–4.*

**Application:** Journal one painful event and three ways God may be shaping you through it.

**Discussion:** 1. How has a past trial produced spiritual growth? 2. Where do you still need God's perspective on a painful memory?

**Prayer:** Lord, show us how You are working good through our pain.

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## Day 2 Bring the Depths to Prayer

**Key Scripture:** *Philippians 4:6–7* (The Week- Psalm 130)

**Supporting Scriptures:** *Psalm 42:11; 1 Peter 5:7; Matthew 11:28–30.*

**Reflection:** Honest prayer plus thanksgiving invites God's guarding peace into anxious places.

**Application:** Turn one recurring worry into a written prayer and read it aloud in the group.

**Discussion:** 1. What keeps you from bringing certain worries to God? 2. How does thanksgiving change your prayer posture?

**Prayer:** Father, receive our honest prayers and grant Your peace.

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## Day 3 Expect More Than You Imagine

**Key Scripture:** *Ephesians 3:20*

**Supporting Scriptures:** *Mark 9:23; Luke 1:37; Jeremiah 32:17.*

**Application:** Pray for one "impossible" need and list two faithful steps to take this week.

**Discussion:** 1. When has God answered beyond your expectations? 2. What small faithful acts can accompany your big prayers?

**Prayer:** God, enlarge our faith to expect what we cannot yet see.

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## Day 4 Peace in the Midst of Trouble

**Key Scripture:** *John 16:33* (This Week- Psalm 131)

**Supporting Scriptures:** *Romans 8:37–39; 2 Corinthians 12:9–10; Isaiah 43:2.*

**Reflection:** Peace is found in Christ's victory, not in the absence of trials; community sustains endurance. Practice declaring Christ's overcoming when anxiety rises.

**Application:** Memorize John 16:33 and call one group member when trouble comes for mutual prayer.

**Discussion:** 1. How does Christ's victory reshape your fear? 2. Who in the group can you call when trials come?

**Prayer:** Jesus, be our peace in every trial. [freebiblestudyhub.com](http://freebiblestudyhub.com) [freebiblestudyhub.com](http://freebiblestudyhub.com)

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## Day 5 Rest in God's Strength

**Key Scripture:** *Isaiah 41:10; 2 Corinthians 12:9*

**Supporting Scriptures:** *Matthew 11:28–30; Psalm 23:1–3; Hebrews 4:9–11.*

**Reflection:** Rest is a discipline of receiving God's sustaining power; weakness becomes the stage for His strength.

**Application:** Write one burden on paper and symbolically place it aside as an act of surrender.

**Discussion:** 1. What does spiritual rest look like for you? 2. How can the group help you practice resting in God?

Prayer: Sovereign God, uphold us and teach our souls to rest in You.

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