

In the  
**FOOTSTEPS**  
of the **SAVIOR**

**FOLLOWING JESUS THROUGH  
THE HOLY LAND**

BIBLE STUDY GUIDE | SIX SESSIONS

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WITH ANDREA RAMSAY



Harper*Christian*  
Resources

*In the Footsteps of the Savior Bible Study Guide*

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## A NOTE FROM MAX LUCADO

There's something significant about knowing the location where an important event took place. Just think about when a friend tells you a riveting story. What do you want to know? You want to know *where* it happened. You want to know what the *surroundings* were like. You want to be able to *picture yourself there* so you can better understand what actually happened.

It's the same with the stories you read in the Bible. When you know where Jesus' miracles, sermons, and interactions actually took place, you can put yourself there. You can see what Jesus saw. You can feel what he felt. You can hear what he heard. You can better understand what was happening in the world of his day . . . which can help you better understand why Jesus did what he did and said what he said. The location adds context.

I've had the opportunity to visit places in Israel where many of the stories we read about in the Gospels and Acts took place. Locations such as Capernaum, the Sea of Galilee, the Mount of Beatitudes, the Temple Steps and Garden Tomb in Jerusalem, and the coastal town of Caesarea Maritima. As you go through this study, you will see what these places look like today and hear a story from the Bible about what happened there. It is my hope that seeing them will help you better experience the people and places that shaped Jesus' life.

What's more, it is my goal that seeing these places will help you to connect with Jesus' *humanity*. The Bible states that Jesus was born in a *real* town called Nazareth, walked on *real* roads in Israel, traveled by boat on a *real* lake in Galilee, taught the people from a *real* hillside known as the Mount of Beatitudes, spoke to many others from the steps of a *real* temple in Jerusalem, and finally was crucified and rose again from a *real* tomb in that same city. None of these places were invented . . . for as you will see in this study, you can visit them today.

God has more in store for you than you can imagine. I'm praying this study will give you a life-altering encounter with him as we walk *In the Footsteps of the Savior*.

— MAX LUCADO



# HOW TO USE THIS GUIDE

**G**rab your passport and pack your bags. You are about to embark on an adventure through some of the most prominent cities, towns, and locations in the New Testament. Why are these places so important? It's because Jesus and the disciples were there.

This study will take you to some of the important places where key events in the Gospels and Acts took place. You will visit the city of Capernaum, where Jesus raised a girl to life. The Sea of Galilee, where Jesus walked on water. The Mount of Beatitudes, where Jesus told the people to trust God and not worry. The Temple Steps in Jerusalem, near the place where Jesus had a conversation with a Pharisee at night. The Garden Tomb, believed by many to be where Jesus rose from the dead. And the city of Caesarea by the Sea, where the disciple Peter received an important lesson on who is “in” and “out” of God's kingdom.

Before you begin this journey, keep in mind there are few ways you can work through this material. You can experience this study with others in a group (such as a Bible study, Sunday school class, or any other small-group gathering), or you may choose to study the content on your own. Either way, the videos for each session are available for you to view at any time by following the instructions provided on the inside cover of this study guide.

## GROUP STUDY

Each session is divided into two parts: (1) a group study section, and (2) a personal study section. The group study section provides a basic framework on how to open your time together, get the most out of the video content, and discuss the key ideas together that were presented in the teaching. Each session includes the following:

- **Welcome:** A short note about the topic of the session for you to read on your own before you meet together as a group.
- **Connect:** A few icebreaker questions to get you and your group members thinking about the topic and interacting with each other.

- **Watch:** An outline of the key points that will be covered in each video teaching to help you follow along, stay engaged, and take notes.
- **Discuss:** Questions to help your group reflect on the material presented and apply it to your lives. In each session, you will be given four suggested questions and four additional questions to use as time allows.
- **Respond:** A short personal exercise to help reinforce the key ideas.
- **Pray:** A place for you to record prayer requests and praises for the week.

If you are doing this study in a group, have your own copy of this study guide so you can write down your thoughts, responses, and reflections and have access to the videos via streaming. You will also want to have a copy of the *In the Footsteps of the Savior* book, as reading it alongside the curriculum will provide you with deeper insights. (See the notes at the beginning of each group session and personal study section on which chapters of the book you should read before the next group session.) Finally, keep these points in mind:

- **Facilitation:** If you are doing this study in a group, you will want to appoint someone to serve as a facilitator. This person will be responsible for starting the video and keeping track of time during discussions and activities. If *you* have been chosen for this role, there are some resources in the back of this guide that can help you lead your group through the study.
- **Faithfulness:** Your small group is a place where tremendous growth can happen as you reflect on the Bible, ask questions, and learn what God is doing in other people's lives. For this reason, be fully committed and attend each session so you can build trust and rapport with the other members.
- **Friendship:** The goal of any small group is to serve as a place where people can share, learn about God, and build friendships. So seek to make your group a "safe place." Be honest about your thoughts and feelings . . . but also listen carefully to everyone else's thoughts, feelings, and opinions. Keep anything personal that your group members share in confidence so that you can create a community where people can heal, be challenged, and grow spiritually.

If you are studying on your own, read the opening Welcome section and reflect on the questions in the Connect section. Watch the video and use the prompts provided to take



notes. Finally, personalize the questions and exercises in the Discuss and Respond sections. Close by recording any requests you want to pray about during the week.

## PERSONAL STUDY

As the name implies, the personal study is for you to experience on your own during the week. Each exercise is designed to help you explore the key ideas you uncovered during your group time and delve into passages of Scripture that will help you apply those principles to your life. Go at your own pace, doing a little each day or all at once, and spend a few moments in silence to listen to what God might be saying to you. Each personal study includes:

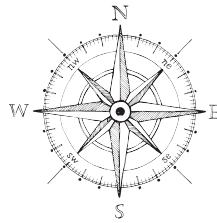
- **Open:** A brief introduction to lead you into the personal study for the day.
- **Read:** A few passages on the topic of the day for you to read and review.
- **Reflect:** Questions for you to answer related to the passages you just read.
- **Pray:** A prompt to help you express what you've studied in a prayer to God.

If you are doing this study as part of a group, and you are unable to finish (or even start) these personal studies for the week, you should still attend the group time. Be assured that you are still wanted and welcome even if you don't have your "homework" done. The group studies and personal studies are intended to help you hear what God wants you to hear and how to apply what he is saying to your life. Be listening for him to speak to you as you learn about what it means to trust in Jesus in every area of your life.

# Schedule

## WEEK 1

<b>BEFORE GROUP MEETING</b>	Read chapters 6–7 of <i>In the Footsteps of the Savior</i> Read the Welcome section (page 3)
<b>GROUP MEETING</b>	Discuss the Connect questions Watch the video teaching for session 1 Discuss the questions that follow as a group Do the closing exercise and pray (pages 4–12)
<b>PERSONAL STUDY - DAY 1</b>	Complete the daily study (pages 14–15)
<b>PERSONAL STUDY - DAY 2</b>	Complete the daily study (pages 16–17)
<b>PERSONAL STUDY - DAY 3</b>	Complete the daily study (pages 18–19)
<b>PERSONAL STUDY - DAY 4</b>	Complete the daily study (pages 20–22)
<b>PERSONAL STUDY - DAY 5</b> (before week 2 group meeting)	Complete the daily study (page 23) Read chapter 5 of <i>In the Footsteps of the Savior</i> Complete any unfinished personal studies



## SESSION ONE

---

# CAPERNAUM

## FOLLOWING JESUS WHEN YOU DOUBT

*While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?" Overhearing what they said, Jesus told him, "Don't be afraid; just believe."*

**MARK 5:35-36**





## Welcome | READ ON YOUR OWN

How often have you wondered if Jesus *can*? Is he capable of doing what you ask? How powerful is he? You need a miracle, but you've never witnessed one.

Perhaps you know he can, but you wonder if he will. He told you he would. At one time in your life, you trusted him deeply. But things have changed. Will Jesus still show up for you today?

And how often have you wondered if Jesus cares? Why ask when you don't even know if he will listen? And why should he? You're you. Nothing special. So many others in the world need more than you do.

No matter where you come from, whether you are known and respected in your community or marginalized and alone, Jesus' miracles in Capernaum that you'll learn about in this session can teach you this: He cares about you. He can bring you the healing you need. And he will come to you.

No one is too lowly for him to heal, and no one is too well off.

The stories you'll study in this session confirm this. They tell us that he will, even if the timing is different from what we were expecting. And they tell us that Jesus cares. You don't have to earn his attention or affection. As his child, it is already yours.

## Connect | 15 MINUTES

If you or any of your group members don't know each other, take a few minutes to introduce yourselves. Then, to get things started, discuss one of the following questions:

- Why did you decide to join this study? What do you hope to learn?

— *or* —

- Have you ever witnessed or experienced a miracle? If so, what was it?

## Watch | 20 MINUTES

Now it's time to watch the video for this session, which you can access by playing the DVD or through streaming (see the instructions provided on the inside front cover). As you watch, use the following outline to record any thoughts or concepts that stand out to you.

**I.** Jairus pleads with Jesus to heal his daughter

**A.** *Do you think he can? Do you think he cares? Do you think he'll come?* Jairus shrugs his shoulders in desperation. He says, "I do not know what he will do, but I do not know what else to do."

**B.** When Jairus sees Christ, he falls to his knees and begs, "'My dear daughter is at death's door. Come and lay hands on her so she will get well and live'" (Mark 5:23 MSG).

**C.** Jesus' instant willingness moistens the eyes of Jairus. A sun ray of hope falls upon his shadowed heart. He dares to think, *Jesus can help. Jesus does care. Jesus will come.*

II. Jesus stops when the bleeding woman touches his cloak

- A. In the woman's mind is the thought: *If I can just touch the hem of him.* For twelve years, she has been untouchable, going from doctor to doctor. She's dead broke and has no hope.
- B. The divinity of Christ is ahead of the humanity of Christ. He feels a rush go out, and she feels a rush go in. Jesus says, "Something just happened." Such a fascinating moment.
- C. The woman said not a word aloud, and yet the healing came. She inches her way toward Christ. "Jesus waited as "she told him the whole story" (Mark 5:33 CEV).
- D. Jairus doesn't know whether to interrupt what's happening or to give up on Christ. But then a servant arrives and says, "Your daughter is dead. Why trouble the Teacher any further?" (Mark 5:35 NKJV).

III. Jesus tells Jairus to not be afraid but just believe

- A. Jairus has an answer to his questions—*I wonder if he can; I wonder if he cares; I wonder if he'll come*. And he doesn't like the answers.
- B. Jesus cleared out the mourners. He wanted the presence of faith. Then he turned his attention to the body of the girl. And the questions surface again. *Does he care?*
- C. Jesus was listening to the story of the woman who had been healed. He was surrounded by his disciples. He was surrounded by all the people. But he had not forgotten Jairus.
- D. "He took the child by the hand, and said to her, '*Talitha, cumi*,' which is translated, 'Little girl, I say to you, arise.' Immediately the girl arose and walked" (Mark 5:41–42 NKJV).



# CAPERNAUM



The town of Capernaum was likely established during the second century BC, when a number of other small fishing villages began to spring up around the Sea of Galilee. The original name of the town was *Kfar Nahum*, which means “village of comfort” in Hebrew. In Jesus’ day, it was one of the main trading centers in the region, with travelers, caravans, and traders passing through it as they journeyed along the Via Maris, the main Roman road in the region.

Archaeological excavations in Capernaum, dating back to 1838, have revealed the ruins of a synagogue and first-century houses. The synagogue was likely constructed in the fourth to fifth century AD, but beneath its foundation lies another one made of basalt, which many believe to be the original foundation of the synagogue mentioned in the Gospels.

The group of houses, located between the synagogue and the Sea of Galilee, appear to have been occupied until the fourth century AD. One of the houses appears to have been modified during the latter half of the first century to serve as a large communal gathering place. Some have concluded that this reveals the home was venerated from early times as the home of Simon Peter and that the early Christians met there for some time.<sup>1</sup>

## SIGNIFICANT EVENTS THAT TOOK PLACE IN CAPERNAUM

Jesus amazes the crowds with his teaching	Mark 1:21–22
Jesus commands an evil spirit to leave a man	Mark 1:23–26
Jesus calls Peter, Andrew, James, and John to follow him	Matthew 4:18–22
Jesus calls Matthew to follow him	Matthew 9:9–13
The faith of a Roman centurion amazes Jesus	Luke 7:1–10
A woman with an issue of blood is healed	Luke 8:43–48
Jesus brings the daughter of the synagogue leader to life	Luke 8:49–56
Jesus heals a paralytic man and forgives his sins	Matthew 9:1–8
Jesus heals Peter’s mother-in-law	Mark 1:29–31
Jesus gives a sermon in the synagogue on the bread of life	John 6:25–59
Jesus rebukes Capernaum for the people’s unrepentant hearts	Matthew 11:20–24

**IV.** What Jesus is saying to us through this story

**A.** Jesus wanted to do more than just raise the dead. He wanted to show us that he cares and that he can. But he also wanted us to know that he comes. He comes in the form of encouragement. He comes in the form of help. He comes in the form of kindness.

**B.** What is Jesus saying to us through this story? *Don't be afraid. Just believe.*

**C.** We all wonder if the affection of God will get turned off. But to those concerns, the Scripture says, "For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the the LORD pities those who fear Him" (Psalm 103:11–13 NKJV).

## Discuss | 35 MINUTES

Take some time to discuss what you just watched by answering the following questions. There are some suggested questions below to help you begin your discussion, but feel free to pick any of the additional questions as well as time allows.

### Suggested Questions

1. Ask someone in the group to read the story of Jairus and his daughter and the bleeding woman in Mark 5:21–43. How did Jairus and the bleeding woman approach Jesus differently? Why do you think they approached him the way they did?
2. Why do you think Jesus spent so much time with the bleeding woman, listening to her story when she had broken several social laws to touch him? What does this tell you about how Jesus feels about those who exist in “the margins”?
3. The Bible reveals that the woman who reached out and touched Jesus’ cloak then told Christ “her whole story” (Mark 5:33 CEV). What do you think she included in her story? How would it feel for you to sit with Jesus and tell him your whole story?

4. Jairus had to wait for Jesus to heal his daughter. Have you ever had to wait on Jesus' healing? What meaning or purpose have you found in that time of waiting?

### Additional Questions

5. Take a moment to review Mark 5:35–42 again. Why did the people in Jairus' household laugh at Jesus? How do you think you would have reacted in this situation?
6. What did Jesus do with the people who laughed? Why do you think he did this? When it comes to faith and belief, how are you affected by those around you?
7. Where do you need healing in your life today? (This could be physical healing, emotional, or relational—whatever feels sick or broken.)

8. What do you have trouble believing the most: that Jesus *cares*, that he will *come*, or that he *can*? Explain your response.

## Respond | 10 MINUTES

Review the outline for the video teaching and any notes you took. In the space below, write down your most significant takeaway from this session.

## Pray | 10 MINUTES

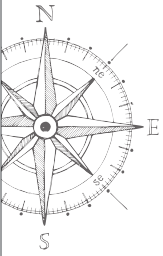
Praying for one another is one of the most important things you can do as a community. So use this time wisely and make it more than just a “closing prayer” to end your group experience. Be intentional about sharing your prayers, reviewing how God is answering your prayers, and actually praying for each other as a group. Use the space below to write down any requests so that you and your group members can continue to pray about them in the week ahead.



## SESSION ONE

# Personal Study

**Y**ou are on a journey toward a better understanding of the lives that Jesus touched while he lived on this earth . . . and what that means for you. A key part of this understanding involves studying Scripture. This is the goal of these personal studies—to help you explore what the Bible has to say and how to apply God’s Word to your life. As you work through each of these exercises, be sure to write down your responses to the questions, as you will be given a few minutes to share your insights at the start of the next session if you are doing this study with others. If you are reading *In the Footsteps of the Savior* alongside this study, first read chapters 6–7. (You can also read chapters 1–3 for some background information on Jesus’ early years.)



- Day 1 -

# APPROACHING THE LORD

Jairus and the woman approached Jesus differently. Jairus approached him directly: “When he saw Jesus, he fell at his feet. He pleaded earnestly with him, ‘My little daughter is dying. Please come and put your hands on her so that she will be healed and live’” (Mark 5:22–23). The woman approached him indirectly: “She came up behind him in the crowd and touched his cloak, because she thought, ‘If I just touch his clothes, I will be healed’” (Mark 5:27–28).

Neither way was wrong or right. Most likely, the way they approached Christ had to do with their stations in life. Jairus was a respected leader in the community. The bleeding woman was an outcast from society based on Jewish law. She shouldn’t have been out on the street in public, much less touching the tassels of Jesus’ cloak. She probably feared that if she approached Jesus directly, she would be denied, as it was against the law for him to touch her.

Sometimes we approach Jesus boldly. We know what we need and believe that he can give it to us. Other times, we approach Jesus hesitantly. We’re afraid to ask for what we need because we don’t think we deserve it or we’re unsure he will give it to us. We can learn something from Jairus and the bleeding woman. It doesn’t matter what state we’re in when we approach Christ—desperate, doubting, bold, or uncertain. What matters is that we *approach* him. We come to him as we are and ask him for what we need. He will not turn us away.

READ | Hebrews 4:14–16

## REFLECT



When Jesus died on the cross, the veil in the temple tore in two (see Matthew 27:51). This veil separated two rooms in the temple: the Holy of Holies and the Holy Place. The Holy of Holies held the Ark of the Covenant, where God dwelled. Only the high priest could enter the Holy of Holies, and only once a year on the



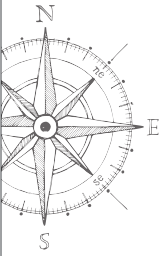
Day of Atonement when he made sacrifices to atone for the people's sin. Knowing this, what does it mean for Jesus to be our high priest? According to this passage, what kind of high priest is he?

2. Because Jesus is our high priest, how does the author of Hebrews say that we can approach God's throne? What will we find there?

3. Take an inventory of yourself. How are you feeling? What thoughts are going through your mind? What has happened today that has impacted you? Considering this, how would you approach God's throne right now—just as you are?

4. What do you need to bring before the Lord today? Do you feel confident bringing this before him, or uncertain, or worried, or something else? Explain your response.

**PRAY** | End your time in prayer. Come before the Lord just as you are. Tell him what you need. Be assured that your great high priest has paved the way for you to come before God's throne with confidence so that you can receive his grace and mercy.



- Day 2 -

## BROUGHT INTO BELONGING

According to Jewish law, the bleeding woman was unclean (see Leviticus 15:25–28). This meant she had to remain isolated from her community and no one could touch her until she was determined to be clean again. You can imagine that if she had been isolated for twelve years, she hadn’t talked to many people. Who had listened to her in that time? Where did she belong? What community took her in despite her being unclean? It’s reasonable to believe no one.

Historians speculate that her sickness started soon after puberty, which means she had lived most of her adult life in isolation, growing up through adolescence and young adulthood alone.<sup>2</sup> Until Jesus. Jesus saw her and listened to her. The Bible says that she “came trembling with fear and knelt down in front of Jesus . . . then she told him the whole story” (Mark 5:33 CEV).

Her *whole* story. How transforming it must have been to be heard—and not just for a minute but for as long as it took to tell her entire story. Then Jesus took things a step further. He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering” (verse 34). By calling her daughter, he was reincorporating her into the community.<sup>3</sup> Jesus healed the woman physically but also emotionally. By listening to her and bringing her back into societal acceptance, he brought her out of isolation and into belonging.

READ | Isaiah 43:1–7

### REFLECT

/ In this passage, the prophet Isaiah is conveying a prophetic promise from God to his people. Even though they would be scattered by the Babylonian captivity, he

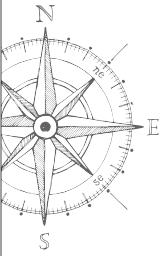
would bring them back from exile and redeem them. How does God relate to the Israelites in this passage? What does he call them? How does he describe them?

2. The Lord promises that he will be with his people when they “pass through the waters” and “walk through the fire” (verse 2). What do you think the “waters” and “the fire” represent? What is God saying to his people by making this promise?

3. God tells his people that they are “precious and honored in his sight” (verse 4). What does God say he is willing to do to redeem them from their captors?

4. This promise for the Israelites is also a prophecy for us. Christ will redeem us and call us by name. How does it feel to know that God considers you a part of his own family—that you are his son or daughter? How could this give you a sense of belonging?

**PRAY** | Read these words again in Isaiah 43:1–7 and pray through it for your prayer time. Personalize it as if God is speaking directly to you . . . because he is.



## Day 3

# TRUSTING CHRIST IN THE PAUSE

We talked in this session about “the pause” . . . that moment right after you hear the bad news. Your loved one is sick. You didn’t get the part. You’re being laid off. These are heavy moments in which you are trying to process some devastating news. A moment that Jairus experienced when a servant told him, “Your daughter is dead. . . . Why bother the teacher anymore?” (Mark 5:35).

This tends to be our reaction in the pause—to give up and stop trying. But it’s in the pause that Jesus springs to action: “Overhearing what they said, Jesus told him, ‘Don’t be afraid; just believe’” (verse 36). What did Jairus think of this? Perhaps he hardly heard Jesus, as he was running back home to see if the news was true. Perhaps he was frozen in disbelief and Jesus’ words simply reverberated in his head. Or maybe . . . he felt comforted. Maybe these words uttered by the divine gave him a glimmer of hope. Perhaps he trusted Christ.

We don’t know how Jairus felt about Jesus’ words. But we know what he *didn’t* do. He didn’t deny Jesus entry into his home or prevent Jesus from seeing his daughter. He allowed Jesus to return with him, and because of this, Jesus was able to prove that he *cared* about his daughter, that he *could* heal his daughter, and that he *would* heal her. This doesn’t always happen in our stories. Our pauses do not always turn into rejoicing. But that doesn’t mean that Jesus isn’t still with us, comforting us and whispering, “Don’t be afraid; just believe.”

READ | 2 Corinthians 1:3–7

## REFLECT



The apostle Paul had seen his share of suffering. In other places in this letter, he talks about being persecuted for his faith and dealing with a “thorn” in his side—some type of physical, spiritual, or emotional affliction (or something else entirely) that kept tormenting him (see 12:7). His message to the church on comfort and suffering was

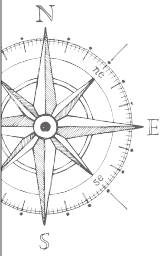
counter to the philosophy of the day that taught people should ignore their pain.<sup>4</sup> What connection does Paul make between comfort and suffering in this passage?

2. Paul encourages the believers with his reassurance that God “comforts us in all our troubles” (verse 4). However, this is not just for our own benefit. What does Paul say we should do when we are comforted? How does this strengthen the body of Christ?

3. Paul says that his sufferings and distress serve a purpose. “If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer” (verse 6). What do you think enabled Paul to view his trials and struggles in this way?

4. Think about the trials you are facing. Where do you need Jesus’ comfort today? How could his words—“don’t be afraid; just believe”—apply in that situation?

**PRAY** | Ask God for comfort, however you need it. Ask him to help you believe. Ask him to help you not be afraid. Feel comforted by Christ’s words today.



## Day 4

# DEALING WITH DOUBTERS

When Jesus arrived at Jairus' home, friends and family had gathered to mourn the death of Jairus' daughter. Jesus asked, "Why all this commotion and wailing? The child is not dead but asleep" (Mark 5:39). The mourners responded by laughing at him. Jesus responded by putting them out. The Greek word used here is *ekballo*, which means to cast out or drive out.<sup>5</sup>

Jesus didn't need their scoffing as he performed his miracle . . . and neither do we. We don't need to surround ourselves with people who scoff at our faith, at us, or at our hopes. You've probably been in groups like this before. It can affect your faith in God and in yourself. But the opposite is also true. When you're surrounded by people who have faith in God and have faith in you, you then have faith in yourself. You feel uplifted and encouraged.

Jesus surrounded himself with all kinds of people—fishermen, the poor, the sick, the doubters. But he didn't surround himself with those who laughed at him, doubted him, or had no faith in him. In the same way, who we spend our time with *matters*.

This doesn't mean we must always be surrounded by perfect people (which isn't possible) or we must always be surrounded by other Christians (which would be counter to Christ's teaching and actions). But it does mean we pay attention to our environment. Is it supportive? Is it encouraging? Does the group encourage you to grow in your faith? If the answer to these questions is *no*, then it's time to surround ourselves with people who will.

READ | Galatians 5:13–26

## REFLECT



The church in Galatia was struggling with the tension of being Jews who followed the law and now being Christians who followed Jesus. A group of teachers (known as the "Judaizers") were preaching that followers of Christ still needed to be circumcised and

also follow the Hebrew law. Paul's goal in this letter was to put this argument to rest, remind the church of how they were to treat each other, and emphasize they no longer had to follow the law to receive grace. Instead, the grace they already received from Christ would produce the fruit needed to build a loving and secure community. How does Paul sum up the most important "law" for believers to keep (see verses 13–15)?

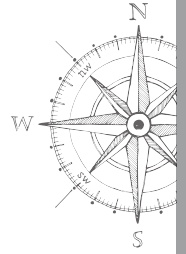
2. Paul makes a sharp contrast between the "acts of the flesh" and the "fruit of the Spirit" (see verses 19–23). What are some of the traits of the acts of the flesh? What are some of the traits of the fruits of the Spirit? How are these fruits developed?

3. When you look at your circle of friends and relationships, what kind of people are you surrounded by? How do you treat each other? How do these people affect you?

4. What fruit do you see in your church or community, if any? Would you like your community to produce more fruit? If so, what kind?

**PRAY** | Be honest with God about how the people you are surrounding yourself with are impacting your life. Thank him for a strong community that encourages you, or ask him to bring you an encouraging and supportive community to help you grow closer to Christ.





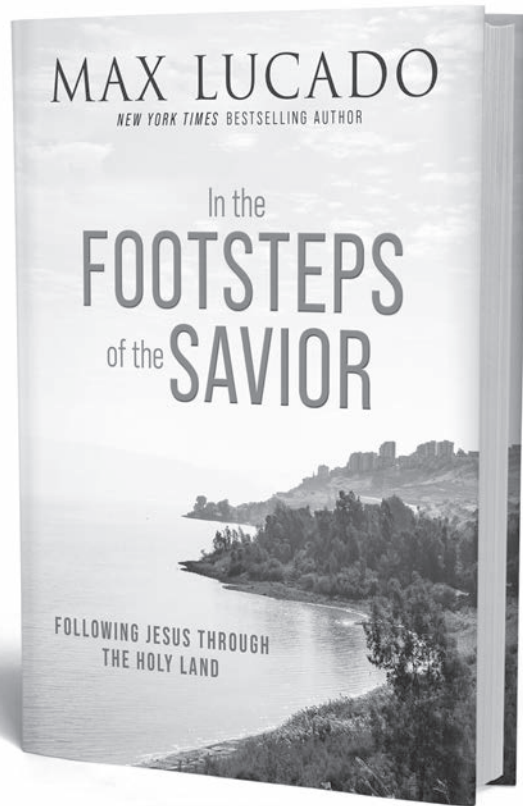
# Day 5

## CATCH UP AND REFLECT

Use this time to go back and complete any study and reflection questions from previous days this week that you weren't able to finish. Make a note below of any revelations you've had and reflect on any growth or personal insights you've gained.

Spend the next two days reading chapter 5 of *In the Footsteps of the Savior*. Use the space below to record anything in the chapters that stands out to you or encourages you.

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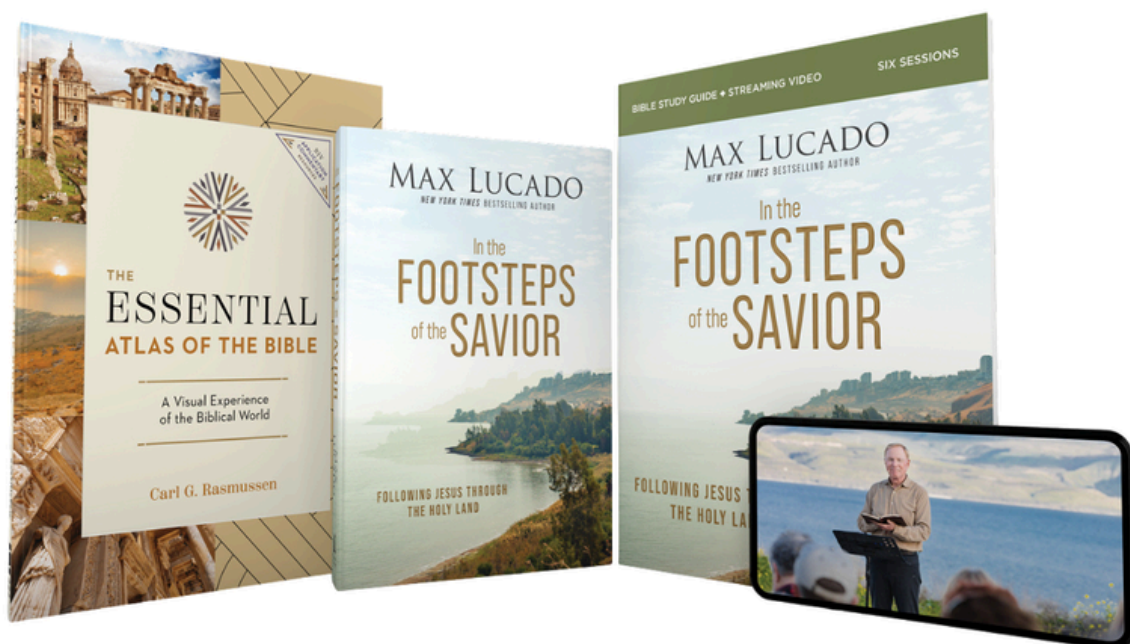


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