

Recommended Bible Studies on Right Now Media

Select one of the studies below to do with your group. These studies will equip your group members to lean in to who they are in Christ as they face anxious thoughts, to live in the freedom Christ has given us as daughters, to know God better as we study His Word, and to allow our faith to inform how we think about current events.

Each study has a video that can be viewed together if you're meeting in person or virtually through their new watch party feature. If you are starting a new group, YOU GOT THIS! And you're not alone. We want to connect you with a discipler who can help guide and support you along the way. Let us know at women@grace360.org.

To gain access to the Right Now Media library of videos, click [HERE](#).

Facing Anxiety, by Jonathan Pokluda | 4-week study

Much of the past year has been full of unexpected challenges causing anxiety to be high and robbing many of their peace. When stress overpowers us and fear infects our minds, it can feel like the peace the Bible talks about is impossible to find. And no amount of pretending, overworking, or isolating ourselves will offer us the peace we need. This study explores how Christians can face anxiety head-on. With real-life stories from people facing various kinds of stress and anxiety, this series helps us see that peace can be found on this side of eternity. Duration: 4 Sessions | Videos average 15 minutes per session. Free Study Guide available for download on Right Now Media. The guide can be used for group discussion time and includes session goals, review of key teaching points, Bible exploration questions, and action steps for going deeper during the week.

Get Out of Your Head, by Jennie Allen | 6-week study

Are your thoughts holding you captive? Jennie Allen knows what it's like to swirl in a spiral of destructive thoughts, such as *I'll never be good enough. Other people have better lives than I do. God couldn't really love me.* But Jennie also knows we don't have to stay stuck in toxic thinking patterns. As she discovered, God built a way for us to escape that downward spiral. Freedom comes when we refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds. Walk through the book of Philippians, which inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Duration: 6 Sessions | Videos 15-20 minutes each. Study Guide available for purchase for \$7.98 on Amazon.

You Are Free: Be Who You Already Are, by Rebekah Lyons | 6-week study

Have you ever felt that "calling" feels like something for only a few? Join us for this 6-week study as we are reminded that God has plans for each and every one of us, but without healing

from God along the way we can be pulled back into a place of wounding and bondage. Learn how to abide in God's presence as He informs and sustains our calling.

Duration: 6 Sessions | Videos 20 minutes each.

Study Guide available for purchase for \$11.99 on Amazon.

The Book of Ephesians, by JD Greer | 9-week study

Paul wrote the book of Ephesians to equip believers to thrive in a world that hates the message of Jesus Christ as he encourages them to live well. This is a verse-by-verse study of the text that will challenge us to live out and share the gospel in our city, school, neighborhood and family.

Encounter Ephesians and get swept up into the story of Jesus.

Duration: 9 Sessions | Videos approximately 12-14 minutes each.

Participants Handouts (free) are available for download.

Race and the Gospel, by Bryan Loritts and Matt Chandler | 5-week study

Ephesians 2:11-16 carries a unique importance regarding racism. The doubt and frustration surrounding current conversations about race and ethnicity provoke questions that can no longer be ignored or be answered with simplistic responses. As those who follow Jesus, Christians have the unique opportunity to enter into conversations about race and reconciliation in light of the hope of the gospel. Bryan and Matt unpack the hard truths about America's racial past and present and suggest a pathway forward of healing, justice and hope.

Duration: 5 Session | Videos approximately 20 minutes each.

Study Guide available for download.