

Newness of Life

A Bible Study by Sarah Geringer
sarahgeringer.com

Chapter 1 Questions for Study and Reflection:

Read Psalm 1:3. How has God cultivated you to bear fruit in season this year?

When have you experienced a season of singing, as described in Song of Songs 2:12?

Pick three life thresholds. What did God teach you in each of those seasons?

Read Daniel 2:21. What does this verse teach you about God's sovereignty (his perfect, transcendent rule over all things)?

Look up Ezekiel 34:26. What showers of blessing might God have in store for you in your current season?

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Chapter 2 Questions for Study and Reflection:

Choose one specific item to thank and praise God for in this time to which you have been born.

Why may God have chosen you to live during the Information Age?

When you consider Joseph's story in Genesis 30-50, what part resonates most deeply with you?

In what ways will you seize the day for God's glory today?

How will you gain newness of life by spending time alone with God this week?

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Chapter 3 Questions for Study and Reflection:

Read 1 John 1:9. How does confession help you feel clean?

Look up the parable of the soils in Luke 8. What kind of soil is in your heart?

Read James 1:2-4 with 2 Corinthians 4:17. What value do trials hold in your life?

According to 2 Corinthians 9:6, what is the best way to plant seeds?

Read Galatians 5:22-23. Which fruit of the Spirit do you desire to bear most? What do you need to plant in your heart to bear this fruit?

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Chapter 4 Questions for Study and Reflection:

Which fear paralyzes you, and why?

Read Colossians 3. Which one of the sins listed here is a struggle for you? How can God help you kill your evil desires?

Referring to Colossians 3 again, what gives you the power to overcome sinful desires? What action can you take to pursue one of the godly attributes listed in verses 12-17?

When did you need a time of healing? How did God help you in that time?

Read Luke 6:19. Why do you think healing was such an important part of Jesus' earthly ministry, when the results were only temporary?

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Chapter 5 Questions for Study and Reflection:

Read Revelation 21:5. How is Jesus tearing down the old and making something new in you today?

Read Isaiah 28:1-6, focusing on verse 5. How does God's promise to preserve a remnant, even in a time of tearing down, give you comfort?

How might your process of tearing down benefit someone else?

How does God want you to use your words, according to Ephesians 4:29?

When you read 1 Corinthians 13:11-12, what ways do you need to tear down? What needs building up in your heart?



Chapter 6 Questions for Study and Reflection:

Write out Ecclesiastes 7:3. Meditate on this verse and ask yourself if you agree, and why.

Read James 4:8-10. For what purpose does God sometimes want us to change our laughter into mourning?

Read Ecclesiastes 10:19. What feasts in your life have inspired laughter?

When you read John 11:34-36, what does it mean to you that Jesus took time to cry?

Read Psalm 126:5. How does God transform your tears into joy?

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Chapter 7 Questions for Study and Reflection:

What has been your most difficult season of grief?

Which stage of grief is hardest for you, and why?

Read John 16:19-21. Why did the world rejoice when the disciples were grieving? How did Jesus turn their grief into joy?

Look up Jeremiah 31:12-13. How has God transformed your sorrows into dancing?

Think of a person who is grieving today. What one step can you take to help them?



Chapter 8 Questions for Study and Reflection:

When you consider the list of possible idols, which one stands out to you?

Which intangible idea lies underneath that idol?

What practical steps might you take to scatter the sacred stones of your heart idols?

Skim Exodus 28:1-30. What do these precious memory stones signify? What is the significance of where the stones were to be placed?

Read 1 Peter 2:4-6. How is God gathering you like a stone, and for what purpose?



Chapter 9 Questions for Study and Reflection:

Which of your friendships brings you great blessing?

Is there a friendship from which you need to turn away? Why?

What time of day is best for you to turn away from all else besides time with God?

Read 1 Samuel 12:20-21. Why should you turn away from idols? How does God want you to focus your energy instead?

Read John 4:7-14 with John 7:38. How is God's word like living water, and in what ways might God want you to share it?

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Chapter 10 Questions for Study and Reflection:

Where does God search? See 1 Chronicles 28:9.

What kind of search does God want us to undertake, according to Psalm 4:4?

Which person of the Trinity has special searching ability? See 1 Corinthians 2:10.

Who does God search for, according to Ezekiel 34:16?

Referring to the previous question, how do the parables in Luke 15 prove your answer?

Which parable is your favorite, and why?

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Chapter 11 Questions for Study and Reflection:

Skim Genesis 3:1-7. What was the underlying reason Adam and Eve chose to eat the forbidden fruit?

When did you hold on to something too long?

When did you feel better after throwing something away?

Have you ever thrown away something you should have kept? How did you feel about it afterward?

Read Matthew 6:19-20. What kind of treasures wait for you in heaven?



Chapter 12 Questions for Study and Reflection:

When have you seen a relationship mended? What happened to facilitate the mending?

Which of your relationships needs mending? How can you ask God to help you?

Skim Hebrews 9. What part of the system of Old Testament sacrifices intrigues you?

Why is Jesus' sacrifice different from the old way of sacrificing?

Read Hebrews 10:19-25. How does God want you to live now that you are reconciled to him?



Chapter 13 Questions for Study and Reflection:

Are you naturally outspoken or quiet? What are the positives and negatives?

If you have ten minutes to spend alone with God today, how will you use it?

Review the three verses on being quiet or still. Which one means the most to you, and why?

Have you ever posted something you later regretted on social media or email? What did you learn from that experience?

Who has served as your advocate, advisor, or mentor? How can you follow their example to help someone else?



Chapter 14 Questions for Study and Reflection:

How can you use your “easy” area on the love list to bless others this week?

What practical steps can you take to become more loving in your “challenge” area this week?

Read John 12:25. What do you think Jesus intended with the words “love” and “hate” in this verse?

Look up John 13:34-35. Why is loving one another so important?

Read John 15:18-25. How do these verses challenge you? How do they bring you comfort?

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Chapter 15 Questions for Study and Reflection:

How has addiction touched your life? How has the struggle drawn you closer to God?

What wars have you waged in the past?

What is your motivation for pursuing peace?

Using a concordance or online Bible search, look up verses on peace. Which verse do you find most meaningful, and why?

Read Psalm 85:10. Why do these two pairs make sense to you?



Chapter 16 Questions for Study and Reflection:

Read Psalm 16:11. How can you praise God for the path you are on today?

How is God bringing newness of life from a stump in your world?

Do you agree you have learned more from negative seasons than positive seasons? Why or why not?

When you look at the list of what Jesus does in your seasons, which one resonates with you today?

How has this book helped you trust in God? With whom can you share what you've learned?