

Ankeny Free Church Community Group Resource List

Studies are listed alphabetically and this is in no way exhaustive. We welcome updates as Community Groups complete studies that they found helpful for discipleship and growth.

Updated September 2021

Name of Study: *The Art of Marriage*

Author: Dennis and Barb Rainey

Time Frame: 6 weeks

AFC does not currently have a copy of this curriculum

For Additional Purchase: [A Leader Kit](#) is available which includes one host guide, two study guides containing small-group discussion questions and one DVD featuring six 25-30 minute video sessions.

Overview: This small-group Bible study for adults helps participants blend their personalities and life's circumstances to create a divinely-inspired work of art - marriage. Session Topics include: Love Happens, Love Fades, Love Dance, Love Interrupted, Love Sizzles, and Love Always.

Resources Available at: Lifeway.com

Name of Study: *The Daniel Dilemma*

Author: Chris Helm

Time Frame: 6 weeks

Available at AFC: 6 Session DVD Series and one 6-session study guide for leaders to see as an example

For Additional Purchase: Additional Study Guides can be purchased at Christianbook.com and Amazon

Overview: In this study, Chris Hodges looks at the lives of both Daniel and Jesus, showing how we can stand for our biblical beliefs without being hostile or insulting to others. This study offers fresh insights and practical ideas to encourage Christians struggling with their cultural reality to hold God's standards high and keep his grace deep - just as Jesus did, and just as his followers today are called to do.

Resources Available at: Churchofthehighlands.com

Name of Study: *The Five Love Languages*

Author: Gary Chapman

Time Frame: 7 weeks

AFC does not currently have a copy of this curriculum

For additional purchase: Lifeway and Amazon have the [7-week small group study guide](#) and Lifeway has the [7 series DVD download](#) available for purchase.

Overview: With busy schedules, we forget to compliment our spouse, to give gifts “just because,” to linger in our embrace. The things that say “I love you” seem to either not get said or not get through. This book is about saying it - and hearing it - clearly. The 5 Love Languages has been improving relationships for nearly 30 years and can help you to learn to express love in your spouse’s language.

Resources Available at: Lifeway.com

Name of Study: *Forward: Discovering God’s Presence and Purpose in Your Tomorrow*

Author: Dr. David Jeremiah

Time Frame: 6 weeks

Available at AFC: 6 Session DVD Series and one 6-session Study Guide for leaders to see as an example.

For Additional Purchase: Additional Study Guides can be purchased at Christianbookbag.com

Overview: Dr. Jeremiah draws on Philippians 3:13 to show that we need to celebrate our good memories but also celebrate our bad memories with finality—thanking God for the lessons that He has taught us through the experience and committing to use those lessons to make positive changes in our lives.

Resources Available at: Read more insight about the book this study is based on at davidjeremiah.org

Name of Study: *Gentle and Lowly*

Author: Dane Ortlund

Time Frame: 10 weeks

Available at AFC: Paperback books (Pastor Todd has copies while available) and one study guide for leader's to see as an example.

Additional Resources for Purchase: [10-session Gentle and Lowly Study Guide](#);

Designed as a supplement to *Gentle and Lowly*, this paperback guide features 10 lessons which include discussion questions and covers 2-3 chapters from the book per session. Also available is a [DVD](#) with ten 10-minute teaching sessions from Dane Ortlund which are ideal for small groups to work through together.

Overview: This book and study takes readers into the depths of Christ's very heart - a heart of tender love drawn to sinners and sufferers.

Resources Available at: [Crossway.org](#)

Name of Study: *Gospel in Life (Multiple Topical Studies)*

Author: Tim Keller

Time Frame: 6,7, and 8-week studies

AFC does not currently have a copy of these studies

Overview: Examples of studies that are available at [gospelinlife.com](#)

[Gospel In Life Study Guide: Grace Changes Everything](#) (8-week study explores how the gospel can change your heart, community, and how you live out the gospel in our world. The participant guide (linked above) includes one leader's guide and a DVD with eight 10-15 minute teaching session from Timothy Keller. The DVD sessions can individually be purchased on

[A Journey Through Lent](#) (7-week sermon series and study guide are from Select Psalms which help us in times of difficulty, dryness and invite members to make their heart ready for remembering anew Jesus' death and resurrection)

[Generosity](#) (7-session study which allows members to explore seven passages from the book of Luke and learn answers to questions such as What does it look like to be a more hospitable community? Where can we find the resources to forgive those who have wronged us? And how can we become better stewards of our money?)

[The Meaning of Marriage](#) (6-session video Bible study is for anyone: singles, couples considering marriage, those who have been married recently or for a long time. Six sessions include 1.) Service: Marriage Isn't About You, 2.) Covenant: Created to Make Promises, 3.) Roles: Loving through Mutual Submission, 4.) Singleness: Strengthening the Spiritual Family, 5.) Sex: The Act of Covenant Renewal, and 6.) Hope: Seeing the Great Horizon.

More Studies Available at: gospelinlife.com

Name of Study: *Interactive Bible Studies* (Various Topical and Bible-based Studies)

Author: Various authors

Time Frame: 8-week studies

AFC owns one copy of the following study guides for leaders to see as an example: *The Implanted Word: Study of James*; and *Full of Promise: Old Testament Overview*

For Additional Purchase: Study Guides can be purchased at mattiasmedia.com for many books of the Bible and topical subjects.

Example Overviews:

The Implanted Word: Study of James James is a book about life in the real world, where rich and poor struggle to get on, where there is as much suffering and sickness as joy, where Christians quarrel and fight and have a hard time controlling their tongues, and where we find ourselves compromised by becoming too friendly with the world. This study will help with a key to survival and growth: to humbly receive the Word which God, and even more challenging, to follow it.

Full of Promise: Old Testament Overview This study of the Old Testament will give you a breathtaking picture of creation, the fall and the history of God's dealings with Israel - the whole story with its ups and downs, and with the certainty of God's promise shining through. This study will help your group understand the message of the whole Bible as you explore not only the big picture of the Old Testament, but how the pieces fit together and point to the One who was to come: Jesus, in whom all God's promises and Yes and Amen.

Resources Available at mattiasmedia.com

Name of Study: *Lessons on Assurance*

Author: The Navigators

Time Frame: 5 weeks

AFC does not currently have a copy of this curriculum

For Additional Purchase: Books available at [NavPress](#) and [Lifeway](#)

Overview: This study includes five short topical studies on basic promises God gives Christian such as: 1.) assurance of salvation, 2.) answered prayer, 3.) victory over sin, 4.) forgiveness, and 5.) guidance. Group members will get to know God's character as they learn and memorize Scripture. This study is an excellent tool for discipleship.

Resources Available at: [NavPress.com](#) plus other studies on growing in Christ

Name of Study: *One to One (COMA method)*

Author: David Helm

Time Frame: 4-week studies of scripture [suggested here](#).

DOWNLOADABLE RESOURCES AVAILABLE ONLINE

For Additional Purchase: Helm's book [One-to-One Bible Reading](#) is available on Amazon and can help leaders understand the process of using the COMA method.

Overview: This easy-to-use Bible study resource allows you to guide your group through the study of scripture using four guides for discussion: Context, Observation, Meaning, Application.

Resources Available at: [Gatheringone2one.com](#) and click on "Bible Reading" tab

Name of Study: *Pathway Bible Guides (19 studies available)*

Author: Matthew Jensen

Time Frame: 8-week studies

AFC owns one copy of the following study guides for leaders to see as an

example: *Alive with Christ: The Resurrection*; *For Our Sins: The Cross*; and *Jesus Through Old Testament Eyes*

For Additional Purchase: Pathway Bible Guides can be purchased at

[mattiasmedia.com](#)

Example Overviews:

Alive with Christ: The Resurrection This study will take participants back to the most reliable sources and answers the questions that really matter: How do we know Jesus rose from the dead? What does the earliest evidence (New testament documents) say about these claims? What does the resurrection tell us about Jesus' identity, and how should it shape our lives today? This study is good for those investigating Christianity up to even the most seasoned believer to grow and strengthen their faith.

For Our Sins: The Cross This foundational study leads participants on a compelling step-by-step tour of the Bible's teaching on this most important subject. You will discover why Jesus' death is not a tragedy but a historical event of unparalleled importance. These eye-opening studies will deepen your understanding of why we can say that Jesus died for our sins.

Jesus Through Old Testament Eyes This study answers critical questions about Jesus such as: Who was Jesus, really? What did he think about himself? How can we get at the truth about him today, 2000 years later? By guiding participants through several key Bible passages, this study shows that amid the competing opinions there is a way forward: Seeing Jesus as he saw himself, through the "glasses" of the Old Testament Scriptures. It will help you to grow in your understanding of the Bible's big picture and in your appreciation for the Lord Jesus and all he accomplished.

Resources available at: mattiasmedia.com

Name of Study: *A Praying Life*

Author: Paul Miller

Time Frame: 18 weeks

AFC does not currently have a copy of this curriculum

For Additional Purchase: The [book](#) and [study guide](#) are available at seejesus.net

Overview: Paul Miller's best-selling book invites readers to ask God for help with the nitty-gritty details of life - from parking spots to contact lenses - and discover the freedom and joy of a vibrant prayer life. Includes practical help for those who feel they "pray badly!"

Resources available at: seejesus.net/store; a separate study of the same book is called “A Praying Life Seminar Study” includes a [DVD component](#) along with a [leader’s guide](#) and a [participant’s manual](#).

Name of Study: *Respectable Sins*

Author: Jerry Bridges

Time Frame: 9 sessions

AFC does not currently have a copy of this curriculum

For Additional Purchase: [The Respectable Sins Small-Group Curriculum: Confronting the Sins We Tolerate](#) is an all-in-one book and group study guide.

Resources available at: Lifeway, and Christianbook.com and Amazon all have the all-in-one small group study guide.

Overview: *The Respectable Sins Small-Group Curriculum: Confronting the Sins We Tolerate* includes the complete text of the book, *Respectable Sins*. In this study, Jerry Bridges addresses a dozen clusters of specific “acceptable” sins that we tend to tolerate in ourselves - such as jealousy, anger, judgmentalism, selfishness and pride. Jerry writes not from a height of spiritual accomplishment, but from the trenches of his own battles with sin. In his admonitions, Jerry offers a message of hope in the profound mercy of the gospel and the transforming grace of God as the means to overcome our “respectable sins.”

Resources Available at: Lifeway.com

Name of Study: *Truth Project*

Author: Del Tackett

Time Frame: 12 weeks

AFC does not currently have a copy of this curriculum

For Additional Purchase: The DVD curriculum and Participant study guides can be purchased [Focus on the Family](#), Christianbook and Amazon. A leader’s guide can be downloaded at the bottom of the page [here](#) under “Free Leader’s Guide.”

Overview: This small group study is an excellent overview of the Christian worldview and looking at life from a Biblical perspective. Dr. Del Tackett, former President of Focus on the Family Institute, takes participants through 12 engaging

video lessons with Biblical experts like R.C. Sproul, Os Guinness and Gordon Pennington. Each lesson looks at the importance of living the Christian worldview in daily life.

For additional information: You can find a good overview of the sessions [here](#).

Resources available at: Focusonthefamily.com