



A 30-Day Bible Reading Plan to Fight **COMFORT**

How This Plan Works

During the six week Adrift series we explored Spiritual Apathy and the six main roots. In this 30 day Bible reading plan we'll fight the pull of comfort in our lives. It's structured as the same rhythm that you learned in the Adrift study: 1 anchor passage a week, read every day, with a second passage alongside it on most of the days. You'll need a Bible, a pen, and about 10 minutes a day. Comfort is a gift from God, and Scripture never asks you to despise it. The trouble starts when comfort becomes the thing you protect, because then it quietly trains you to avoid anything that costs you. So this plan will ask you to do some hard things on purpose.

Day 1: Drop Anchor

Read the background, then read the anchor passage twice, once silently, once out loud. Write down the word or phrase that catches you. That's the whole assignment.

Day 2: Anchor Out

Read the anchor again, then a related passage. How do the 2 passages explain each other?

Day 3: Anchor Out

Read the anchor again, then a passage that gets personal. Where does this name something true about you right now?

Day 4: Anchor Out

Read the anchor again, then a passage built for prayer. Turn both texts into prayer, line by line.

Day 5: Return To Anchor

Read the anchor one last time in 2 different translations. What do you hear now that you didn't on Day 1? Then look back at your weekly challenge.

Weekly Challenges

Each week opens with 2 challenges. Pick 1 and carry it all week. They start close to shore and push further out every week, so by Week 6 it should feel like a real stretch. Some will look familiar from the study guide, and that's on purpose, since a good practice is worth repeating. Tell your triad or a friend which one you chose so somebody asks.

Read It In Context

Each week day 1 opens with a few lines of background: who wrote the passage, to whom, and what was going on. Read that first, and when a second passage gives you a range of verses, read the whole range. The setting keeps us from making the Bible say whatever we'd like it to say.

WEEK 1: At Ease in Zion

ANCHOR TEXT: Amos 6:1-7

¹"Woe to those who are at ease in Zion, and to those who feel secure on the mountain of Samaria, the notable men of the first of the nations, to whom the house of Israel comes! ²Pass over to Calneh, and see, and from there go to Hamath the great; then go down to Gath of the Philistines. Are you better than these kingdoms? Or is their territory greater than your territory, ³O you who put far away the day of disaster and bring near the seat of violence? ⁴"Woe to those who lie on beds of ivory and stretch themselves out on their couches, and eat lambs from the flock and calves from the midst of the stall, ⁵who sing idle songs to the sound of the harp and like David invent for themselves instruments of music, ⁶who drink wine in bowls and anoint themselves with the finest oils, but are not grieved over the ruin of Joseph! ⁷Therefore they shall now be the first of those who go into exile, and the revelry of those who stretch themselves out shall pass away."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Notice the Drift:** Set aside 5 uninterrupted minutes this week and ask God, "Where have I become comfortable instead of passionate?" Write down 1 area where you've been drifting. Don't try to fix it yet. Just be honest and name it.
 - ☐ **Go Look:** Amos's leaders lived within sight of their nation's decay and felt nothing about it. Find a need in your church or neighborhood you've been comfortable ignoring, and go see it up close this week. Let it bother you a little.
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DAY 1: Drop Anchor

Amos was a shepherd and fig farmer from Judah whom God sent north to Israel around 760 BC, during the most prosperous stretch that kingdom ever had. Chapter 6 is aimed at the leaders in Samaria and Jerusalem who had wealth, security, and the best of everything. The ivory beds and fine oils are evidence. The charge itself lands in verse 6: they "are not grieved over the ruin of Joseph." Joseph is Amos's name for the northern kingdom, and within 40 years it fell to Assyria.

Read Amos 6:1-7 twice, once silently, once out loud. "Woe to those who are at ease in Zion." What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Deuteronomy 8:10-18

Read Amos 6:1-7 again. Then read Deuteronomy 8:10-18.

Moses is speaking to Israel on the edge of the promised land, centuries before Amos, warning them what full barns and good houses would do to their memory: "Take care lest you forget the LORD your God." Amos is describing exactly the people Moses was afraid they'd become. How do these 2 passages explain each other? Comfort has a side effect, and it's amnesia.

Journal: The blessings that have quietly become my amnesia are...

DAY 3: Read Revelation 3:14-22

Read Amos 6:1-7 again first. Notice if anything new stands out. Then read Revelation 3:14-22.

This is Jesus' letter to the church in Laodicea, a wealthy banking and textile city. You met this church in Week 1 of the series. Their comfort convinced them, "I am rich, I have prospered, and I need nothing." But watch how the letter ends: "Those whom I love, I reprove and discipline," and then Jesus is standing at the door, knocking.

Where does this name something true about you right now? Finish their sentence honestly for yourself: "I have ____, and I need nothing."

Journal: My version of Laodicea's sentence is...

DAY 4: Read Psalm 139

Read Amos 6:1-7 again, slowly. Then read all of Psalm 139.

David spends most of this psalm marveling that God already knows him completely, and only then asks, "Search me, O God, and know my heart!" Now turn both texts into prayer, line by line. That request is a dangerous prayer for a comfortable person, which is exactly why you should pray it. Ask him to show you any grievous way in you, including the padded ones.

Journal: What the search turned up...

DAY 5: Return to Anchor

Read Amos 6:1-7 one last time, and today read it in 2 different translations. Start with your usual translation, then try the NIV or NASB, and watch what happens to "at ease" in verse 1. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 2: The Discipline of Sons

ANCHOR TEXT: Hebrews 12:7-11

⁷It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? ⁸If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? ¹⁰For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. ¹¹For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Receive It as Training:** Hebrews 12 is about hardships you didn't choose. So this week, when something hard or unwanted lands on you (a delay, a criticism, a plan that falls apart), stop before you complain or escape and pray, "Father, train me by this." Say the word training out loud when you do.
 - ☐ **Take Soundings:** Pick a 10-minute window each morning to sit in silence before you touch your phone. That's it. Just notice the noise you normally rush to fill. What did you find yourself reaching for? That reach is your comfort talking.
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DAY 1: Drop Anchor

Hebrews was written to Jewish Christians who had already lost property and been publicly shamed for following Jesus (10:32-34), and who were tempted to drift back to something safer. Chapter 12 calls them to run with endurance, looking to Jesus. In these verses, discipline means the hardships God allows into his children's lives to train them, the way a good father trains a son. The writer reads their hardship as proof that they belong to him: "God is treating you as sons."

Read Hebrews 12:7-11 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Proverbs 3:11-12

Read Hebrews 12:7-11 again. Then read Proverbs 3:11-12.

This is the exact passage Hebrews quotes a few verses earlier (12:5-6), a father passing on to his son what God's correction means: "for the LORD reproves him whom he loves, as a father

the son in whom he delights.” How do these 2 passages explain each other? Read them as 2 fathers, 1,000 years apart, saying the same thing.

Journal: Reading discipline as love changes...

DAY 3: Read Jonah 4

Read Hebrews 12:7-11 again first. Then read all of Jonah 4.

God has just spared Nineveh, Israel’s enemy, and Jonah is furious about it. So God grows a plant over him “to save him from his discomfort,” and Jonah is “exceedingly glad because of the plant.” When God takes it away, Jonah is “angry enough to die,” angrier about his shade than about 120,000 people. Notice that God is training Jonah here too, patiently, with a question.

Where does this name something true about you right now? What’s your plant, the comfort whose loss would upset you fastest?

Journal: My plant is...

DAY 4: Read Psalm 119:65-72

Read Hebrews 12:7-11 again, slowly. Then read Psalm 119:65-72.

Every line of this stanza circles the same surprising claim, that God’s hard dealings with the psalmist were good. Now turn both texts into prayer, line by line. “It is good for me that I was afflicted” is a prayer most of us only pray in the rearview mirror. Look back at 1 past hardship and pray it there first, honestly, then ask for the courage to trust him with the present one.

Journal: The affliction I can now call good is...

DAY 5: Return to Anchor

Read Hebrews 12:7-11 one last time, and today read it in 2 different translations. Watch verse 11 in both: “the peaceful fruit of righteousness” grows in “those who have been trained by it.” What do you hear now that you didn’t on Day 1? You’ve read this passage multiple times this week. That’s the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 3: Train Yourself

ANCHOR TEXT: 1 Timothy 4:7-10

⁷Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. ⁹The saying is trustworthy and deserving of full acceptance. ¹⁰For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Add Ballast:** Each day this week, do 1 small uncomfortable obedience you've been dodging: a hard text, a quiet "no," getting up 15 minutes earlier to pray. 5 days, 5 reps.
- ☐ **Write Your Training Plan:** Write 1 line: 1 spiritual discipline, done daily, at a set time ("At 6:15, before coffee, I'll pray through 1 psalm"). Start tomorrow and keep it every day through the end of this plan. Small and daily beats heroic and occasional.

DAY 1: Drop Anchor

Paul wrote this letter to Timothy, his young protégé leading the church in Ephesus, where false teachers were pushing strict rules about marriage and food as the road to holiness (4:1-5). Paul's "train yourself" pushes back on them. His training aims at godliness, runs on hope in "the living God," and pays off in this life and the next. Self-denial as an end in itself was the false teachers' program. Paul trains toward a Person.

Read 1 Timothy 4:7-10 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read 1 Corinthians 9:19-27

Read 1 Timothy 4:7-10 again. Then read 1 Corinthians 9:19-27.

Corinth hosted the Isthmian Games every 2 years, so Paul's readers knew exactly what athletes gave up. Look at where the paragraph starts, too. Paul gives up his own rights to win people, and says, "I do it all for the sake of the gospel." His training has a mission attached. How do these 2 passages explain each other? Athletes discipline themselves for a wreath that wilts, and yours is imperishable.

Journal: If I trained for godliness like athletes train for medals...

DAY 3: Read Proverbs 24:30-34

Read 1 Timothy 4:7-10 again first. Then read Proverbs 24:30-34.

A wise man walks past a neighbor's field and learns something. The vineyard fell apart in slow motion: "A little sleep, a little slumber, a little folding of the hands to rest," and then thorns own the field.

Where does this name something true about you right now? Walk past your own vineyard honestly. Which wall has the little-by-little brought down: prayer, Scripture, serving, real friendship?

Journal: The wall that's come down little by little is...

DAY 4: Read Psalm 119:33-40

Read 1 Timothy 4:7-10 again, slowly. Then read Psalm 119:33-40, a stanza where every line is a request.

Now turn both texts into prayer, line by line. "Incline my heart to your testimonies" admits the heart's default lean and asks God to move it. Pray for inclination first, then discipline. Wanting to want him is a real prayer, and he answers it.

Journal: Right now my heart naturally inclines toward... I asked him to incline it toward...

DAY 5: Return to Anchor

Read 1 Timothy 4:7-10 one last time, and today read it in 2 different translations. Watch what "train yourself" becomes in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 4: Take Up Your Cross

ANCHOR TEXT: Matthew 16:24-26

²⁴Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. ²⁵For whoever would save his life will lose it, but whoever loses his life for my sake will find it. ²⁶For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Lighten the Load:** Fast for 7 days from whatever numbs you most: social media, the news cycle, shows, video games, online shopping, alcohol, sugar. Every time you reach for it, reach for God instead, and give the reclaimed minutes to Scripture and prayer. Pick your time and your spot today, and tell at least 1 person so they can ask how it's going.
 - ☐ **Hand Over the Keys:** On Day 3, Mark 10 will ask you to name your 1 thing. Make 1 real sacrifice connected to it: give a chunk of it away, or hand someone else the keys to it for 7 days. Let it cost you something.
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DAY 1: Drop Anchor

Moments before this, Peter called Jesus "the Christ, the Son of the living God" (16:16). Then Jesus told the disciples he was headed to Jerusalem to suffer and die, and Peter pulled him aside to stop it. Jesus' answer was sharp: "Get behind me, Satan!" Peter wanted a Messiah without a cross, and in these verses Jesus tells every disciple the cross comes with following him.

Read Matthew 16:21-26 once for the story. Then read verses 24-26 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Philippians 2:1-11

Read Matthew 16:24-26 again. Then read Philippians 2:1-11.

Paul wrote this from prison to a church he loved, and he set up this hymn about Christ with a plain request: "Let each of you look not only to his own interests, but also to the interests of others." Then he points to Jesus, who "emptied himself, by taking the form of a servant." How do these 2 passages explain each other? Jesus asks for nothing in Matthew 16 that he hasn't already done himself, at infinitely higher cost.

Journal: Watching him empty himself, my grip on comfort looks...

DAY 3: Read Mark 10:17-22

Read Matthew 16:24-26 again first. Then read Mark 10:17-22.

A wealthy man asks how to inherit eternal life. "And Jesus, looking at him, loved him," and then named the 1 thing he couldn't release, his possessions. Jesus gave that specific instruction to this specific man, and he still asks every follower the question underneath it: what do you love more than me? The man "went away sorrowful, for he had great possessions."

Where does this name something true about you right now? If Jesus named your 1 thing, what would it be?

Journal: If Jesus named my 1 thing, it would be...

DAY 4: Read Luke 22:39-46

Read Matthew 16:24-26 again, slowly. Then read Luke 22:39-46.

Start here: Jesus' cup was the full weight of God's judgment against sin, carried for you, and nothing you'll ever surrender comes close to it. Because he drank it, you get to pray as a son or daughter. And he left you the shape of a surrendered prayer: honest request first ("remove this cup from me"), surrender second ("not my will, but yours, be done"). Now turn both texts into prayer. Pray both halves about your 1 thing from yesterday.

Journal: My honest request was... My surrender was...

DAY 5: Return to Anchor

Read Matthew 16:24-26 one last time, and today read it in 2 different translations. Watch what "deny himself" becomes in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 5: The Forge

ANCHOR TEXT: James 1:2-4, 12

²Count it all joy, my brothers, when you meet trials of various kinds, ³for you know that the testing of your faith produces steadfastness. ⁴And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. ... ¹²Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Stop Numbing:** Pick 1 trial you've been dodging or numbing and face it this week with prayer and 1 wise friend instead of the usual anesthetic. Make the call, or have the conversation you've put off for months.
 - ☐ **Throw Them a Lifeline:** Comfort keeps a safe distance from other people's pain. Romans 12:15 says, "Rejoice with those who rejoice, weep with those who weep." Think of 1 person carrying something heavy right now and go to them this week. Ask the real question, "How are you, really?" and then listen without rushing them to hope. Then show up again in week 3.
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DAY 1: Drop Anchor

James, the brother of Jesus and a leader of the Jerusalem church, wrote to Jewish believers "in the Dispersion," scattered from home, often poor, and some of them exploited by wealthy landowners (5:1-6). The trials here are hardships that found them. James teaches them how to read those hardships: God uses them to make his people steadfast and whole.

Read James 1:2-4 and 12 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Romans 5:1-5

Read James 1:2-4 and 12 again. Then read Romans 5:1-5.

Paul starts with what's already settled: "since we have been justified by faith, we have peace with God through our Lord Jesus Christ." Only then does he say "suffering produces endurance," and endurance character, and character hope. How do these 2 passages explain each other? James and Paul describe the same assembly line, and both put God's grace underneath it.

Journal: The endurance being produced in me right now is...

DAY 3: Read 1 Peter 1:3-9

Read James 1:2-4 and 12 again first. Then read 1 Peter 1:3-9.

Peter wrote to Christians scattered across what is now Turkey, who were being slandered and pushed to the margins for their faith. He starts with their "living hope" and only then talks about fire, which proves "the tested genuineness of your faith."

Where does this name something true about you right now? Which trial have you been dodging, delaying, or numbing that God might be using to do some forging?

Journal: The trial I've been dodging is...

DAY 4: Read Psalm 66:8-12

Read James 1:2-4 and 12 again, slowly. Then read Psalm 66:8-12, a song of thanks Israel sang together after God brought them through a hard season.

Now turn both texts into prayer, line by line. "We went through fire and through water; yet you have brought us out to a place of abundance." Pray your own history: name 1 fire and 1 water God has already brought you through, and thank him for the abundance on the other side of each.

Journal: My fire was... My water was... The abundance was...

DAY 5: Return to Anchor

Read James 1:2-4 and 12 one last time, and today read it in 2 different translations. Watch what "steadfastness" becomes in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 6: Poured Out

ANCHOR TEXT: 2 Timothy 4:6-8

⁶For I am already being poured out as a drink offering, and the time of my departure has come. ⁷I have fought the good fight, I have finished the race, I have kept the faith. ⁸Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Into the Storm:** Take 1 real risk for God this month: share your faith with someone you can name, give an amount you'll actually feel, or step into a serving position at church. Ask your triad to cheer you on and check in.
- ☐ **Lay the Keel:** Adopt 1 rule-of-life practice for the next 90 days, chosen from what these weeks trained: a weekly fast, a standing act of service, a daily set-time prayer. Put the start date on your calendar, add it to your Ship's Log from Session 6, and tell 1 friend who'll ask you about it.

DAY 1: Drop Anchor

This is likely the last letter Paul ever wrote. He's chained in a Roman prison, most of his friends have gone (4:10, 16), he's asking Timothy to bring his cloak (4:13) and to come before winter (4:21), and he expects to be executed. From there he writes the least comfortable and most contented sentences of his life. And notice who else the crown is for: "all who have loved his appearing."

Read 2 Timothy 4:6-8 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Hebrews 11:24-27

Read 2 Timothy 4:6-8 again. Then read Hebrews 11:24-27.

Hebrews 11 walks through people who trusted God's promises before they could see them. Moses grew up with every comfort Egypt could offer and chose "to be mistreated with the people of God than to enjoy the fleeting pleasures of sin," because he was looking to the reward. How do these 2 passages explain each other? Paul and Moses did the same math with the same variable: the reward outweighs the couch.

Journal: The reward I want to be looking to is...

DAY 3: Read John 12:23-26

Read 2 Timothy 4:6-8 again first. Then read John 12:23-26.

Jesus says this days before the cross: "The hour has come for the Son of Man to be glorified." The grain of wheat is first of all Jesus himself, dying so that many would live. Then in verses 25-26 he applies the same pattern to anyone who serves him.

Where does this name something true about you right now? After 5 weeks of this plan, what in you needs to fall to the ground so something can grow?

Journal: The grain that needs to fall is...

DAY 4: Read Psalm 84

Read 2 Timothy 4:6-8 again, slowly. Then read all of Psalm 84, a song pilgrims sang on the long walk up to Jerusalem for the festivals.

Now turn both texts into prayer, line by line. "For a day in your courts is better than a thousand elsewhere" is the comfort-breaking comparison, and "They go from strength to strength" is the promise for the road. Pray both over the next 10 years of your life, out loud.

Journal: Praying over the next 10 years, I asked for...

DAY 5: Return to Anchor

Read 2 Timothy 4:6-8 one last time, and today read it in 2 different translations. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Then finish the 30 days by writing your own verse 7. What do you want to be able to say at the end, in 3 short clauses? Keep it where you'll see it.

Journal: My verse 7...

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

Fortitude grows by reps, and you've got 30 days of reps behind you now.

Explore More (Optional)

If you'd like to go further in the fight against comfort, here are a few ways to do so:

- ***In a Pit with a Lion on a Snowy Day*** by Mark Batterson. A case for treating your biggest fear as a disguised invitation instead of a reason to stay put.
- ***What Grows in Weary Lands*** by Tish Harrison Warren. A reflection on staying faithful through exhaustion and hard seasons, which fits the fortitude this plan is asking for.
- ***Don't Waste Your Life*** by John Piper. A direct, urgent challenge not to spend your one life chasing comfort instead of what actually matters.
- ***The Common Rule*** by Justin Whitmel Earley. A short, practical book of daily and weekly habits, good for someone who wants structure rather than just inspiration.
- ***Overcoming Apathy*** by Uche Anizor. Gives a clear biblical diagnosis of apathy and the case for pursuing zeal instead.
- **Love Christ Keystone Study**. A five-session OBCC small group study to grow your love for Christ through the Bible, prayer, and other disciplines.