



EXPLORE THE BIBLE.

Session 7: Hope

Suggested Week of Use: July 17, 2022

Core Passage: 1 Kings 19:9-18

News Story Summary

A study recently released by the American Bible Society revealed that people who are engaged in Bible study are more likely to flourish after trauma than those who don't study the Bible. The study defined trauma as "extreme violence, abuse, or a near-death experience that produces a response of intense fear, helplessness and horror." The National Opinion Research Center interviewed 2,598 adults in all 50 states. Of those interviewed, one third had experienced trauma as defined by the study. Those who were "Scripture engaged" scored 19 percent higher in six different areas, including happiness and life satisfaction, mental and physical health, and character. Trauma survivors involved in Bible study scored 8.1 out of 10 on the human flourishing scale, while those who were not engaging the Bible scored 6.9. The largest difference was found in the area of meaning and purpose. According to the report, despite trauma, individuals can find restoration and healing when they regularly connect with the Bible and seek to live it out: "There is life beyond trauma. That's the message of the Bible."

For more about this story, search "Trauma survivors flourish with Scripture."

Focus Attention

To replace **FOCUS ATTENTION**, ask: *When have you felt alone, exhausted, or ready to quit? Why? What did you do?* Discuss responses. Say: *Being here today may be one of the most effective ways to recover from despair.* Share information from the American Bible Study survey which showed how Bible engagement helps people heal after trauma. Say: *Last week, Elijah was triumphant over the prophets of Baal, but this week he is scared and running for his life. He feels alone and isolated.* Emphasize that the lesson will reveal that Elijah really wasn't alone. God was with him, as He is with people today. Say: *He still offers hope in the midst of trauma.*

Summarize and Challenge

To supplement **SUMMARIZE AND CHALLENGE**, ask: *What might prevent you from hearing God's voice, even as you study the Bible? How can you better prepare yourself to hear His voice?* Remind learners of the statistics related to Bible study and trauma. Encourage them to engage more regularly in Bible study. Say: *When we dig into the Bible, we are digging into God's message for us. We can adjust our lives to Him as He reveals Himself through Scripture.* Close with prayer, thanking God for the comfort and hope He provides through His Word.