

LEADER'S GUIDE (SAMPLE)

FOR THE SELF-CONFRONTATION BIBLE STUDY DVD SERIES

About the Self-Confrontation Bible Study DVD Series

You are about to embark on a study of God's Word that will have a profound impact on your life as you seek the Lord and practice His principles for living. If you have already taken the Self-Confrontation course or Bible study, you understand how transformational God's Word can be as we read and obey it in the power of the Holy Spirit.

Jesus said in *Matthew 7:3*, "why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?" He goes on to say in *verse 5*, "You hypocrite, first take the log out of your own eye, and **then** you will see clearly to take the speck out of your brother's eye." In other words, to get to the point where we can help people with their problems effectively, we must first deal with ourselves without compromise, excuses, or evasion. And that's why this is called the Self-Confrontation Bible Study. This study of God's Word will challenge you to look at the logs in your own eye, so that you might have a richer, more intimate relationship with Christ and then, be ready to help others.

The textbook for the Self-Confrontation course is the Bible. God says in *II Timothy 3:17* that His Word is sufficient to equip you for *every* good work. The DVD set and the *Self-Confrontation* manual will serve as a resource to direct you and your group through a study of how to apply God's Word to your own life and circumstances. The manual is, in essence, a reference book on "in-depth discipleship." It is not intended for you to go through page by page, so don't be intimidated. It has Bible study material on many topics — in-depth studies on the resources we have in Christ, family relationships, dealing with anger, worry, depression, and many others.

The study will lead you through the key biblical principles on each topic in the *Self-Confrontation* manual. Students can then get into greater depth on specific topics on their own, as they have time. Usually, it is taught in a once-a-week format and fits well within most home Bible study meeting schedules. The study has 24 lessons. This includes an opportunity to provide a written or oral testimony in Lesson 23, which is the only lesson that does not have its own DVD. Some groups split the 24 lessons up into two segments of 12 lessons each, scheduled for different times of year. It is usually best to go through all 24 in a series, but feel free to split into segments, if that works better for your group.

Materials

As a group leader, you'll need to make sure you have the following at the first meeting:

- The Self-Confrontation Bible Study DVD set, consisting of 23 lessons plus an intro DVD;
- A *Self-Confrontation* manual and *Student Workbook* for each person (it is possible for two members of a family to share, but better if they have their own);
- A few extra Bibles, just in case someone forgets to bring one;
- A supply of highlighters and pencils or pens.

Preparation

You may have been meeting with your group for a while, or may be meeting with a group just for the explicit purpose of going through the Self-Confrontation Bible Study. In either case, here are some steps to take in preparation:

- Coordinate — Your church leadership is responsible before God for what is being taught within your local assembly. Prayerfully work with your leadership to let them know what you want to teach, and provide them with any information they need about the Self-Confrontation Bible Study. You will need to work within whatever requirements exist at your church for permissions or scheduling. Informational materials for pastors and church leaders can be obtained by calling the Biblical Counseling Foundation at 760.773.2667 or by going to the BCF website at www.bcfministries.org. The Introduction to the Self-Confrontation Bible Study DVD, available from BCF, contains a video that provides an overview of the Self-Confrontation Bible Study plus some sample video segments of the teaching. Or you can view the same videos directly from the BCF website.
- Inform — There are several ways you can let people know about the study:
 - Word of mouth — prayerfully invite those who you believe could be interested in coming;
 - Bulletin inserts — You can download inserts from the BCF website at www.bcfministries.org, and personalize them for the time and location of your study;
 - Informational video — You can e-mail the link to a short video on the BCF website that explains the Self-Confrontation Bible Study Video Series;
 - Show the informational video at a home Bible study meeting or church service.
- Pray:
 - That the Lord would lead just the right people to your group for this particular study;
 - That you, as the leader/teacher, would be an example of love to the students in your servant spirit, in your encouragement for them to be doers of the Word, and in your own willingness to change as God teaches you;
 - That you would have the wisdom to deal with questions and concerns that individuals have about their lives.
- Review the materials in advance. This includes:
 - The DVD for the next lesson,
 - The leader's notes that go along with the DVD.
- Prepare your home (or other meeting place) for the study, including the equipment to show the DVDs.

How to Lead the Self-Confrontation Bible Study

The Self-Confrontation Bible Study is designed primarily for use in a once-a-week format. The DVD lessons are one hour in length, on average. Together with discussion and prayer, the material readily fits into a typical 1.5 to 2-hour home Bible study.

First Meeting

The first meeting will be a little different from the others, and should proceed as follows:

- Welcome and self-introductions
- Open in prayer
- Provide any additional brief comments that may be appropriate for your group. Let them know that they should be turning to the Scripture passages and following along in their *Self-Confrontation* manuals as the sections are referenced. They should be prepared to highlight and take notes as they go along. Suggest that they bring highlighters or pens to mark key points. Let them know that you will be asking the group what they learned from each lesson.
- Show the DVD for Lesson 1. If the video seems not to start at the right place, press the DVD Menu key, or similar key, on your remote and it should take you back to the beginning.
- Lead a brief review and discussion on the key points based on the question “What did you learn from this lesson?” Be prepared with your own responses to that question, and refer to the leader’s notes to keep the discussion focused on the Lord and His Word, not on the group’s own opinions. It is important to read the section below on “**Leading the Review of Key Points.**”
- Explain that students will get the most out of the study if they also do the homework during the week. They should just follow the *Student Workbook*, which repeats much of the material in the DVD, but helps to personalize it for their own lives. Suggest that they do the homework as part of their daily devotions. For most people, it will take about 20 minutes per day to get through the homework. **NOTE:** Emphasize that they should not do the homework that is listed at the end of each lesson in the *Self-Confrontation* manual.

Subsequent Meetings

Subsequent meetings follow the same basic format, although there will be differences depending on the lesson. Because it is strongly recommended that the students memorize the Bible verses for each lesson, each meeting should allow for a brief time for students to recite their verses. Each student who is committing to memorizing verses should arrange to have a “listener” to whom they can recite. The reciting of verses can be done as the students are arriving, or students may arrange to recite over the phone during the week, if that is easier. You can explain that memorization of the Scriptures is highly recommended, but not required for attendance. Lesson 3 will cover the importance of Scripture memory.

So the format for the subsequent meetings should be:

- Recite Scripture memory passages (as people are arriving)
- Open with prayer
- Ask if there are any questions about the homework. Any additional things God taught you?
- Review the questions and answers provided in *this Guide* as a summary of the previous lesson.
- View DVD for next lesson
- Lead a brief discussion summarizing the key points — see the notes in *this Guide*.
- Pray at the end

You should commit to ending consistently at a specific time, but encourage people to stay and fellowship with one another

About the Homework

As stated above, students will get the most out of the study if they also do the homework during the week. As the Bible study leader, it is expected that you will do the homework. Not only will you be in a better position to help the students and answer their questions, but you will be an encouragement for other students to do their homework and will be blessed as you study God's Word for yourself.

All you need to tell the students about the homework is that they can just follow the *Student Workbook*. You will be watching the DVD at the meeting and doing the homework for the same lesson in the week that follows. The answers to the questions in the *Student Workbook* are in the back of the *Workbook*, so you do not need to grade the homework. However, part of the homework also involves students selecting a problem area on which to apply the principles they are learning in the study. That starts in Lesson 5. When you get to that point, you will need to take some extra time to explain the worksheets in the **VICTORY OVER FAILURES PLAN (VOFP)**, which is the biblical application tool provided in the *Student Workbook*. The **VOFP** worksheets are included in the appropriate lessons as well as together as one unit in the back of the *Student Workbook*. As the Bible study leader, you can offer to review students' **VOFP** homework, but let them know that is at their option, not a requirement. Any students desiring to do this should be prepared to let you take a copy of their worksheets home and receive it back with your comments the following week. Usually, not too many students will do this, but it may open up new discipleship opportunities and a deeper opportunity for encouragement and growth.

So get ready to spend some intensive time in God's Word, with the expectation that you and your students will have great victory in your walk with the Lord and increase in your love for Him and those around you. Hundreds of thousands of people from over 80 different countries have taken Self-Confrontation in local churches, in home study groups, in prisons, and on an individual basis over the last 35 years. You and your students will be challenged, you will be enriched, and you will be changed as you respond to God's Word and the Holy Spirit's work in your life.

Leading the Review of the Key Points

The Self-Confrontation Bible study is not intended for teaching as a series of class discussions. The focus is not on our own opinions but on God's Word, which we know to be true. God says that He will bless *His* Word (*Isaiah 55:8-11*) not ours. That's why the teaching always focuses on what God says in His Word. As a group leader, you should not ask the question "What do you think about that?" but rather "What does God say about that?" There is a big difference between these two questions. You should strive to help the students immerse themselves in the Word and not focus on their own opinions. Nor do you want the students to become dependent on you or the *Self-Confrontation* manual, but on God's Word and the Holy Spirit.

You may need to refrain from answering certain questions if you do not know what the Word says about those subjects. You can defer answers to the next week. In the times that you review the key points, the group must not focus on the wisdom or opinions of men. Instead, you should focus on finding out what the Lord has to say about each subject.

The emphasis must also be on *doing* the Word, as stated in *James 1:22-25* and other passages. Remaining only a hearer of the Word is a dangerous thing. It leads to the hearer deluding himself. The homework for each lesson includes assignments that direct the students to put into practice what they are learning.

Some of the students may find that much of this material is not new to them. They may have heard many of these Scripture verses before. But the important thing is not whether they already know the verses but whether they understand the depth of what God is telling them in those passages and that

they are putting the biblical principles into practice. It would be good to ask the students, from time to time, in what specific ways the course is impacting their lives. There will be periodic reminders of this in the *Leader's Guide*.

Keep in mind that you may have unbelievers in your group. You may also have a wide range of maturity levels among believers. Your love for each one will be demonstrated by the way in which you teach and by your willingness to be a servant. If someone objects to a certain point, gently lead him back to the Scriptures. You should be careful not to attempt to place yourself between God and your students. Instead, you should lead them to what God says. This is not to be "my opinion versus your opinion."

Teachers of this material often remark that it is they who receive the greatest blessing. Often they find themselves challenged and convicted in their own lives even beyond what the students learn. May the Lord greatly bless you and use you as you study His Word and disciple others.

The following notes can be used to guide you through each lesson and to summarize the key points of each. You can use these as you review the previous lesson each time you get together, prior to viewing the DVD for the next lesson. Guidance for the first lesson was already provided above. You will review some key points of Lesson 1 at the beginning of Lesson 2, key points of Lesson 2 at the beginning of Lesson 3, and so on.

LESSON NOTES SAMPLE

NOTES FOR LESSON 2 AND REVIEW OF LESSON 1

A. Reminders for Lesson 2:

- Provide an opportunity to recite memory verses before the lesson starts.
- Open in prayer.

B. Review of Lesson 1:

1. **Question:** Can you summarize the main point of Lesson 1?

Answer: *Biblical Principle 1* summarizes the salvation message. This establishes the foundation for the entire course. The Lord Jesus Christ is the Rock upon Whom everything for living is built. Man cannot please God, overcome the problems of life, and have meaning or fruitfulness in life without a personal relationship with Jesus Christ.

2. **Question:** Why is it important not to skip over salvation when trying to help people with their problems?

Answer: The Lord may be trying to get that person's attention through the problem. Trying to help them through the problem without their having a relationship with the Lord deals only with the surface level, not the root problem in their life. Without a relationship to Christ, they have no power for lasting change in their life.

3. Review the four points under IV. **God empowers you to choose His solution to your spiritual problem** (*Self-Confrontation*, Pages 21-22).

TRANSITION: Lesson 2 describes the wonderful changes that take place as a result of being born spiritually. These changes equip believers to grow spiritually and live victoriously. So lets look at the DVD for Lesson 2.

C. Start DVD for Lesson 2

- D. Discussion question after the DVD: What impressed you the most or what did you get out of this lesson?

- E. Conclude with your group prayer time or close in prayer, whatever is the practice for your group.

NOTES CONTINUE THROUGH LESSON 24 — FULL LEADER'S GUIDE AVAILABLE WITH PURCHASE OF A DVD SET