



# STUDY GUIDE

*Lessons from  
Paul's Journey  
through the  
Mediterranean*

# WEEK 1

## *Paul's Lesson on Freedom*

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking, and envying each other.

*Galatians 5:13-26 (NIV)*



- ✿ What does this passage teach us about freedom in God?
- ✿ What could your life look like if you were completely free?
- ✿ What are some of the things that keep us from experiencing true freedom?
- ✿ How can you experience more freedom this week?
- ✿ What fruit of the Spirit do you need most in your life right now?
- ✿ How could you start to develop that fruit of the Spirit?
- ✿ What is one thing you learned from the sermon that you will apply to your life this week?

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# bible reading plan

**Intro to Galatians:** The churches of Galatia were starting to believe that they were saved by their good works instead of by God's grace. They were putting faith in themselves instead of putting their faith in Jesus. Paul writes the Galatians a letter to set them straight on the meaning of freedom in Christ.

After each reading, write down one takeaway or application from the passage.

**Day 1:** Galatians 1

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**Day 2:** Galatians 2

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**Day 3:** Galatians 3:1-22

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**Day 4:** Galatians 3:23-4:20

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**Day 5:** Galatians 4:21-31

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**Day 6:** Galatians 5

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**Day 7:** Galatians 6

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*Other Notes:*

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# WEEK 2

## *Paul's Lesson on Suffering*

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing. Therefore, among God's churches, we boast about your perseverance and faith in all the persecutions and trials you are enduring.

All this is evidence that God's judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering. God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with his powerful angels. He will punish those who do not know God and do not obey the gospel of our Lord Jesus. They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might on the day he comes to be glorified in his holy people and to be marveled at among all those who have believed. This includes you, because you believed our testimony to you.

With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

*2 Thessalonians 1:3-12 (NIV)*



- ✿ Suffering is a part of life. Think back to a time when you experienced suffering. How did you handle it? What helped? What didn't help?
- ✿ What did you learn from this experience?
- ✿ In Thessalonica, their suffering was leading to deeper faith. How have you seen or experienced this for yourself?
- ✿ How can we keep hope during times of suffering?
- ✿ Paul comforts the church by reminding them that God is just. What does it mean that God is just? How have you seen or experienced God's justice?
- ✿ What is one thing you learned from the sermon that will help you deal with suffering today or in the future?

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# bible reading plan

**Intro to First and Second Thesalonians:** The church of Thessalonica is setting a great example for other churches, even though they're being persecuted for their faith. Paul encourages them to "excel still more." The affliction just won't let up on the Thessalonian church, so Paul coaches them on standing firm until Jesus' return. After each reading, write down one takeaway or application from the passage.

**Day 1:** 1 Thessalonians 1

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**Day 2:** 1 Thessalonians 2-3

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**Day 3:** 1 Thessalonians 4

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**Day 4:** 1 Thessalonians 5

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**Day 5:** 2 Thessalonians 1

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**Day 6:** 2 Thessalonians 2

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**Day 7:** 2 Thessalonians 3

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*Other Notes:*

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# WEEK 3

## *Paul's Lesson on Purpose*

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.

Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact, God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

Now you are the body of Christ, and each one of you is a part of it.

*1 Corinthians 12:12-27 (NIV)*



- ✿ How does the church function like a body? What are the benefits of the church functioning like a body?
- ✿ Paul writes that every role and task is equally as important to the body. Do you believe this is true in the Kingdom of God too? Why or why not?
- ✿ Verse 21 says that the different parts need each other. How have you experienced this?
- ✿ Verse 26 says, "If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it." How can we suffer with one another? How can we rejoice with one another?
- ✿ What could your part or role in God's church or kingdom be? What gifts, skills, and experiences has God given you that you could use to serve?
- ✿ How could you start using those gifts, skills, and experiences to serve in the church or community?
- ✿ What is one thing you learned from the sermon that will help you find your role in the body of Christ? How will you apply it to your life this week?

# bible reading plan

**Intro to Ephesians:** Paul outlines how the world is different because of Jesus and how we should live differently because of Jesus.

**Intro to Philemon:** Paul wrote this letter to his friend Philemon, a leader in the Colossian church. Philemon's runaway slave, Onesimus, had converted to Christianity and Paul was sending him back to Philemon. Paul encourages Philemon to welcome the runaway as a brother, not a slave.

After each reading, write down one takeaway or application from the passage.

**Day 1:** Ephesians 1

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**Day 2:** Ephesians 2

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**Day 3:** Ephesians 3

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**Day 4:** Ephesians 4

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**Day 5:** Ephesians 5

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**Day 6:** Ephesians 6

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**Day 7:** Philemon 1

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*Other Notes:*

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# WEEK 4

## *Paul's Lesson on Perspective*

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.  
*Philippians 4:4-13 (NIV)*





- ✿ Paul's plan was to travel and preach. His reality was prison. How do you respond when things don't go according to plan?
- ✿ Paul found peace and even joy while in prison. According to this passage, how was Paul able to do that despite his circumstances?
- ✿ What does this passage teach you about how you could find more peace?
- ✿ Think back to a time when you truly felt content. Why were you able to experience contentment at this time?
- ✿ How would your life look different if you felt content more often?
- ✿ Paul says, "I have learned the secret of being content in any and every situation". How would you explain what that secret is?
- ✿ What is one thing you learned from the sermon that could help you make the most of where you are today? How will you apply it to your life this week?

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# bible reading plan

**Intro to Philippians:** Paul is writing from prison about how he's able to continue to find joy because of Jesus. He writes to the church at Philippi urging them to take on this same Christlike attitude.

**Intro to Colossians:** Paul explains Jesus' power in the world and how we also have power as Jesus' followers.

After each reading, write down one takeaway or application from the passage.

**Day 1:** Philippians 1

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**Day 2:** Philippians 2

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**Day 3:** Philippians 3

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**Day 4:** Philippians 4

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**Day 5:** Colossians 1

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**Day 6:** Colossians 2

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**Day 7:** Colossians 3-4

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# WEEK 5

## *Paul's Lesson on Perseverance*

You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them. In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted, while evildoers and impostors will go from bad to worse, deceiving and being deceived.

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

*2 Timothy 3:10-17 (NIV)*



- ✿ Paul was a cherished spiritual mentor to Timothy. Who have been the spiritual mentors in your life?
- ✿ Do you have any spiritual mentors now? If not, how could you connect with someone that can encourage and teach you? Why is this valuable?
- ✿ Who is someone in your life that you could mentor? How might you start that relationship?
- ✿ Think about a time when your faith was really growing stronger. Why do you think that was a time of growth for you? What caused your faith to grow?
- ✿ Paul ends by reminding Timothy about the importance and usefulness of scripture. How do you currently engage with and learn from the scriptures? How could you turn to scripture for “teaching, rebuking, correcting, and training”?
- ✿ What is one thing you learned from the sermon that could help you continue to grow in your faith? How will you apply it to your life this week?

# bible reading plan

**Intro to First and Second Timothy:** Paul was a mentor to the young pastor, Timothy. These letters are Paul's guides to godliness and advice for Timothy. Paul's death is drawing near and he encourages Timothy to carry on his gospel work.

After each reading, write down one takeaway or application from the passage.

**Day 1:** 1 Timothy 1-2

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**Day 2:** 1 Timothy 3-4

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**Day 3:** 1 Timothy 5

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**Day 4:** 1 Timothy 6

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**Day 5:** 2 Timothy 1

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**Day 6:** 2 Timothy 2-3

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**Day 7:** 2 Timothy 4

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*Other Notes:*

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Office Hours

Monday-Thursday: 9:00 am - 3:30 pm  
*The office is closed on Fridays*



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