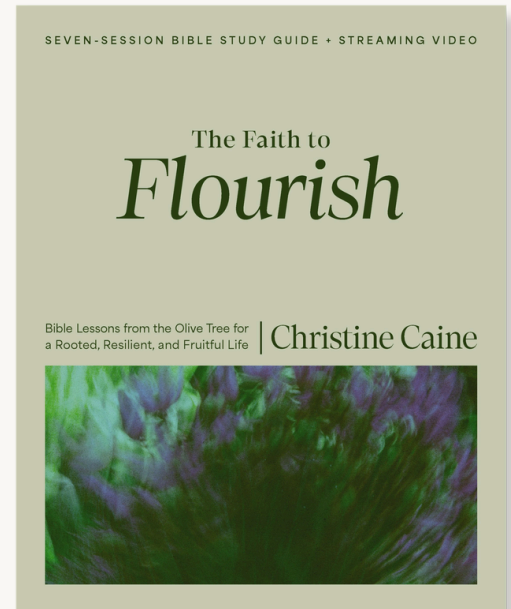


# IS THE FAITH TO FLOURISH BIBLE STUDY RIGHT FOR YOUR GROUP?

## Overview

*The Faith to Flourish* is a seven-session Bible study by Christine Caine that uses the olive tree as a powerful picture of the Christian life. Through this study, participants will learn what it means to be rooted in God, sustained by His faithful love, shaped through difficulty, and formed to bear fruit for His glory.

The study connects key biblical passages with practical discipleship. It speaks to real struggles people face, including fear, division, hardship, waiting, obedience, and the desire for a life that is truly flourishing. By the end of the study, participants will move beyond shallow belief into a steadier, stronger walk with God.



## Study Structure

Each session focuses on a different aspect of the olive tree and its meaning in Scripture. Together, the sessions create a clear path from identity and belonging to peace, surrender, happiness, and fruitfulness. The teaching draws from both biblical exposition and personal illustration and explores passages such as Psalm 52, Romans 11, Genesis 8, Mark 14, Jeremiah 11, and Psalm 128.

## Typical Session Format (60–90 minutes)

- **Video Teaching** (approx. 26 mins)
- **Group Discussion:** Questions and comments that invite group response and reflection (15-30 mins)
- **Closing Reflection and Prayer:** Space for prayer, personal application, and Scripture memory (3 mins)
- **Personal Study Time:** Five days of personal study to dig deeper in between sessions.
- **Discipleship Experience in Session 7:** Participants will share a meal filled with olive-inspired dishes. Plan for everyone to provide something for this time of fellowship.

## Sessions

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- **Session 1: Rooted in God's Presence** – Introduces the olive tree as a symbol of a flourishing life rooted in the faithful love of God, drawing from Psalm 52 and the story surrounding David's flight from Saul.
- **Session 2: Grafted into the Family** – Explores Romans 11 and the image of branches being grafted into an olive tree as a symbol of belonging in God's family.
- **Session 3: Branches of Peace** – Centers on peace, reconciliation, and the faithfulness of God (Genesis 8). Demonstrates that peace is not wishful thinking, but a sign of God's restoring work.
- **Session 4: Oil from Pressing** – Just as olives are pressed to produce oil, believers are often formed through hard seasons. This session explores Jesus in the Garden of Gethsemane and reminds us that pain is not pointless in the hands of God.
- **Session 5: Growing in Health** – Confronts the false promise of quick, shallow happiness and points instead to the deep joy that comes from fearing the Lord and living under His care (Psalm 128).
- **Session 6: Fruitfulness in Abiding** – Focuses on fruitfulness as a mark of life in Christ. A life rooted in Christ will produce visible evidence of His work through character, conduct, and faithful presence.
- **Session 7: Feasting Together** – Concludes the study with a call to remain anchored in Christ over the long haul and to trust that, like an ancient olive tree still producing fruit, a faithful life can remain strong, steady, and fruitful through every season.



**Watch Session 1 Now!**

<http://youtu.be/8ti624Q1qtw>

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## Key Features

- 1 Strong Biblical Imagery:** The olive tree serves as a clear and memorable metaphor for spiritual life and growth.
- 2 Video-Driven Content:** 7 video teachings with Lisa. Free streaming access is included with the study guide purchase.
- 3 Real-Life Relevance:** The study addresses common struggles such as fear, conflict, disappointment, pressure, and the search for peace.
- 4 Personal and Group Engagement:** The content works well for both individual reflection and small-group discussion.
- 5 Clear Spiritual Application:** Between sessions, participants engage with three days of personal Bible study and reflection, moving from biblical truth to lived response.



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Resources

## Recommendations & Resources

### Materials for Leaders

- A copy of *The Faith to Flourish Study Guide* (which includes the leader's guide and video access code).
- Bible
- A dedicated meeting space
- A device to stream the video sessions, like a smart TV, computer, or tablet

### Materials for Participants

- A copy of *The Faith to Flourish Study Guide* for each member.
- A Bible and pen



**Ideal Size:**  
8-10 participants



**Great for:**  
Women's ministry  
Women's small groups  
Mixed groups  
Personal Study



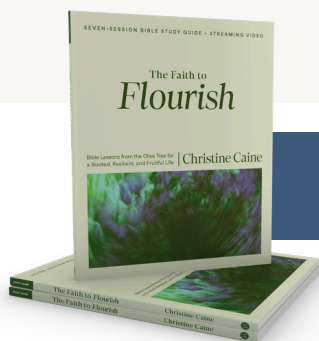
**Facilitation:**  
The leader acts as a facilitator rather than a teacher, guiding the experience and cultivating a safe environment for growth.

## About the Author

**CHRISTINE CAINE** and her husband, Nick, have two daughters, Catherine and Sophia. Together, Chris and Nick founded A21, a global anti-human trafficking organization that prevents exploitation, recovers victims, and empowers survivors to rebuild their lives. She also founded Propel Women, an initiative that activates women to follow Jesus wholeheartedly and live confidently in their God-given purpose.



You can tune into Christine's Equip & Empower podcast and Life and Leadership podcast for practical insights and encouragement, drawing hope from Jesus wherever you are. To learn more about Christine and her resources, visit [www.christinecaine.com](http://www.christinecaine.com).



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