

Curriculum



Progress on Purpose
An adaptation from “Level Up Your Life”

Commit
Allow
Live
Prosper
Relate

A sample study from the Progress on Purpose volume begins on the following page.

**LEARN: Overview**

Biblical Business Training (“BBT”) equips people to grow in the grace and knowledge of Jesus Christ and empowers leaders in a small-group Bible study setting to apply Biblical principles at work. Our mission is [Faith for Work](#) – and our vision is [Leadership for Life](#)!

To find out more, visit www.B-B-T.org.

**Curriculum: The BBT 1-2-3™ Format**

BBT curriculum is rooted in Scripture and applicable the day you study it. The BBT 1-2-3™ format enables the group to have a consistent Biblical basis for discussion.



Agenda – Introduces applicable Biblical principles



Group Leader Guide – Facilitates discussion and allows for shared leadership



Recap – Encourages community and application

**LIVE: Sample - Allow**

This [BBT](#) volume of curriculum will encourage you to make progress in your life with purpose. It was adapted from *Level Up Your Life* by Rick Pina. While the book is not necessary to use with the study, we encourage BBT users to purchase the book [here](#).

1. Commit
 2. Allow
 3. Live
 4. Prosper
 5. Relate
-

**LEAD: Start a small-group Bible study**

Start leading today! [Learn more.](#)



PRAYERS



LEARN

Choices & Change

Every day we make choices. We choose to consume social media and allow its influence. We choose to judge others who are different from us. We choose to encourage someone rather than cut them down. We choose to listen rather than hear ourselves speak. God has given us the freedom of choice but we must also understand that each one of those choices brings a consequence – good or bad.

The disciples had Jesus to lead and guide them. They had the opportunity to live and work alongside Him throughout His ministry. He provided them with protection, guidance, and a sense of peace. But imagine the stress when Jesus tells them He is leaving. Change is stressful – a new job, a family member coming to live with you, a move to a new city, etc. It's even more stressful when you don't have trusted friends or advisors to walk in that journey with you. What the disciples didn't understand though was that Jesus would not leave them without a helper – one who would replace Him to help them in their daily decision-making.

God sent this helper, the Holy Spirit, to them, to us, that we can allow His influence over our choices. When we listen closely, our helper might encourage us *not* to judge that co-worker who comes in late and instead ask how we might be helpful, or we might feel the Holy Spirit stop us in our tracks just as we are about to say something we will regret. But, we have to allow God's Spirit to work in us and through us by being aware of His voice and listening with intention.

Peace & Purpose

The Holy Spirit also allows us to experience “peace that passes all understanding” ([Philippians 4:7](#)) Peace with God is not about the absence of things like stress or temptations but about God's presence *with* us as we observe, acknowledge and manage those things that come from the world. Truth is, bad things happen and will continue to happen while we are in this world. The good news is that through Jesus, and the Holy Spirit in us, God is always with us – leading and guiding us to the purpose for which we were created – we just have to choose and allow it to make that difference in our lives.



LIVE

Discussion questions: Read the text and scriptures below, and prepare to answer the questions.

1. Read [Mark 4:18-20](#) and [Philippians 1:6-7](#). What is “choking out” God's truth in your life and leaving you in distress?
2. Read [2 Corinthians 10:3-5](#). When did you act upon something you thought was true only to realize after the fact that you were wrong? What did you do, what was the outcome?
3. Read [John 14:27, 16:33](#). How have you experienced true peace that comes from God?
4. Read [Hebrews 4:9-11](#). How have you allowed space for “rests from your works”?

Application Question: What will you do this week to allow God's truth, peace, and rest to become a priority?



PRAYERS

Prayer Requests & Closing Prayer



PRAYERS

Opening Prayer & Prayer Requests



LEARN

Before you begin, read the AGENDA LEARN introduction together and review the APPLICATION QUESTION from the previous meeting's RECAP.



LIVE

Discussion Questions: Have someone read each Bible verse aloud and then ask the corresponding question. Be sure everyone has enough time to find the Scripture before the verse is read.

- 1) Read [Mark 4:18-20](#) and [Philippians 4:6-7](#). What is “choking out” God’s truth in your life and leaving you in distress?



POINT

God’s Words of truth can help you manage your circumstances and allow peace to enter.



DEEPER

We impulsively worry and Paul’s answer to that is pray. It’s hard to worry and trust God at the same time. Instead, through Jesus we have direct access to conversation with the God of the universe, through prayer. “Cast all your anxiety on him, because he cares for you.” ([1 Peter 5:7](#)) We can confidently trust God hears our prayers and allow God’s peace to guard our hearts and minds as we trust in Him.



TIP

For additional discussion you might ask, “Has someone ever had to set you straight with God’s truth and what changes did you make because of it?”

Notes:

- 2) Read [2 Corinthians 10:3-5](#). When did you act upon something you thought was true only to realize after the fact that you were wrong? What did you do, what was the outcome?



POINT

There is a battle for your mind as it is what drives your actions.



DEEPER

When Satan convinces us of false truths, we are susceptible to making choices and acting based on lies. We need people in our lives to challenge our thinking and help us consider God’s truth as the foundation of our behavior. Also, the Holy Spirit will never lead us contrary to God’s Word.



TIP

Check out [BBT’s volume of curriculum on Spiritual Warfare](#) for more on the tools God has given us against Satan’s schemes.

Notes:

3) Read [John 14:27, 16:33](#). How have you experienced true peace that comes from God?

The peace that comes from God is like nothing this world can offer.



The Greek word for “troubled” here means: to cause inward commotion, to take away calmness of mind; to make restless and render anxious or distressed. This world tells us we find peace in the absence of stress or distraction which is impossible. The peace Jesus gives in His victory is not the absence of conflict but the presence of God with us *in* our struggles.



Discuss ways you can capture the presence of God amid troubling circumstances.

Notes:

4) Read [Hebrews 4:9-11](#). How have you allowed space for “rests from your works”?

God created you to need rest and made it a requirement for His people.



Rest requires intentionality but not in trying, rather relying — on God. Human effort keeps us from relying on and resting in God’s grace. When we don’t rest, we are more susceptible to the enemy which creates fear, doubt, and burnout. When we allow God’s rest, we are renewed and empowered to live on purpose.



Reflect on the stories of Elijah ([1 Kings 16-17](#)) and David ([1 Samuel 27](#))

Notes:

Application Question: What will you do this week to allow God’s truth, peace, and rest to become a priority?



PRAYERS

Prayer Requests & Closing Prayer



LEAD

Ask Yourself: Am I allowing space for those with whom I work to pursue truth and rest?



PRAYERS

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ROADMAP

This [BBT](#) volume of curriculum was adapted from *Level Up Your Life* by Rick Pina. While the book is not necessary to use with the study, we encourage BBT users to purchase the book [here](#).

This study reveals ways you can level up your relationship with God by allowing space to pursue peace, truth, and rest.



LEARN

The Bible describes falsity as being like weeds that choke out a seedling before it can grow. Jesus assured the disciples that he brings them true peace. Paul reminds the Hebrews that God gives them rest, even as God took rest from creation on the Sabbath.

Scripture References for this study: [Philippians 4:7](#), [Mark 1:18-20](#), [Philippians 4:6-7](#), [2 Corinthians 10:3-5](#), [1 Peter 5:7](#), [John 14:27](#), [16:33](#), [Hebrews 4:9-11](#), [1 Kings 16-19](#), [1 Samuel 1:27](#)



LIVE

- Allow truth
- Allow peace
- Allow rest

Level Up Your Life book references: Chapter 5

Application Question: What will you do this week to allow God's truth, peace, and rest to become a priority?



LEAD

Ask Yourself: Am I allowing space for those with whom I work to pursue truth and rest?