



What's In A Sip | Kaci Mexico| 06.29.2025

Weekly Study

SHARE

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- **Share a high, a low, and something interesting from this week.**
- **If you could write one more letter to one person about Jesus, who would you send it to and what would you say?**

GROW

Our TVs, phones, and feeds are flooded with noise – headlines that stir up fear, spread division, and feed a sense of hopelessness. Bad news seems to affect every aspect of our lives, including Christianity. We're told that churches are shrinking, people are deconstructing, and faith feels like it's fading. And when that noise becomes the atmosphere we live in—when it shapes the way we see the world—it's no surprise that so many of us end up feeling stuck in loneliness, anger, addiction, shame, and confusion.

So, if our God is so good and loving—one who promises peace, freedom, and hope—why do those things feel so far out of reach? One possible answer, according to Barna, is that only 1 in 10 Christians say that they “regularly engage with the Bible.” This means that many of us have heard *about* God, but very few of us have heard *from* Him.

And yet, if we take a moment to step back and look beneath the noise, we see something unexpected happening:

A shift.

A resurgence.

A movement.

And it's being led by Gen Z.

Since 2021, 35 million people have given their lives to Jesus. Against all odds, this generation is running after the real thing. And it begs the question:

What do they know that the rest of us might be missing? What if the same thing that's fueling this revival is actually within your reach?

Here's the truth:

“The weakest believer holds in his hand all that the mightiest saints ever possessed.”

— A.W. Tozer

From Moses to David, from Paul to Augustine, from MLK to Bonhoeffer... from Mother Teresa to Billy Graham... and now, Gen Z — there are two things these world-changers have in common:

1. An uncommon encounter with Jesus changed the trajectory of their life.
2. Their uncommon encounter with the Living God inspired an uncommon immersion in His Living Word.

And when they did, it changed everything—not just for them, but for the world around them.

So don't let easy access to the Bible make you forget what a gift it truly is.

Don't let the greatest story ever told collect dust.

What a blessing it is to be couriers of the Good News in a world consumed by bad news.

Pick up your Bible.

Let God speak.

Let truth anchor you.

Let love rewrite your story.

You don't need a platform, a degree, or perfect faith.

You just need an open heart, and a willingness to listen.

The same God who lit a fire in generations past is ready to do it again — in you.

Read 2 Timothy 3:16-17, Hebrews 4:12

- **How did this week's message speak to you? What were some major takeaways?**
- **On a scale of 1-7, how often are you engaging with your Bible each week (1=1 or fewer times, 2=2 times, 3=3 times, etc., and 7=7+ times a week)**
- **On a scale of 1-7, how would you rate the health/strength of your faith (1 being the weakest and 7 being the strongest)?**
- **How are the answers to questions 1 and 2 connected?**
- **Read the verses above. What do you notice? What parts are encouraging? Which parts are challenging?**

M O V E

It's never been easier to own a Bible.

Most of us have one on our nightstand, one on our phone, and a few collecting dust on a shelf. But in the ease of access, something sacred can become familiar, and what's familiar can start to feel forgettable.

We forget that people gave their lives for this book.

We forget that the disciples believed so deeply in its message—the Good News of Jesus—that nearly all of them were martyred for refusing to deny it.

Peter was crucified upside down.

James was killed by the sword.

Stephen was stoned.

Paul was imprisoned, beaten, and eventually executed in Rome.

And the sacrifice didn't end with the early church.

Men like William Tyndale were burned at the stake for translating the Bible into English so ordinary people could read it.

Jan Hus was declared a heretic and executed for preaching the truth of Scripture.

They all knew something we sometimes forget:

The Word of God isn't just a book. It's life. It's truth. It's eternal.

And it's worth everything.

God wants to encounter and transform you through His Word for the purpose of establishing His Kingdom here and now. When we remember the backstory, even the simple things we once took for granted become sacred again.

That book on your nightstand?

It's a miracle.

It's a legacy.

It's an invitation to experience the transformation your heart has been crying out for.

If you're still skeptical about the effect immersing yourself in God's Word can have on your life, maybe these findings from the Center for Bible Engagement will convince you:

"Reading the Bible once or twice a week had a "negligible effect" on daily life, and reading three times a week only registered as a "tiny blip" when it came to life change. However, "something radical happens" when we read the Bible four times a week, and its effect on our lives "literally spikes off of the chart."

- Loneliness drops 30%
- Anger issues drop 32%
- Bitterness in relationships drops 40%
- Alcoholism drops 57%
- Feeling spiritually stagnant drops 60%
- Viewing pornography drops 61%
- Sharing your faith increases 200%
- Discipling others increases 230%

No matter where you find yourself—whether you avoid the Bible because of how it’s been used against you, feel distant from it because it’s become too familiar, or carry bitterness because it has let you down—we want to leave you with one reminder, one promise, and one encouragement. Our hope is that what once felt simple will become a sacred and life-changing part of your journey again.

A Reminder:

“In the beginning was the Word, and the Word was with God, and the Word was God... The Word became flesh and made his dwelling among us.”

— John 1:1, 14

Jesus is the Word—alive, present, and personal. Scripture isn’t just about Him; it *is* Him revealed. When we spend time in the Word, we are resting in the presence of our Creator.

- **How might my life change if I treated God’s Word as a personal interaction with Jesus?**
- **What do I need to be reminded of when I start to doubt/lose hope?**

A Promise:

“So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”

— Isaiah 55:11

God's Word never returns void. Every time you read it, something shifts—seen or unseen.

- **Are there areas where I struggle to believe that God's promises will come to pass? Why?**
- **What might be hindering me from fully receiving the power and promise of God's Word?**
- **How can I live differently knowing that God's Word never returns void but always accomplishes His purposes?**

An Encouragement:

Now there are also many other things that Jesus did. Were every one of them to be written, I suppose that the world itself could not contain the books that would be written.

— John 21:25

What you hold in your hands is the story of lost, broken, and hurting people in desperate need of a savior. It's the story of redemption and freedom. It's your story. It's my story. It's our story.

While you wait for your miracle, remember that the testimonies that unfold in the Bible are just a fraction of the glory and goodness of Jesus. We could speak of His goodness for the rest of our lives and never come to the end of the sweet things that might be said of him. So, don't give up hope.

- **What steps can I take to deepen my relationship with Jesus, knowing there is always more to discover?**
- **How does this verse encourage me when I feel like I don't have all the answers about Jesus or faith?**
- **How does knowing that Jesus' story goes beyond what's written in the Bible shape my understanding of Him?**

P R A Y

A prayer from A.W. Tozer:

“Oh God, I have tasted your goodness, it has satisfied me and made me thirsty for more. I am painfully conscious of my need for further grace. I am ashamed of my lack of desire. God, the triune god, I want to want you; I long to be filled with longing; I thirst to be made more thirsty still. Show me your glory, I pray, that I may know you indeed. Begin in mercy a new work of love within me. Say to my soul, “Rise up, my love, my fair one, and come away.” Then give me grace to rise and follow you up from this misty lowland where I have wandered so long. In Jesus’ Name, Amen.”