



# PROJECT 'CULMINATE' 2024

Revive, Refresh, Renew

Group Participants' Guide

## SUMMARY

While the results of the 2024 Presidential Election leaves some persons of faith pleased and hopeful, there are others of equal faith commitment who find themselves distressed, bewildered and even discouraged. How then should they cope and what then shall these precious ones do. This 5-week exploration into the prophet Habakkuk offer insights that we believe will be helpful and encouraging as we culminate 2024 to head into a new year. Be revived, be refreshed, be renewed with Project 'Culminate' 2024.

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*An initiative of Guide Global Health Initiatives (GGHI)*

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# Facilitator Guide for Project Culminate 2024: A Reflective Bible Study for Healing, Renewal, and Readiness

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## Introductory Letter to Participants

Dear Fellow Traveler in Faith,

As this year draws to a close and we prepare to step into 2025, we invite you on a journey of growth, renewal, and transformation. This is not merely an opportunity to deepen your knowledge or enrich your faith—it’s an intentional step toward becoming the person God has called you to be, fully equipped to navigate the challenges of our time with faith, strength, and purpose.

This journey requires a mindset to grow and, therefore, to change. Growth often means stepping beyond what feels comfortable and familiar, pressing toward a fuller, more Christlike version of yourself. It’s not just about personal development—it’s about becoming better equipped to help others do the same. Think of this study as an opportunity for iron to sharpen iron, a time for us to bear one another’s burdens and, in doing so, become saltier and more “lit up” for the world to see and experience Christ through us.

We are living in a time when our faith must move beyond mere existence to optimization—thriving, healthy, and growing. God is calling us to manifest the full measure of our identity as His sons and daughters, “attaining to the whole measure of the fullness of Christ” (Ephesians 4:13b). This study is designed to help you optimize the health of your faith so you can grow into that fullness and live out your calling as a 21st-century Christian in an often dark and challenging world.

Our roadmap for this journey is drawn from the story of the Prophet Habakkuk. Habakkuk lived in times of injustice and uncertainty, yet his story reveals a powerful process of wrestling with God, listening for His voice, gaining clarity through vision, walking in faith, and choosing joy even in difficulty. Over the next several weeks, we will explore these principles, not as abstract ideas but as practical tools for healing, renewal, and readiness for what lies ahead.

This journey will challenge you. It will press you to examine your faith and take steps toward growth. But it will also encourage and strengthen you, helping you experience the health benefits of spiritual growth—renewed hope, restored peace, and a closer relationship with God. As you engage fully, you’ll find yourself becoming more like Christ and more prepared to be His salt and light in a world that desperately needs it.

So, let’s press on together, with open hearts and a commitment to grow. Enjoy the journey. Enrich your hope. And may this time strengthen you to step boldly into all that God has planned for you in the coming year.

In faith and anticipation,  
**The Authors**

## Session 1: Cry to the Lord in Question

### Honesty Before God: Asking the Hard Questions

Life often presents us with moments of frustration, confusion, or disappointment that leave us questioning God’s actions—or lack of action. These emotions are not a sign of weak faith; rather, they reflect a relationship where honesty is possible. In this session, we’ll explore how Habakkuk approached God with raw honesty and how this act of faith brought him closer to God.

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#### Opening Prayer

“Lord, thank You for being a God who hears us, no matter what we’re going through. Help us today to approach You honestly and openly, trusting that You are always listening. Teach us through Habakkuk’s example to draw closer to You in our struggles. Amen.”

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#### Self-Awareness Exercise

Invite participants to reflect on a time when they felt disappointed, frustrated, or even angry with God. Ask them to share briefly:

- What happened, and how did you respond?
- Did you bring your feelings to God, hold them inside, or feel unsure of what to do?

**Sarah’s story:** Sarah, an advocate for social justice, felt deeply discouraged after the election. She had prayed and worked tirelessly but saw no immediate change. Instead of walking away from her faith, Sarah decided to cry out to God honestly, expressing her frustrations and asking Him the hard questions.

#### Discussion Questions:

1. How does Sarah’s story relate to your own experiences?
2. Why is it sometimes difficult to express feelings of frustration or disappointment to God?

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## Biblical Insight

Let's turn to *Habakkuk 1:2-4*:

“How long, Lord, must I call for help, but you do not listen? Or cry out to you, ‘Violence!’ but you do not save? Why do you make me look at injustice? Why do you tolerate wrongdoing?”

In this passage, Habakkuk is completely transparent with God. He voices his frustration over injustice and God's apparent silence. This shows us two things: first, that God welcomes honest prayer, and second, that bringing our struggles to Him is an act of trust, not doubt.

### Discussion Questions:

1. What stands out to you about Habakkuk's prayer?
2. How does bringing your frustrations to God help you grow closer to Him?

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## Personal Sharing and Application

Reflect on the on an area(s) of your life where you feel unanswered questions or frustrations.

### *Practical Application for the Week:*

Practice honest prayer throughout the week by speaking openly to God about your struggles, just as Habakkuk did. You may write down your prayers or journal your thoughts to better articulate and process your emotions.

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## Reflection and Takeaways

Honest prayer is not about complaining—it's about trusting God with the full weight of your emotions. By doing so, you invite His presence into your challenges.

***Key Takeaway:***

**Honesty in prayer deepens our relationship with God and helps us trust Him more.**

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**Closing Instructions and Prayer**

Spend time each day this week in honest prayer, focusing on expressing your true emotions to God.

**Prayer:**

“God, thank You for being a God who listens. Help us this week to bring all of our emotions to You in trust, knowing that You are always near. Remind us that through Christ, we can do all things because He strengthens us. Amen.”

## Session 2: Climb on the Watchtower

### Listening for God: Waiting with Expectation

After pouring out our hearts to God, the next step is to listen for His response. Habakkuk teaches us that waiting on God is not passive—it’s an active, faith-filled posture of expectation. By positioning ourselves to hear from God, we grow in patience and trust in His timing. This session explores how we can listen for God’s voice with expectation and focus, even when it feels like answers are delayed.

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#### Opening Prayer

“Lord, we come to You today with hearts open to hearing Your voice. Teach us how to wait on You with faith and expectation, trusting that You will speak to us in Your perfect timing. Amen.”

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#### Self-Awareness Exercise

Reflect on a time when you prayed and didn’t receive an immediate answer. How did you feel during that time? Did you respond with patience, frustration, or doubt?

**Consider Sarah’s experience:** After crying out to God, Sarah didn’t hear an answer right away. She struggled with impatience but made a decision to sit quietly each day, trusting that God would speak in His time.

#### Discussion Questions:

1. How do you typically feel when God’s answer doesn’t come immediately?
  2. What are some ways you can create space in your life to hear God’s voice?
- 

#### Biblical Insight

Let’s read *Habakkuk 2:1*:

“I will stand at my watch and station myself on the ramparts; I will look to see what he will say to me, and what answer I am to give to this complaint.”

Habakkuk's choice to stand at the watchtower symbolizes positioning himself to hear God clearly. He actively looks for God's answer, showing both patience and expectation.

### **Discussion Questions:**

1. What does it mean to "stand at your watch" in your own life?
  2. How can waiting on God strengthen your relationship with Him?
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### **Personal Sharing and Application**

Please share how you might create intentional quiet time to listen for God this week. Practice this by setting aside 5–10 minutes of silence each day and asking God to guide your thoughts.

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### **Reflection and Takeaways**

Waiting on God with expectation strengthens our faith and opens us to His guidance.

#### ***Key Takeaway:***

**Listening to God requires patience, faith, and intentional focus.**

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### **Closing Instructions and Prayer**

You are encouraged to practice daily silence this week, asking God to reveal His guidance in His time.

#### **Prayer:**

"God, thank You for speaking to us in Your perfect timing. Teach us to wait on You with faith and to trust that You will guide us. Strengthen us as we grow in patience and expectation. Amen."



## Session 3: Write the Vision

### Gaining Clarity: Documenting God's Guidance

Once we've shared our hearts with God and taken the time to listen, we may begin to sense His guidance. Habakkuk shows us the importance of recording what God reveals to us. Writing the vision helps us stay focused, remember His promises, and act with clarity. This session will help participants understand how documenting God's direction is a critical step toward faith-filled action.

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#### Opening Prayer

"Lord, thank You for being a God who speaks to us. Help us today to hear Your voice clearly and give us the courage to write and follow the vision You reveal. Amen."

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#### Self-Awareness Exercise

Reflect on moments when you've sensed God guiding you. Did you act on that guidance, or did you struggle to understand what to do next?

**Sarah's story:** Sarah, after spending time listening, felt a strong sense that God wanted her to organize conversations on justice and faith in her community. She wasn't sure how to begin, but she wrote down every idea and step that came to her mind. This act of obedience brought clarity and momentum to her vision.

#### Discussion Questions:

1. Have you ever felt God guiding you in a specific way? What happened?
  2. Why might writing down God's guidance be important for acting on it?
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#### Biblical Insight

Let's read *Habakkuk 2:2*:

"Write the vision; make it plain on tablets, so he may run who reads it."

God instructed Habakkuk to write the vision clearly so that it could be acted upon. Writing clarifies our understanding and serves as a tangible reminder of God’s promises, especially when challenges arise.

### **Discussion Questions:**

1. What does it mean to “make it plain” when writing a vision?
2. How can writing God’s direction help you stay committed to it?

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## **Personal Sharing and Application**

Please share a vision or goal you feel God has placed on your hearts. Be encouraged to take steps this week to write it down, pray over it, and seek God’s continued guidance.

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## **Reflection and Takeaways**

Writing a vision makes it actionable. It serves as a reminder of God’s direction and gives us a clear path to follow as we move forward in faith.

### ***Key Takeaway:***

**Writing down God’s guidance helps us stay focused and faithful to His plan.**

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## **Closing Instructions and Prayer**

Continue journaling throughout the week, asking God to refine your vision and give you clarity for the steps ahead.

### **Prayer:**

“God, thank You for revealing Your plans to us. Help us to trust and act on Your vision with clarity and courage. Strengthen us to take the steps You’ve called us to take. Amen.”

## Session 4: Just Live by Faith

### Walking with Integrity: Trusting God's Plan

Living by faith means trusting God even when we don't see or understand His plan. Faith calls us to walk in integrity and obedience, knowing that God's promises are true and that He will guide us. Habakkuk reminds us that the righteous live by faith, relying not on their circumstances but on God's unchanging nature. This session focuses on what it means to live by faith daily, aligning our actions with God's will.

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#### Opening Prayer

"Lord, thank You for calling us to live by faith. Teach us how to trust You in every area of our lives and to walk with integrity, even when we cannot see the full picture. Strengthen our faith today. Amen."

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#### Self-Awareness Exercise

Take this time to reflect on areas of your life where trusting God feels difficult. Are there fears, doubts, or uncertainties that make it hard to walk in faith?

**Consider Sarah's experience:** Trusting God meant starting justice conversations in her community, even though she felt unqualified. She chose to believe that God would work through her efforts, trusting Him with the results.

#### Discussion Questions:

1. What does it mean to live by faith in your daily life?
  2. What is one area where you feel God calling you to trust Him more?
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#### Biblical Insight

Let's read *Habakkuk 2:4*:

"The righteous shall live by his faith."

This verse emphasizes that faith is not only belief but also action. Living by faith means trusting God's promises and obeying His guidance, even when the outcome is unclear. It requires a mindset of dependence on God rather than on our own understanding.

### **Discussion Questions:**

1. What does living by faith look like in practical terms?
2. How does walking in faith deepen your relationship with God?

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## **Personal Sharing and Application**

Please share one step of faith you feel called to take this week. It could be addressing a fear, taking a leap of obedience, or choosing to trust God in a specific situation. Daily pray for courage and strength as they take this step.

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## **Reflection and Takeaways**

Faith transforms how we live. By trusting God's promises, we can act with confidence and integrity, knowing He is with us.

### ***Key Takeaway:***

**Living by faith means trusting God's promises and aligning our actions with His will.**

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## **Closing Instructions and Prayer**

Take time to reflect on your steps of faith throughout the week, asking God to guide you and strengthen your trust.

### **Prayer:**

"God, thank You for calling us to live by faith. Strengthen us to trust You in every area of our lives and to act with integrity. Remind us that we can do all things through Christ, who gives us strength. Amen."

# Session 5: Rejoice While Waiting

## Choosing Joy: Praising God Amid Challenges

Even when life feels unresolved, we can choose joy because of who God is. Habakkuk ends his journey with a declaration of praise, despite the challenges around him. Joy is not about ignoring our struggles but about focusing on God's faithfulness and promises. This session will explore how rejoicing in God transforms our perspective and brings strength, even in difficult times.

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### Opening Prayer

"Lord, thank You for being our joy and strength, no matter what we face. Teach us to praise You in all circumstances and to find hope in Your promises. Amen."

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### Self-Awareness Exercise

Take time to reflect on a time when it was hard to find joy. What were you going through, and how did you respond?

**Sarah's story:** Sarah learned to choose joy even as she waited for visible results from her work. She thanked God for small victories and focused on His faithfulness, finding strength in His unchanging nature.

### Discussion Questions:

1. When have you struggled to find joy?
  2. What are some ways you can focus on God's faithfulness during challenging times?
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### Biblical Insight

Let's read *Habakkuk 3:17-18*:

"Though the fig tree does not bud and there are no grapes on the vines... yet I will rejoice in the Lord, I will be joyful in God my Savior."

Habakkuk's joy is rooted in who God is, not in his circumstances. He chooses to rejoice because he knows God is faithful, sovereign, and unchanging.

### **Discussion Questions:**

1. How does Habakkuk's choice to rejoice inspire you?
  2. What does it mean to rejoice in God, even when things feel uncertain?
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### **Personal Sharing and Application**

Please take this time to share something you are thankful for, even in a challenging situation. This encourages the practice of gratitude and praise daily, focusing on God's faithfulness.

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### **Reflection and Takeaways**

Choosing joy strengthens us for the challenges we face. When we focus on God's faithfulness, we gain the perspective and courage to keep moving forward.

#### ***Key Takeaway:***

**Joy is not dependent on circumstances but on God's unchanging faithfulness.**

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### **Closing Instructions and Prayer**

Continue to practice daily gratitude and praise this week, trusting that joy will flow from your choice to focus on God.

#### **Prayer:**

"Lord, thank You for being our source of joy and strength. Help us to rejoice in You daily and to trust in Your promises, no matter what we face. Amen."

# Session 6: Final Fellowship Session

## Reflecting on the Journey and Looking Ahead

As we conclude this study, it's important to reflect on what we've learned and how God has worked in our hearts. This final session is a time for sharing testimonies, celebrating growth, and looking ahead to how we can continue living out the lessons we've learned. Together, we will thank God for His faithfulness and commit to walking in His strength as we enter the new year.

This session is also a time to envision how we can embody what we've learned in 2025. It's not just the end of a study—it's the beginning of a renewed walk of faith, grounded in the lessons from Habakkuk's journey and empowered by God's Spirit.

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### Opening Prayer

"God, thank You for bringing us together and for guiding us through this study. As we reflect on what You've taught us, help us to celebrate Your faithfulness and trust You as we move forward. Amen."

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### Self-Awareness Exercise

Take time to reflect on your journey through this study:

- What has been the most impactful part of this experience?
- How has their relationship with God grown or changed?

**Sarah's reflection:** After completing this study, Sarah realized she had grown stronger in her ability to trust God during waiting seasons. She found that her honesty with God in prayer had brought healing and clarity. By writing down God's vision for her life and choosing to rejoice in His promises, she felt more prepared to face the challenges ahead.

### Discussion Questions:

1. What is one key lesson or takeaway you've gained from this study?
2. How has your faith been strengthened through these sessions?

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## Group Sharing and Visioning

Let's take time for each participant to:

1. Share testimonies of how this study has impacted your walk with God.
2. Celebrate growth and acknowledge challenges overcome.
3. Envision how you can apply these lessons in the coming year.

As stated before, be encouraged to write or speak your personal vision for how you will live out what you have learned. This could include trusting God in a specific area, starting a new habit of prayer or journaling, or engaging in community service (these are some examples).

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## Reflection and Takeaways

Let's review the key themes of this study as we bring this experience to a close:

- Honesty before God.
- Listening with expectation.
- Writing and acting on God's vision.
- Living by faith.
- Rejoicing in His promises.

**Key Takeaway:**

**The lessons we've learned equip us to live as salt and light, reflecting Christ to the world. Let this study be a foundation for continued growth in faith.**

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## Closing Instructions and Prayer

You are encouraged to carry these lessons forward into 2025, committing to daily practices of prayer, trust, and obedience.

**Prayer:**

"Lord, thank You for all You've done in our lives through this study. Help us to carry these lessons forward and trust You with every step of our journey. Strengthen us to walk in faith and live out Your calling in the new year. Amen."



# Resources

Here is a list of resources that you can use for further study, reflection, and growth in the themes explored in *Project Culminate 2024*. This includes Bible versions, books, and other materials that complement the study:

## 1. The Holy Bible (Versions Used in this Study)

- **New International Version (NIV):** A highly readable and widely accepted translation. Available online at [BibleGateway - NIV](#).
- **English Standard Version (ESV):** Known for its balance of readability and accuracy. Available online at [BibleGateway - ESV](#).

## 2. Books for Further Study

- **“Hinds’ Feet on High Places” by Hannah Hurnard**  
A beautiful allegory that explores trust, perseverance, and spiritual growth through trials.
- **“The Purpose Driven Life: What on Earth Am I Here For?” by Rick Warren**  
A foundational guide to understanding God’s purpose for your life and living in faith.
- **“Hearing God: Developing a Conversational Relationship with God” by Dallas Willard**  
A comprehensive resource on learning to hear and recognize God’s voice.
- **“The Bible Study Handbook” by Lindsay Olesberg**  
A practical guide for deepening your understanding of Scripture through study.
- **“Celebration of Discipline: The Path to Spiritual Growth” by Richard J. Foster**  
Explores spiritual disciplines, such as prayer, fasting, and study, to deepen your faith journey.

## 3. Online Bible Study Tools

- **Bible Gateway:** <https://www.biblegateway.com/>  
Offers access to multiple Bible translations, reading plans, and commentaries.
- **Blue Letter Bible:** <https://www.blueletterbible.org/>  
A resource for deeper Bible study with interlinear tools, Greek and Hebrew word studies, and commentaries.
- **YouVersion Bible App:** <https://www.youversion.com/the-bible-app/>  
Provides free access to numerous translations and devotional plans.

## 4. Spiritual Growth Resources

- **“Get Out of Your Head: Stopping the Spiral of Toxic Thoughts” by Jennie Allen**  
Focuses on overcoming anxiety and toxic thinking with biblical truths.
- **“Emotionally Healthy Spirituality” by Peter Scazzero**  
Integrates emotional health with spiritual maturity to help believers live fully in Christ.
- **“The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God” by Dan Allender and Tremper Longman III**  
Explores how emotions, including frustration and anger, can draw us closer to God.

## 5. Prayer and Devotion

- **“The Power of a Praying Life” by Stormie Omartian**  
A guide to cultivating a deeper and more intentional prayer life.
- **“Experiencing God: Knowing and Doing the Will of God” by Henry Blackaby**  
A classic study on how to recognize and follow God’s guidance.
- **“Praying the Scriptures for Your Life” by Jodie Berndt**  
A practical resource for learning to pray God’s Word over your life.

Be Revived, Refreshed, and Renewed

In Christ’s Service,

The Authors:

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Guide Global Health Initiatives. Inc.

*Maximizing Health...Body, Mind, & Spirit!*

*Better Individuals Make Better Communities AND Better Communities Make A Better World!*