

Faith Bible Study Guide
For the Week of February 1, 2026
Fourth Sunday after Epiphany Sunday
“What Is Good”



Be still [2 Minutes]: As you hear these Centering Words, let us greet each other, greet the Holy Spirit, and begin with 1 minute of silence, breathing in the breath of God and allow the group to open themselves to the Holy Spirit today:

CENTERING WORDS/ WORDS TO PONDER:

This week we return to Micah 6—not to ask God to fix everything, but to remember what God has already told us is good. In our anxiety, bargaining, embodiment, and presence, we also remember it is about oil, water, and how grace actually works.

OPENING PRAYER: The hills hear your voice, O Lord. The mountains quake before you. As we call on your name, help us walk in the ways of righteousness and speak in tones of peace. As we seek to be blameless and do what is right, may our hearts be free from guile and deceit, that we be known as peace makers, the blessed children of God. Amen.

Be present: [Being mindful of others and sharing time]

1. Take a breath. Feel your body in the chair. On a scale of 1–10, how is it with your soul today?

Feel free to answer several questions (or briefly all)...

2. When life feels unsettled, what do you most want God to *do* for you?

3. Where in your life do things feel like “troubled waters” right now?

4. Have you noticed yourself bargaining lately—

“God, if I just do this one thing...”?

5. What feels exhausting right now—not just physically, but emotionally or spiritually?

6. Where have you experienced kindness recently that didn’t fix anything, but still mattered?

Be the Word: Scripture Lesson: Scripture Lesson: Micah 6:1-8

Listen to what the **LORD** says:

“Stand up, plead my case before the mountains;

let the hills hear what you have to say.

2 “Hear, you mountains, the **LORD**’s accusation;

listen, you everlasting foundations of the earth.

For the **LORD** has a case against his people;

he is lodging a charge against Israel.

3 “My people, what have I done to you?

How have I burdened you? Answer me.

4 I brought you up out of Egypt and redeemed you from the land of slavery.

I sent Moses to lead you, also Aaron and Miriam.

5 My people, remember what Balak king of Moab plotted and what Balaam son of Beor answered.

Remember your journey from Shittim to Gilgal,

that you may know the righteous acts of the **LORD**.”

6 With what shall I come before the **LORD**

and bow down before the exalted God?

Shall I come before him with burnt offerings,

with calves a year old?

7 Will the **LORD** be pleased with thousands of rams,

with ten thousand rivers of olive oil?

Shall I offer my firstborn for my transgression,

the fruit of my body for the sin of my soul?

8 He has shown you, O mortal, what is good.

And what does the **LORD** require of you?

To act justly and to love mercy and to walk humbly^[a] with your God.

L: The word of God for all People.

P: **Thanks be to God.**

Be rooted: [Bible Study]

Exegesis: What’s Really Happening in Micah 6

1. A Courtroom Scene

Micah opens with a covenant lawsuit. God calls the mountains and hills as witnesses—not because God needs evidence, but because this story is ancient and relational. The earth itself has watched God’s faithfulness.

2. God Begins with Memory, Not Accusation

God does not say, “Here’s what you did wrong.” God asks, “What have I done to you?” Then God recounts liberation, guidance, care. This is a relational appeal, not a legal threat.

3. The People's Response: Anxiety and Bargaining

The people reply with escalating offers:

- *burnt offerings*
- *thousands of rams*
- *ten thousand rivers of oil*
- *even their own children*

This isn't devotion—it's desperation. These are anxious people trying to buy peace, smooth chaos, and regain control.

4. God's Astonished Reply

Micah's tone is almost incredulous:

You cannot impress God.

You cannot out-give God.

You cannot purchase grace.

5. Verse 8: Not a New Command, But a Reminder

"He has told you, O mortal, what is good."

This is not hidden wisdom or elite knowledge.

It is a way of being:

- ***Do justice*** – repairing what is broken, seeking right relationship
- ***Love kindness (hesed)*** – steadfast, covenantal love
- ***Walk humbly with God*** – ongoing relationship, not performance

Not a checklist. A posture. An embodied life.

Discussion:

A. Text-Level Questions

1. Why do you think the people jump immediately to sacrifice?
2. What do the “ten thousand rivers of oil” symbolize for you today?
3. Which phrase—justice, kindness, humility—feels hardest *right now*?

B. Sermon Connections

4. In the sermon, oil works not by force, but by spreading thinly.
Where have you seen presence calm a situation more than words or solutions?
5. What does “incarnation” look like in ordinary life—not theology, but skin?
6. How does this passage challenge our instinct to make long lists in overwhelming times?

C. Life & Faith Questions

7. Where are you tempted to confuse *doing more* with *being faithful*?
8. When have you experienced justice that wasn't about winning, but about right relationship?
9. What would it look like to “lean back” into God's presence today, in preparation for this Lenten season (ironically Lent is preparing us for Easter and we are preparing ourselves to be prepared)?

Be transformed: [Faith in Action Challenge]:

Thin Oil, Real Presence

Choose **one** practice for the coming week:

- **Justice:** Notice one situation where something feels “not right,” and pay attention—without fixing—what justice might require.
- **Kindness:** Offer presence without explanation, advice, or outcome.
- **Humility:** Begin each day with the prayer, “*Here I am. Walk with me.*”

Then take a moment to reflect:

- Where did I feel resistance?
- Where did I feel grace?

Prayers & Concerns / Announcements:



We lift up prayers for all of God's Creation. Lord Hear our Prayers.

continued prayers for Healing and Wholeness

Rev. Alan Mark	Eleanor Nagai	Karlynn Fernandez	Priscilla Kandel	those in Community Living & Homecare
Alice Kajiyama	Emi Hino	Kay Saxton	Raquel M. Martinez	Chic Miyake
Alvena & Tom Fukuhara	Ernie Santiago	Kian Tehrani	Rev. Mike Hiranuma	Doris Kato
Amy Higa	Faith Tanaka	Kiki Hashimoto	Ron Hamaguchi	Emma Horiuchi
Anthony Anderson, Sr.	Florence Nakakura	Rev. Kim Montenegro	Rick Katsuki	Faith Tanaka
Apolosi Lokotui	Frank Sato	Kelsey DeGracia	Ruth Hirata	Rev. Harry Fujimoto
Audrey Goto	Fred Oshiro	Kenny Medeiros	Ruth Taira	Irene & Tak Ryono
Austin Maeda	Geri Shiraki	Kyle Ichikawa	Sandra Minjarez-Grange	Jane Kiyohara
Barbara Tamura	Glenn & Millie	Larry Takumi	Stan Miyasato	Marion Antoku
Betty Kobata	Shimizu	Layne Nakasone	Steph Matsunaga	Mary Jung
Bill Morris	Grace Tochihara	Linda Jung	Sue Hamada	Nobie Shiokari
Brian Okumura	Grant Hanada	Liz Harner	Sue Hasegawa	Ruth Hirata
Cami Bruns	Harriet Tateyama	Lucas Yniguez	Susan DeGracia	Sets Asano
Chic Miyake	Haru Yasunaga	Marion Antoku	Susan Mizuki	Sue Hasegawa
Christine Keim	Hisako Shohara	Mae Nakakihara		
Clarett Foster	Ingrid Peterson	Mary Jung	Susan Slade	for our Worldwide Community
Corinne & Douglas Higa	Irene Munesato	Mary & Bob Keily	Takai Finau	
Dan Segawa	Jack Honda	(siblings)	Theresa Apicella	for the Leadership of our Country and our Churches
Danny Tokudomi	Jayne Watanabe	Mary Marchand	Tommy Sakaguchi	
Dan Yamashita	Jehiel Vinluan	Mary Tamura	Tseyli Mantooth	for the immigrants: migrants, refugees, asylees
Deron Tokishi	Jennie Shitakubo	Mary Tamura (Tsutsui)	Victoria DelaTorre	
Diane & Destiny	Jerry Osaka	Maxine Butcher	Walker Wilkerson	
Ueda-Banda	Joanne Sato	Mutsuko Nishi	Wayne Shimizu	
Dr. DoAnn Tsuneo	Joelle Peelgreen	Nancy Matsushima	Whitney Nakayama	for our siblings in Christ who struggle and in need of God's care
Kaneko	Jordan Sasaki	Noah Miyagawa-Sue	Winnie Osaki	
Dr. Nguyen	Joye Barker	Oscar Phillip Bland Jr.		
Elaine Yoshida	Juliet Koyanagi	Pam Fink		
	Kaitlyn Sabedra	Patty Kobayashi		

for All Our Saints

Karen Matsuyama & Shitakubo families, on the passing of Fred Matsuyama (1/24/2026).

Rev. Derek & Pam Nakano and family, on the passing of Kraig Nakano (1/25/2026).

The Maruya family on the passing of Masae Maruya (1/2026).

The Sato family on the passing of Terry Sato (neighbors of Pearl and Mel Iizuka, friends of Iseris and Sasaki families (1/1/26).

The Kinoshita family on the passing of Thomas Kinoshita. Celebration of Life: January 31, 2026, 11am.

Keith Tokuhara and family on the passing of Keith's aunt, Helen Nozaki (1/6/26). Celebration of Life: March 7, 2026, 2pm.

The Otsubo family on the passing of Dorothy Otsubo (11/2025).

Celebrations!

Baby Adeline "Andie" Jane Yamamoto born to parents, Jasmine and Matthew Yamamoto on January 2, 2026. Proud Great-Grandma is Jane Kiyohara.

Baby Ryden Richard Wilkerson, born January 14, 2026. Proud Grandparents, Teresa Sato & Rick Wilkerson.

UPDATED 1.30.2026

Celebrations:

- Baby Adeline "Andie" Jane Yamamoto, proud parents, Jasmine and Matthew Yamamoto; great-granddaughter of Jane Kiyohara (1/2/26)
- Ryden Richard Wilkerson, proud grandparents, Teresa Sato and Rick Wilkerson (1/14/26)
- New Members! We welcome Risa Vargas and Stephanie Matsunaga!
- Retirement for Rev. Keith & Viki Inouye

Birthdays:

Maddie Sakurai-Lopez turned 3 (2/2/26)

For healing and recovery

- This week asking for prayers for:
- Darrell's auntie, MalPina Chan (in Seattle) - Traveling mercies to Darrell and family
 - Pam Fink
 - Diane Ueda-Banda
 - Victoria DelaTorre
 - Alvena Fukuhara & Tom
 - Mae Nakahara
 - Mary Tamura
 - Jennie Shitakubo
 - Douglas and Corinne Higa (Lynne Vinluan's parents)
 - Jehiel Vinluan
 - Dan Yamashita
 - Apolosi Lokotui
- Activists/Demonstrators in MN: Renee Good and most recently Alex Jeffrey Pretti (in senseless killings) and the 100 clergy who stood together and were detained and the 32 who have been accounted for as died/killed while in detainment.
- Susan Cordova (diagnosed with 3 types of cancer)
- Always: Rev. Alan, Harriet, Victoria, Larry, Audrey, the Shimizus, Winnie, Tseyli, Walker, Nancy, Mary, Ruth, Faith, Irene, Tak, Winnie, Nobie...many who are homebound and those unable to be with us... and so many other that we all that we miss their presence next to us in the sanctuary and our groups.
- Frank Sato
- Mary & Bob Kiely (siblings of Ann Kiely)
- Audrey Goto recovery
- Alice Kajiya
- Larry Takumi
- Harriet Tateyama
- Tseyli Mantooth
 - Kim Foster & Claretta Foster
 - Walker Wilkerson
- up her caregiving daughter and granddaughter
- Kiki Hashimoto (Sue Kunisaki -friend)
- Rev's friends: Stan Miyasato, Darin Arntson, (Norma, Ashley)
- Susan Slade's friend, Sherrie
- Raquel Martinez (Julie's goddaughter)
- Mrs. Davis (friend of Kim Foster)

Traveling Mercies

- Nargis Basu - Traveling to India for 3 months

- Darrell, Amanda, and Alice

World Concerns:

- All who struggle, suffer, experience pain and grief...
- US government and leadership (all of them); restoration of benefits, medical, food stamps, social security...
- War-torn countries, Natural disasters...
- Immigrants, Refugees, Asylees losing rights and protections...
- Health Care system
- The homeless and impoverished
- The people of Venezuela and Nigeria
- Leadership (including clergy)
- All of God's children

Absent from the Body, Present with the Lord

- Mary Tamura, grandmother of Kevin Tsutsui (1/31)
- Kraig Nakano (1/25) - private family service
- (Masae Maruyama)
- Fred Matsuyama (holding Karen and Jennie and family in prayer)
- Lawrence Blake (Pastor at CGC)*
- Kelly Kwan & Peg Tadakuma on the passing of Kelly's grandma, Grace Megsayo
- Family of Terry Sato (passed 1/1/26) (Neighbor Izuka's, Friends of Jason and Iseri's)
- Helen Nozaki (aunt of Keith Tokuhara) - Celebration of Life, March 7, 2026, 2pm
- Thomas Kinoshita (community) - Celebration of Life, January 31, 2026, 11am
- Rev. John Miyahara and the Ishihara family on the passing of Dorothy's son (100yo), Tim Ishihara (12/13/25)

And Know that He is God: Closing Prayer & Blessing

Go now,
knowing that God has already told you what is good.

Do justice—
not in grand gestures only,
but in faithful, ordinary ways.

Love kindness—
the kind that stays,
the kind that shows up,
the kind that holds back the disturbance.

Walk humbly with your God—
not alone,
not afraid,
but accompanied every step of the way.

And as you go,
when the world asks for more than you can give,
may you remember:
grace is already enough.

Go in peace.
Amen.