

**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  
Alice Kajiya  
Alvena & Tom Fukuhara  
Amy Higa  
Anthony Anderson, Sr.  
Apolosi Lokotui  
Audrey Goto  
Austin Maeda  
Barbara Tamura  
Betty Kobata  
Bill Morris  
Brian Okumura  
Cami Bruns  
Chic Miyake  
Christine Keim  
Claretta Foster  
Corinne & Douglas Higa  
Dan Segawa  
Danny Tokudomi  
Dan Yamashita  
Deron Tokishi  
Diane & Destiny  
Ueda-Banda  
Dr. DoAnn Tsuneo  
Kaneko  
Dr. Nguyen  
Elaine Yoshida

Eleanor Nagai  
Emi Hino  
Ernie Santiago  
Faith Tanaka  
Florence Nakakura  
Frank Sato  
Fred Oshiro  
Geri Shiraki  
Glenn & Millie  
Shimizu  
Grace Tochiara  
Grant Hanada  
Harriet Tateyama  
Haru Yasunaga  
Hisako Shohara  
Ingrid Peterson  
Irene Munosato  
Jack Honda  
Jayne Watanabe  
Jehiel Vinluan  
Jennie Shitakubo  
Jerry Osaka  
Joanne Sato  
Joelle Peelgreen  
Jordan Sasaki  
Joye Barker  
Juliet Koyanagi  
Kaitlyn Sabedra\

Karlynn Fernandez  
Kay Saxton  
Kian Tehrani  
Kiki Hashimoto  
Rev. Kim Montenegro  
Kelsey DeGracia  
Kenny Medeiros  
Kyle Ichikawa  
Larry Takumi  
Layne Nakasone  
Linda Jung  
Liz Harner  
Lucas Yniguez  
Marion Antoku  
Mae Nakakihara  
Mary Jung  
Mary & Bob Keily  
(siblings)  
Mary Marchand  
Mary Tamura  
Mary Tamura (Tsutsui)  
Maxine Butcher  
Mutsuko Nishi  
Nancy Matsushima  
Noah Miyagawa-Sue  
Oscar Phillip Bland Jr.  
Pam Fink  
Patty Kobayashi

Priscilla Kandel  
Raquel M.Martinez  
Rev. Mike Hiranuma  
Ron Hamaguchi  
Rick Katsuki  
Ruth Hirata  
Ruth Taira  
Sandra Minjarez-  
Grange  
Stan Miyasato  
Steph Matsunaga  
Sue Hamada  
Sue Hasegawa  
Susan DeGracia  
Susan Mizuki  
Susan Slade  
Takai Finau  
Theresa Apicella  
Tommy Sakaguchi  
Tseyli Mantooth  
Victoria DelaTorre  
Walker Wilkerson  
Wayne Shimizu  
Whitney Nakayama  
Winnie Osaki

### **those in Community Living & Homecare**

Chic Miyake  
Doris Kato  
Emma Horiuchi  
Faith Tanaka  
Rev. Harry Fujimoto  
Irene & Tak Ryono  
Jane Kiyohara  
Marion Antoku  
Mary Jung  
Nobie Shiokari  
Ruth Hirata  
Sets Asano  
Sue Hasegawa

### **for our Worldwide Community**

### **for the Leadership of our Country and our Churches**

### **for the immigrants: migrants, refugees, asylees**

### **for our siblings in Christ who struggle and in need of God's care**

### **for those who live in through wars, unrest, and violence**

### **for those suffering and rebuilding after national disasters and man-made catastrophes**

### **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 Maruyama (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 Nakakihara
      - 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
  - 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)
- up her caregiving daughter and granddaughter

### **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 Iizuka'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.