



FINDING FAITH: Small Group Bible Study inspired the movie by "A Promise to Astrid"

INTRODUCTION

Based on a true story, the film follows Mike and Cindy's family after a car accident leaves them in a difficult predicament, opening the door to an unexpected relationship with their elderly neighbor, Astrid. What follows is a series of encounters in which Astrid quietly changes the lives of an entire community through simple acts of generosity and kindness. Even Astrid's own pastor is confounded by her wisdom and intuition, as she seems to know exactly what each person around her needs. A moving picture of what it looks like to genuinely live out the two great commandments, loving God and loving our neighbor.



DISCUSSION QUESTIONS

1. LOVING GOD AND OUR NEIGHBOUR

- Astrid's life is defined not by grand gestures but by a consistent pattern of generosity toward everyone she encounters. How does her example embody Jesus' summary of the entire law, to love God and love one's neighbor?
- Matthew 22:37-40 and 1 John 3:17-18. How do these passages call believers to love not just in word, but in tangible action toward those around us? Who is a "neighbor" in your own life that God might be calling you to love more actively?



2. TRUSTING GOD IN HARDSHIP

- The film opens with a car accident that leaves Mike and Cindy's family in crisis, yet it is this very hardship that opens the door to Astrid's presence in their lives. How does their story reflect the biblical pattern of God working through unexpected or difficult circumstances to bring about good?
- Read Genesis 50:20 and Romans 8:28. How do these passages assure us that God can use even painful or disruptive circumstances for a greater purpose? Where has an unexpected hardship in your own life opened a door you didn't anticipate?



DISCUSSION QUESTIONS

3. GENEROSITY AND STEWARDSHIP



- Astrid uses her limited resources to bless others, seeming to sense exactly what each person needs at the right moment. What does her generosity teach us about faithful stewardship of what God has given us, regardless of how much or how little that may be?

- Read 2 Corinthians 9:6-8 and Proverbs 11:24-25. How do these passages frame generosity as both a spiritual discipline and a source of blessing for the giver? What would it look like to steward your own resources, time, or attention as intentionally as Astrid does?

4. A LEGACY OF KINDNESS

- By the end of her life, Astrid's small, consistent acts of kindness have reshaped an entire community, leaving behind a legacy that continues beyond her own lifetime. How does her story challenge our desire for recognition, wealth, or fame so that we are remembered?

Read Matthew 5:14-16 and Galatians 6:9-10. How do these passages call believers to let their good works shine before others for God's glory, and to persevere in doing good without growing weary? What actions could you take this week to pursue the good works God has prepared for you to do?



REFLECTION & APPLICATION

Is there someone in your life, a neighbor, coworker, or stranger, who might need a small, faithful act of kindness from you this week?

Consider one practical way you can steward your resources, time, or attention more generously, knowing that God has freely given to us.



PRAYER

Close the Bible study with a time of prayer, asking God to open your eyes to the needs of those around you, just as Astrid noticed the needs of her neighbors.

Pray for generosity and wisdom in stewarding what God has given, and for the courage to act on the prompting of the Holy Spirit even in small, ordinary ways. Pray that God would use each person's faithfulness to leave a lasting legacy in their community.



CONCLUSION

Like Astrid, we don't need wealth, visibility, or a grand platform to make a lasting spiritual impact. Scripture calls us to love God and neighbor tangibly, to steward generously whatever we've been given, and to trust that God often uses the ordinary to transform lives and communities. Encourage each other to look for opportunities to bless those around you this week, trusting that faithfulness in small things is never wasted in God's hands.

