

the answers to your deepest longings

BY PROVERBS 31 MINISTRIES

Your Questions Answered

Q.) Will the same content be in the First 5 app and the OBS blog/emails?

A.) Some of the content will be the same. For example, both will start the week with the same video, end the week with the same audio teaching, and be working through the same *The Answers to Your Deepest Longings* Study Guide. What will be different is the written content that is published daily (Mon-Sat) in the OBS blog/emails and the First 5 app. Each has their own teachers/leaders.

Q.) Will OBSers just be using the Study Guide, or are they going through First 5 too?

A.) If you are signed up for OBS, you do not need to follow the First 5 app too. Everything you need to do the OBS study will be provided through the OBS blog/emails, except the Study Guide, which you will want to purchase. However, if you want to also do the study in the First 5 app, you are welcome to do both.

Q.) Will we have an audio teaching each weekend throughout the study?

A.) Yes. The same audio teaching will be available for both OBS and First 5 every Saturday of the study, starting in Foundations Week. For OBS, it will be in the Saturday blog/email. For First 5, it will be found in the app.

Q.) Does the study guide have to be ordered from the P31 bookstore website, or can you get it anywhere else?

A.) Because it was written by Proverbs staff, you can only get it from the Proverbs 31 bookstore (p31bookstore.com).

Q.) Are OBSers communicating on both the First 5 app and the OBS Blog?

A.) OBSers are just going to be utilizing/interacting on the OBS Blog. It's not necessary to utilize/interact on the First 5 app as well. They are just two different ways you can go through the study, depending on your preference. You are welcome to do both, though, if you choose.

Q.) Can the book be shipped to Canada?

A.) Yes, it can be shipped to Canada. Go to p31bookstore.com to order.

Q.) What about shipping to other countries?

A.) Due to COVID-19 shipping regulations, we're not able to ship internationally, but there is a digital version you can purchase and download at p31bookstore.com. We are able to ship to North America, Canada and Mexico.

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Q.) Can this study be done at your own pace?

A.) Yes, this is your study, so do what works for you. However, we do have a suggested plan you can follow in the [Study at a Glance](#). We will also provide two resources each Saturday to help summarize the week — the weekly audios and “one sheets.” These are perfect for catching up so you can start fresh with us each Monday and be able to stay connected in community.

Q.) Can we do the study without the Study Guide?

A.) Anyone is welcome to follow the OBS blog and/or First 5 app without the Study Guide, and some do opt to do so, but the Study Guide does greatly enhance your study. It is where you'll ultimately work through the study, so we do highly recommend the Study Guide.

Q.) Will we still be receiving emails?

A.) Yes. If you sign up for OBS, then that's going to be the way you receive the study blogs, Monday through Saturday, each week during the study. You can also go directly to our [study blog](#) on our website at any time. If you sign up to do the study through First 5, though you might get a few emails here and there, the daily study will be on the app.

Q.) Which version of the Bible will be used?

A.) We encourage you to use whatever translation you prefer, though English Standard Version (ESV) is the one you'll find mainly in the Study Guide. We also love to look up different translations (NIV, NLT, etc.) to help fully understand Scripture, so you may see other versions referenced in our blogs/emails as well.

Q.) Will the study be 40 days straight, or will the weekends be off?

A.) The weekend's are not counted in the 40 days, though you will receive an OBS blog via email on Saturdays with the weekly audio and “one sheet” to help you wrap-up and/or catch up. And there is a “Weekend Reflections and Prayer” section in your Study Guide for you as well.

Q.) Will there be small groups?

A.) Because of the magnitude of this study, we decided to not have small groups. But we do have two community options for you. #1: [Our blog](#) comment section. #2: Our [Facebook Community Group](#) (which will be a joint group for both OBS and First 5 participants). You are invited and welcome to join in community for either or OR both; whatever works for you.

Q.) Do I need to download the First 5 app for the study?

A.) If you have signed up to do the study through First 5, or want to, then you will need the app. If you've signed up to do the study through OBS, then you do not need the app. You can, however, do the study through both the app and OBS, if you choose.