



2024 Spring Bible Studies

2.20.24

“A Woman After God’s Own Heart” Week 4

Turn to Romans 12:1-2

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

THINK ABOUT WHAT YOU THINK ABOUT!

“So think clearly and exercise self-control.” 1 Peter 1:13 NLT

ESV = prepare your minds for action, and be sober-minded

“Be sober-minded; be watchful. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8 ESV

3 Tactics of the Enemy:

1. Discourage
2. Distract
3. Distance

“Therefore, submit to God. Resist the devil and he will flee from you.” James 4:7 NKJV

A Woman After God’s Own Heart Will:

1. Spend time with God daily.
2. Be faithful in her field.
3. Be fully devoted to the Lord.
4. Not complain but be content.
5. Seek forgiveness quickly.
6. Sets her mind on the things of God.
7. _____ to God and resist the devil.

GROUP DISCUSSION: (share what’s stirring or heavy on your heart)

1. What was helpful and meaningful from your study this week?
2. Are there areas/ways the devil has discouraged you, distracted you or distanced you?
3. What can you change or do this week to submit to God and resist the devil?

Think This...Not That!

For as she thinks in her heart, so is she. – Proverbs 23:7

Toxic Thoughts & Little Lies

1. This is not good.
2. This is too hard.
3. I can't do this anymore.
4. God doesn't care about me.
5. I can't help the way I am.
6. This will never change.
7. This is a waste of time.
8. This is the worst thing ever!
9. I am stupid and worthless.
10. I don't want to live.
11. This habit isn't really that bad.
12. Nobody cares about me.
13. I will never be happy.
14. I can't help the way I feel.
15. I will never be able to get over this.
16. I just can't take this anymore.
17. There is no point in trying to fix this.
18. This is going to be a terrible day.
19. Everybody else has a good life.
20. I hate the way things are right now.
21. No one knows what I'm going through.
22. I am so tired, exhausted and weary.
23. God isn't doing anything.
24. What will my friends think?
25. I am losing my (ever-lovin') mind!

Helpful Thoughts & Big Truth

1. Psalm 22:24
2. Psalm 84:18
3. Psalm 147:3
4. Romans 8:28, John 11:35
5. Matthew 16:24-26
6. Lamentations 3:22-23
7. 1 Corinthians 12:10
8. Job 23:10
9. 2 Corinthians 12:10
10. Philippians 3:14, Romans 10:13
11. Hebrews 12:1-2
12. Matthew 10:30-31
13. Psalm 30:5
14. Philippians 4:8
15. Psalm 23:4
16. John 16:33
17. Isaiah 57:18
18. Psalm 118:24
19. Galatians 1:10
20. Nahum 1:7
21. Psalm 139, Hebrews 4:16
22. Hebrews 12:3
23. Hebrews 10:23, Jude 22
24. Psalm 25:1-3
25. Mark 5:36

Watch out for ANTS - Automatic Negative Thoughts:

- I am the victim here!
- Nobody wants to be my friend.
- No one ever talks to me.
- Everybody thinks I am an idiot.
- This always happens to me!
- The grass is greener on the other side.
- This is making me sick.
- I am so tired.
- I am so hurt.
- I am so mad.

Ways to Connect:



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