

IGNITE ~ Women's Bible Study Time With God

March 12-17

MEMORY VERSE: Philippians 4:4-7 Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

FRIDAY, MARCH 12th ~ ANXIETY

Pray: Ask the Holy Spirit to give you a hunger and desire for the inspiration of the Word, and wisdom and insight to comprehend it.

Define: Look up anxiety and worry in a dictionary. Write down some of the words associated with these states of mind.

Read: Look up the following verses and share what insights you gain about anxiety.

Proverbs 12:25 Ecclesiastes 2:22-23 Matthew 6:25-34

Philippians 4:6 Luke 10:41-42

Observe: What does the bible say are some of the effects of allowing anxiety to take root in our lives?

What tools are given in these scriptures to combat anxiety?

Think about it: Why is it important to have an understanding and knowledge of the unconditional love, compassion and all surpassing power of God when we battle feelings of anxiety?

How can worry be esteemed in our society?

Can anxiety be sin?

Apply: Read Psalm 139:23. Ask the Lord to show you where you have areas in your life that anxiety and worry have taken hold of? Take time to get quiet before Him and let Him speak to you about areas of anxiety in your life?



What are some of the affects of anxiety in your life?

SATURDAY, MARCH 13th ~ PERFECT LOVE CASTS OUT FEAR

Pray: Spend some time praising the Lord for His deep love for you.

Read: Look up the following scriptures and share the insights that you gain regarding God's love for you.

Isaiah 54:10 Zephaniah 3:17 Romans 8:37-39 1 John 4:8-18

Observe: What does the bible say about the love of God?

Think About it: Are you confident in God's love for you? Why or why not?

Did Jesus die on the cross for YOU? What does that not cover?

What does giving in to anxiety or worry say about the confidence we place in His love for us?

Apply: What do the preoccupations of your mind say about what you believe about God?

What is God saying to you about your anxiety and worry?

Pray through your struggle with anxiety. Ask the Lord to set you free.

MONDAY, MARCH 15th ~ HE KNOWS YOUR NEEDS

Pray: Express to the Lord your desire to have an intimate and personal relationship with Him. Ask Him to reveal to you how intimately He knows you and understands your needs.

Read: What insights do you gain about how the Lord "knows" you in the following passages of scripture?

Psalm 33:13-15 Psalm 51:6 Psalm 139:1-24 Jeremiah 29:11-13

Matthew 6:31-32 Luke 12:6-8 Philippians 4:19 Ephesians 2:10

~continued



Observe: How specifically did God create you?

What areas of your life does God know about?

Think about it: How should your awareness of God's intimate understanding of you affect your levels of anxiety?

Think back to Saturday's study on love. How does God's knowledge of you affect His love for you?

Apply: Are there any areas of your life that you are acting like God does not know or care about?

What changes in attitudes or action can you make today that will more accurately reflect how God knows you and understands your needs?

TUESDAY, MARCH 16th ~ CONFIDENCE IN HIM

Pray: Take some time to pray for the women at your table.

Read: What insights about His strength and power do you gain from the following Scriptures?

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| Psalms 18:1-19 and 28-36 | Psalms 20:6-8 | Psalms 44:3-4 | Psalms 71:5 |
| Psalms 73:23-26 | Psalms 91:1-4 | Proverbs 3:26 | Hebrews 4:15-16 |

Observe: Write down some of the imagery the psalmists use to portray the strength of the Lord?

Who do we need to fear?

Think about it: Have you ever had a time in your life that you knew was directed by the Lord and He was reassuring you "not to worry"? Describe.



Apply: How can you live your life in a way that reflects your knowledge, understanding and faith in the power of the Lord?

WEDNESDAY, MARCH 17th ~ PRAISE

Pray: Speak aloud our memory verse for the week. Meditate on this scripture and then spend some time praising the Lord for specific things He has done for you.

Read: What does each verse below teach you about praise?

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| 2 Samuel 22:4 | Psalms 9:1-3 | Psalms 16:7 | Psalms 18:3 |
| Psalms 22:26 | Psalms 40:3 | Psalms 42:11 | Psalms 71:22-23 |
| Acts 2:46-47 | Acts 16:25-26 | Hebrews 13:15 | |

Observe: According to the above verses, what are some of the benefits of praising the Lord?

What should be our motive for praising the Lord? (hint: 2 Samuel 22:4)

Think about it: Why do you think praise is one of the main tools we are given to combat anxiety?

Apply: How often do you praise the Lord? How often do you REALLY mean it?

Do your actions and attitudes reflect a life of praise?

What will be your first steps when you find yourself giving in to anxiety?

Make a point to praise the Lord aloud today – for yourself and in front of others.



2331 Kellogg Ave, Corona, CA 92881, 951-737-4664, www.CrossroadsChurch.com

