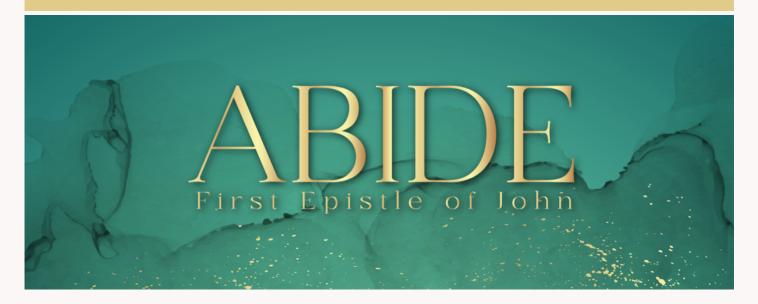
ROCK WOMEN



WEEK TEN

"KEEP HIS COMMANDMENTS"

DAY 1

- 1. Begin your study time with prayer and read 1 John 3:19-24.
- 2. In verse nineteen John tells us we can assure ourselves of being genuine believers if we do the things that were listed in verses seventeen and eighteen. What are those things?
- 3. Verse twenty two states that we will have what we ask of the Lord if we do what two things? How might doing those two things impact what we ask of the Lord?
- 4. How does John summarize the commandment of God in this passage?
- 5. What is the result of keeping His commandments in verse twenty four?
- 6. What evidence have we been given that we might know God abides in us?
- 7. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Scripture Memory:

This day the Lord your God commands you to do these statutes and ordinances. You shall therefore be careful to do them with all your heart and with all your soul.

~ Deuteronomy 26:16

I'm	praying about:

ROCK WOMEN

DAY 2

- 1. Begin your study time with prayer and read 1 John 3:19-24.
- 2. How does the Bible describe God's Law (sometimes referred to as testimonies, ordinances, word, statute) in Psalm 119:129, 140, 160 & 172, and Romans 7:12?
- 3. What does Moses tell the Israelites they may not do in Deuteronomy 4:1-2?
- 4. How do you see people in present day society try to add to or take away from what God has commanded us?
- 5. What do Romans 7:7 and Galatians 3:24 say is the reason the Law was given?
- 6. Write out this week's memory verse below:

DAY 3

- 1. Begin your study time with prayer.and read 1 John 3:19-24.
- 2. What does God require of us in Deuteronomy 10:12-13 & 26:16? What should be the extent of our devotion according to those verses and 1 Kings 8:61?
- 3. How many of God's commands do Deuteronomy 11:8 & 30:8 say must we keep?
- 4. Read 1 Timothy 6:13-14. In what way does Paul command us to keep the commandment in these verses? How well do you do so?
- 5. How, according to Psalm 119:59-60 should we obey God's commands? Do you obey in this way?
- 6. Write out this week's memory verse below:

ROCK WOMEN

DAY 4

- 1. Begin your study time with prayer and read 1 John 3:19-24.
- 2. What phrase is repeated in Deuteronomy 8:1, 12:28, and Joshua 1:7-8 regarding the commands/Law of the Lord? Why do you think this bears repeating?
- 3. What cautions are issued in Deuteronomy 8:11 and Proverbs 3:1? Why do you think this is?
- 4. What blessings are listed in Deuteronomy 4:40, Psalm 119:98-100, 165 and Proverbs 3:1-2, 19:16 for those who keep God's commands?
- 5. What do Deuteronomy 28:38-45, Psalm 89:30-33, and 119:21say are consequences for those who reject God's commands?
- 6. Write out this week's memory verse below:

DAY 5

- 1. Begin your study time with prayer and read 1 John 3:19-24.
- 2. Read Psalm 119:11, 14-16, 72, 103, 127-128. As believers, how should we feel about the Law of the Lord? Is this true of you?
- 3. Read Romans 2:17-24. If, like the Jews, we know God's commands and do not keep them, what is the inevitable consequence among the Gentiles (those who do not believe)? How does knowing this motivate you to better keep God's commands?
- 4. No one can keep God's commands perfectly. However, we can grow in our understanding of His commands and our obedience to them through the power of the Holy Spirit. What does the Psalmist pray in Psalm 119:12, 18, 26-27, and 30-33? If you feel you lack an understanding of God's commands, consider spending time this week asking God similar things.
- 5. Write out this week's memory verse below: