

Fashioned

IN THE IMAGE OF GOD

WEEK THIRTEEN

STRONG

DAY 1

1. Begin your study time with prayer.
2. What does Proverbs 31:17 say the godly woman girds herself with?
3. We need strength in different areas of our lives: spiritually, physically, emotionally and mentally. Each area impacts the other and all are important. How would you assess your strength in each of these areas? Which area needs the most improvement in your life at this time?
4. Our culture heavily promotes being strong and in control. The world encourages us to be our own source of strength. Why is this dangerous according to Jeremiah 17:5-6 and what is the result of trusting in mankind for strength?
5. What effect does trusting in mankind have on our hearts according to Jeremiah 17:5? Can you think of any earthly things you try to glean strength from?
6. 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:

Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.

~Isaiah 41:10

I'm praying about:

DAY 2

1. Begin your study time with prayer.
2. In Habakkuk 1:11, what is the reason the people are being held guilty? What have they made strength?
3. What does Psalm 33:16-17 say about the strength of a king, army or horse? What insight does this give you about finding strength in other people, ourselves, or earthly things?
4. If our source of strength is anything other than the Lord, we have made an idol of that source and it will inevitably fail. Instead of finding strength in and of ourselves, or something earthly, what does Ephesians 6:10 command us?
5. Read Zechariah 4:6; Psalm 46:1, 73:26, and 127:1. What other insight do you gain about making God the source of your strength?
6. Write out this week's memory verse below:

DAY 3

1. Begin your study time with prayer.
2. It is impossible to know how strong something is without testing its resistance or ability to withstand some kind of force. You might claim to be physically strong, but the true test of your strength is how much weight you can lift before your muscles fail. Similarly, our spiritual strength is tested, and it is often through these "tests" that our true capacity is revealed. One of the ways our strength is tested is through adversity. What does Proverbs 24:10 say?
3. As Christians what should we not do, according to Hebrews 10:38-39?
4. Persevering through trial requires great strength, often more strength than we, in and of ourselves possess. As we feel our strength wane we are tempted to quit. It is in these moments we must find our strength solely in the Lord. He can supply the strength we lack because His supply is infinite. When human strength fails, what are we promised in Job 26:2; Psalm 33:18-22; Isaiah 40:25-31 & 41:10; and Habakkuk 3:19?
5. What does 2 Corinthians 1:8-9 say was the reason Paul and his companions were "burdened excessively beyond" their strength? Trial produced this insight. Have you seen it do the same in your life? How?
6. Write out this week's memory verse below:

DAY 4

1. Begin your study time with prayer.
2. In addition to being granted strength to withstand trial, the Bible also promises us strength for the battles we face. Read Ephesians 6:10-17. What do verses 10 & 11 tell us to do? As you face spiritual battles do you do this? Consider memorizing the weapons you have been given that provide strength in the battles you face.
3. What promises do 2 Samuel 22:40, Psalm 18:39, and 144:1 give us as we encounter battles of many kinds?
4. According to Matthew 26:41, what will we face as long as we live?
5. What does 1 Corinthians 10:13 and Hebrews 2:18 say we can always count on when we are tempted?
6. God strengthens us to resist temptation, but what part do we play according to Romans 6:11-14?
7. What does Proverbs 16:32 say is better than one who captures a city? How would doing so help you resist temptation?
8. Write out this week's memory verse below:

DAY 5

1. Begin your study time with prayer.
2. Just our bodies are made stronger with exercise, our strength in the Lord grows with practice and obedience to spiritual disciplines. These practices help us trust the Lord and His strength when we are weak. What does the Bible say "girds our loins" and what is our shield made of? (See Ephesians 6:14 & 16).
3. What does Romans 15:4 say Scripture does for us?
4. The Word of God is of utmost importance. Is it a daily priority in your life? Do you read it, talk about it, meditate on it? How does knowing truth give you strength in difficult times when you feel too weak to stand?
5. Scripture is full of encouraging passages that remind us who God is and how He strengthens us in difficulty. Read Psalm 31:1-4, 65:5-7, and 138:3. In what ways do these verses depict God's power, and how does this encourage you to find your strength in the Lord? Consider memorizing one of these verses.
6. Write out this week's memory verse below: