**Refreshed in Christ from Head to Toe!**

The Cove Community Bible Study for Women

Tuesday, January 14 – February 25, 2019

Bible Teacher: Patty Stump

***“Let the Word of Christ dwell in you richly!”***

Colossians 3:16

**Week 1: *Each of Us Has a Story ~ What’s yours?***

**Week 2: *“If Only’s*…” ~ *God’s Beauty and the Beast***

**Week 3: *Strivings ~ Crowding out Christ?***

**Week 4: *A Walk of Faith* ~ *A Journey with God***

**Week 5: *A Fixed Focus* ~ *A Beautiful Reflection to Behold***

**Week 6: *Discerning God’s Whisper***

**Week 7: *Whatever! A Passionate, Purposeful, Personal Pursuit***

***What will you do with God’s Word?***

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**Teaching Notes: Week 2**

***If Only’s ~ God’s Beauty and the Beast***



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**A Tale as Old as Time ~**

**Deadly D’s:**

**D:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as we look, linger, & listen**

**D:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as he stirs a longing**

**D: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as we embrace his *deceptive* whisper/lies as truth**



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**A Tendency to Incline ~**

***“Sin that so easily entangles”***

***Hebrews 12:1***

**God’s Call ~ R.I.S.E. and Shine!**

**R: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ John 10:10, Romans 8:1, 2 Corinthians 2:11**

**I: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_ John 8:32, John 10:27**

**S: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ephesians 6:10-18, James 4:7, Galatians 5:1**

**E: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Romans 12:2, 2 Corinthians 10:5, James 4:8,**

***“Finally, be strong in the Lord and in His mighty power.”***

Ephesians 6:10

***What will you do with God’s Word?***

**Week 2: *If Only’s* ~ God’s Beauty & the Beast**

Personal Reflections and Points to Ponder

**R.I.S.E. and Shine!**

**Day 1: Recognize: The Battle is Real ~**

Since the beginning of time, Satan has whispered to the heart of women that we fall short; that we’re *not enough*: Not pretty enough, thin enough, fit enough, smart enough, lovable enough, godly enough. Identify where you are vulnerable to stepping outside of God’s perfect, protective will; believing lies:

Where are you **Looking** (your focus):

Where are your thoughts **Lingering**:

What whispers are you **Listening** to:

What are you **Longing** for:

Can you identify a lie you have embraced as truth; a place you linger that takes you on ‘*a* *trip to the pit?*’ Our thoughts and words are *powerful*; life shaping. Especially words we take to heart as true.

It’s time to tell Satan... **Enough**!!! His schemes have themes: shame & condemnation.

If there is a place you have left a crack in the door, allowing Satan to stir you in a direction outside of God’s will, confess it to God, turn from it (repent), and receive His forgiveness; intentional to apply the admonitions found in James 4:7-8 to your life daily!

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**Day 2: Identify Truth:** Write out God’s Truth found in each of the following passages:

Jeremiah 31:3:

Ephesians 2:10:

Psalm 139: 13-18:

Isaiah 43:1-2:

Romans 8:1:

Close your time in prayer by thanking God for the Truth contained in each of these passages. God’s Word provides us with a magnificent makeover of divine design when we embrace is as Truth!

**Day 3: Strategize: Standing Firm ~** Read Ephesians 6:10- 18.

How can we stand firm against the schemes of Satan’s personalized strategies?

What do you think it means to ‘be alert’?

**Day 4: Exercise: Spiritual Muscles ~** We exercise our spiritual muscles as we choose to actively apply God’s Word to our lives. Read Romans 12: 1-2: What is the impact of adjusting our thoughts to be in line with God’s thoughts?

Take some time to prayerfully consider John 15: 1-8. What are we called to actively do, and what does this look like practically?

What does God *promise* to be the outcome if we embrace His admonition to abide?

**Day 5: A day of Praise ~** Read Psalm 107: 1-22 & Isaiah 43: 1-2 Note the timeless treasures of these passages; the plight of humanity and the responses of God. *Indeed, He redeems our ‘If only’s’!*

***What will you do with God’s Word?***

**Refreshed in Christ from Head to Toe**

***“Let the Word of Christ dwell in you richly!”***

Colossians 3:16

January 7th to February 25th

Make note of at least one Scripture verse in each of these areas that brings refreshment to you as you “*Let the Word of Christ dwell in your richly”* (Colossians 3:16)

Head & Shoulders, Knees & Toes, Knees &Toes…



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Head & Shoulders, Knees & Toes, Knees & Toes…

Eyes, & Ears, & Mouth, & Nose...

Head & Shoulders, Knees & Toes, Knees & Toes!

Week 1: *Everyone Has a Story* ~ What’s Yours?

Introduction \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 2: *If Only’s ~ God’s Beauty & the Beast*

Head: Thoughts:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 3: *Strivings ~ Crowding out Christ?*



Shoulders: Worry-burdens: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 4: *A Walk of Faith ~ A Journey with God*

Knees & Toes: Prayer life:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 5: *A Fixed Focus ~ A Beautiful Reflection to Behold*

Eyes: Spiritual Sight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 6*: Discerning God’s Whisper*

Ears: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 7: *Whatever*! *A Passionate, Purposeful, Personal Pursuit*

Mouth-Nose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What will you do with God’s Word?***