

# Defining Moments ~ Step Up, Stand Firm, Stay Focused

## 2021 Morning Women's Bible Study at The Cove

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*Strength and dignity are her clothing, And she smiles at the future. Proverbs 31:25*

1. **January 12:** "If... Then" *2 Chronicles 7:13-14*  
*Matthew 8:23-27*  
*Mark 4:35-41*
  
  2. **January 19:** "Biblically Aligned or Deceptively Inclined?" *Genesis 3*
  
  3. **January 26:** "I have a plan! Good Intentions - Bad Idea!" *Genesis 12-17*
  
  4. **February 2:** "Holding On: The Impact of Idolatry" *Genesis 19:10-26*  
*Luke 17:20-38*
  
  5. **February 9:** "Little is Much with God's Touch" *2 Kings 4:1-7*
  
  6. **February 16:** "In a Minute, Lord: The Lure of Lesser Things" *Luke 9:57-61*  
*Luke 10:38-42*
  
  7. **February 23:** "A Legacy of Lordship... May it Be So"
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# Defining Moments



## Week 1 Session Notes: If ... Then

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**2 Chronicles 7:14:** “IF My people, who are called by My name  
will humble themselves & pray & seek **My** face,  
& turn from their wicked ways, **THEN** ... ~

1. **Sha King:** Our faith is often tested when we experience trials, uncertainties, adversity, and feelings of “little control.” These times may stir us to wonder if God sees us; if He even cares. **Matthew 8:23-27; Mark 4:35-41**

“Shakings” invite us to consider what we’re standing on:

**Feelings** (often expressed by “Why” responses), or  
**Faith** (often expressed by with “What; How.”)



2. **Sha ping:** Spiritual formation occurs as we actively take God at His Word. *“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* **John 16:33**

How are we to respond? \_\_\_\_\_



**T**ruth + **T**rust yields **T**ransformation, and a  
**God honoring** Testimony!

3. **Sha Ring:** God places before His people a command to “testify” to others. (Acts 10:42)

*“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,”* **1 Peter 3:15**

So this is the “she” of Proverbs 31:25: She is not one whose response to God is an “IF.” The one who smiles at the future is an (**I.F.**) Intimate Follower of the Lord God Almighty!

- **Recommended Book: Red Sea Rules - written by Robert Morgan**
- **Additional Verse: Ephesians 2: 8-9.**

# Defining Moments: If ... Then

## Week 1: Growth Opportunities



*Strength and dignity are her clothing, And she smiles at the future. Proverbs 31:25*

**Day 1:** Reread **Matthew 8:23-27**. Maybe you can relate to being overwhelmed, afraid, and wondering if Jesus is aware of your plight; if He even cares. As you read this passage, note 2-3 observations that stand out to you: \_\_\_\_\_

Now look up **Deuteronomy 31:8**. This is a wonderful passage to write out and memorize. What does it say? \_\_\_\_\_

How does this passage impact your thoughts on **Matthew 8:23-27**? \_\_\_\_\_

Close by reading **Psalms 16:8**. It begins indicating there is a “choice” to make; what is the choice? \_\_\_\_\_

As you end your time of Scripture reading today, what does God want you to take to heart? \_\_\_\_\_

**Close in prayer. What choice will you make?** Storms can cause us to feel “shaken.” Jesus desired to strengthen the faith of His disciples; this involved allowing them to experience a storm so that they would look beyond themselves to Him. This is essential in being an intimate follower. Choose to step closer to Him; invite Him to shape and strengthen you as a woman of faith! Sister, keep stepping up to His high calling!

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**Day 2:** Rise & shine! God has appointed you breath today, & His mercies are new (**Lamentations 3:22-24**)! These two realities are worthy of praise! This week we are considering the “If...Then” of a faith journey with the Lord. God places great value on the impact of adversity. What does **James 1:2-6** state about adversity?

Consider it \_\_\_\_\_. Oh my! This is not our “go to” emotion when difficulties arise. But God; God desires to use shakings/adversity, to shape us.

According to **James 1:2-6**, what does God desire to bring about in us as we persevere amidst adversity? \_\_\_\_\_

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We desire the end result of spiritual maturity; but often panic in the process or feel abandoned by God. Remember **Deuteronomy 31:8** that we looked at yesterday; He’s gone before us and (**Psalms 16:8**) is with us! Whew! I trust you discovered a Truth today that’s worth “smiling” about.

**End by reading Psalm 66:8-10; close your time with Thanksgiving;** acknowledging in faith that God is at work in your life doing something beautiful to behold! I hope the insights He imparts to your heart strengthen your ability to smile at the days to come!

**Day 3:** Truth + Trust = \_\_\_\_\_. **Psalm 46** is our passage for today. As you read it, make note of truths about God. He is: \_\_\_\_\_

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WOW! What a wonderful God we are called unto! We are changed from the inside out as we take His Word to heart.

Reread this passage, substituting “**me**” and “**my**” where it says “**our**” and “**us**,” and substitute “**I**” where it says “**we**.” Proclaim it with confidence! His Truth is timeless and His faithfulness endures. May His Truth touch your life today in an undeniable way. Amen!

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**Day 4:** God allows “Shakings” to bring about “Shaping.” What is His precious promise in **Philippians 1:6**?

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God desires to strengthen our faith as we are **Shaken**. Look at **Psalm 16:8** once again, as well as **Isaiah 26:3**, & **Hebrews 12: 1-2**. What is essential if we are to persevere amidst the shakings that may occur from life’s storms? \_\_\_\_\_

Sit with the Lord a bit with this Truth; invite Him to speak into your life. Remember, the good work He has begun in you, He will indeed complete!

Close by reading **James 4:8**. Will you draw near to Him and trust Him, *and entrust to Him*, the trials/shakings you are currently experiencing? Personal reflections: \_\_\_\_\_

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**Day 5:** Time for a praise walk! As I write this it’s a chilly, overcast day. I delighted in a brief walk earlier and sought to take in God’s glorious handiwork of creation, and His tender mercies towards His created ones: you and I! I realize in January you may not be interested in taking a walk outside. So whether you sit snugly inside or bundle up and briskly stride outside, reflect on the insights God has impressed upon your heart this week. Let them take root! **Psalm 30** is a passage of celebration. I encourage you to read it and let your praise and thanksgiving flow forth aloud to the Lord. It is here, as Truth is met with Trust, that godly transformation takes place! Stay the course, sweet sisters! Our God is at work both in us and through us!

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Personal Reflections \_\_\_\_\_  
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