

Defining Moments ~ Step Up, Stand Firm, Stay Focused

2021 Morning Women's Bible Study at The Cove



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 2 Session Notes:

Biblically Aligned or Deceptively Inclined ~Living From Truth

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A Scheme with a Theme~Genesis 2:7-9, 15-25

THE DEADLY D'S: A Quick Trip to the Pit

- D: Distraction: A spiritual shift occurs as we look, listen, & linger with a lie
- D: Discontent: A lie will whisper that we are "lacking;" less than best
- D: Doubt: A lie's ultimate aim is a dart to the heart: Does He care?

"For as he thinks within himself, so he is." Proverbs 23:7

We will have a skewed view when we fail to **step up, stand firm, & fix our focus on Truth.**

Our "default" destination will be a dead end; where spiritual clarity and wellbeing falter.

*Lies entangle & strangle ~ "The thief comes only to steal and kill and destroy;
I have come that they may have life, and have it to the full." John 10:10*

In order to be Biblically aligned & living from Truth, we must: 1. Submit to God
2. Resist the devil (James 4: 7), 3. Hold thoughts Captive (2 Corinthians 10:5)
and Dress Accordingly (put on the armor of God) (Ephesians 6:10-17).



"Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised." Proverbs 31:30

Look at God - Keep your eyes focused on Him
Listen to God
Linger in His presence

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Week 2: Growth Opportunities

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**Day 1:** In our time together, we looked at three “Deadly D’s, (\_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_),” and the destruction that deception brings about when God’s Truth is dismissed. Lies entangle and strangle; impacting us spiritually, emotionally, relationally, and mentally. Being intentional to step up, stand firm, and stay focused on Biblical truth is essential in being victorious against Satan’s schemes (**John 10:10, James 4:7-8**). We must choose to stand firm on God’s Word (**Philippians 4:13**). As we look to God and His Word we are impacted: (**John 8:32**): \_\_\_\_\_.

**That’s a big deal!!** God’s Word has the power to set us free: from deception, bondage, & Satan’s snares. But we must make the choice to embrace it as Truth. Read the following passages: **Psalm 139:13-18, Ephesians 2:10, and Jeremiah 31:3**. What does God’s Word say is true about YOU?

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As you read these passages, seek to identify what you are “holding onto” most tightly: What you **Think**, what you **Feel**, or what you **Know to be Truth** from God’s Word? How is what you’re holding onto impacting you? \_\_\_\_\_

If you are holding onto a lie, a thought, or feeling that’s contrary to God’s Truth, it will seek to hold you hostage (**Proverbs 23:7**). What does **James 4:7** instruct us to do? \_\_\_\_\_

\_\_\_\_\_. And **James 4:8**: \_\_\_\_\_.

**Take a stand on Truth!** Resist embracing the lies swirling in your head and heart, and Stand Firm on God’s Word. No one can determine your value, worth, significance, or lovability but God. And He says that you are wonderfully made, dearly loved, forgiven, and promised a future and a hope through His Son, Jesus Christ! End your time in prayer; ask God to strengthen you in implementing

**2 Corinthians 10:5** (\_\_\_\_\_) so that His Truth can take root in all of you; enabling you to smile at the days to come! You are His beloved!!!

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Day 2: I trust you looked up each of the verses for Day 1. If not, take time to do so. Today is an invitation to exercise your spiritual muscles of gratitude as you embrace God’s Truth: Read out loud:

Ephesians 2:10: “I am _____

Romans 8:1 “I am _____

Jeremiah 31:3 “I am _____

Colossians 1:14 “I am _____

Romans 8: 35-39 “I _____

Philippians 4:13 “I _____

Philippians 4:8: _____

“I have reasons to (Proverbs 31:25) _____!

Dwell deeply dear sister... It is in Him that we find life, and life in abundance. His Truth sets us free to be all that He has divinely appointed!!

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Day 3: We addressed in our session together the impact of what we put before our eyes. What do you typically put before your eyes? TV/Magazines/Internet/books. What is the impact of each of these areas of focus on you? _____

Remember, where you look, and linger stirs longings that can lead you astray. In your quiet time today, sit with the Lord and ask how He wants to speak to you regarding what you are putting before your eyes. Is there anything He's asking you to relinquish; to resist putting before your eyes, or to repent of (turn from)? _____

Don't put trash where Truth should prevail! Consider sharing your insights with someone you trust so that they can pray for/with you. What steps will you take to eliminate trash & put Truth before your eyes? _____

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**Day 4:** Today read Proverbs 3:5-6. Write it out. \_\_\_\_\_

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Note key words/phrases that strengthen your ability to smile at the days to come. Sisters, no lie can overtake our trust in the Lord unless we allow it to. But we **MUST** Step up & Stand firm on Truth! **So much is at stake if we embrace a lie.** Likewise, so much is availed to us as we embrace God's Word as Truth! Close in a prayer of thanksgiving; pray God's Truths out loud with heartfelt gratitude!

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**Day 5:** Reflect upon your daily Growth Opportunities. Spend time today identifying, reflecting upon, and praying through key "Take Aways" that God highlighted in your reading, reflection, and personal notes this week. Listen for His whisper to your heart; be alert to whispers that are contrary to His Word of Truth. You are personally, profoundly, powerfully, and eternally loved by the Creator of the Universe; the Lover of your soul (**John 3:16** is a tender treasure to take to heart).

As we wrap up this week's Growth Opportunities, revisit **Ephesians 6:10-17**. Sisters, it is time to step up and stand firm with a fixed focus. Dress for spiritual success! Do your part; take to heart God's Biblical instructions so that you are living your life from Truth!

**Personal Reflections:** \_\_\_\_\_  
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