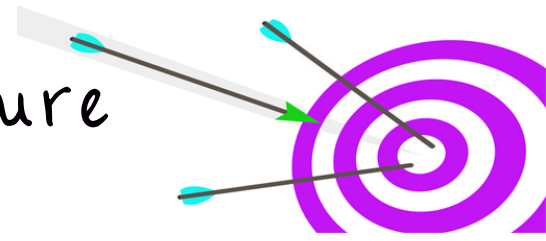


Week 9: Prayer Scripture Fervent



Philippians 1:19 For I am well assured and indeed know that through your prayers and a bountiful supply of the Spirit of Jesus Christ (the Messiah) this will turn out for my preservation (for the spiritual health and welfare of my own soul) and avail toward the saving work of the Gospel.

Matthew 21:22 And whatever you ask for in prayer, having faith and [really] believing, you will receive.

Psalms 42:8 Yet the Lord will command His loving-kindness in the daytime, and in the night His song shall be with me, a prayer to the God of my life.

Week 9 - Day 1

Your Pressures

Reclaiming Peace, Rest, and Contentment

"If I were your enemy, I'd make everything seem urgent, as if it's all yours to handle."



Is your calendar bogged down?

Can you tell the difference between what's important or not?

Do you feel guilty for saying no?

The _____ makes everything seem _____. pg 133

The _____ wants you to think everything is _____ to handle.
pg 133

The _____ wants to keep you from _____ what's
_____ and what isn't. pg 133

The _____ wants you to feel _____ for saying no. pg 133

The _____ wants your _____ to control you. pg 133

Why? pg 133

What does pressure do to you? pg 134

What are some pressures you feel in your life? pg 134

Why is a baseline of pressure necessary in your life? pg 134

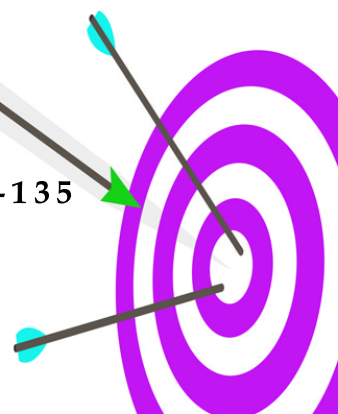
Life without any _____ is not what is _____ for you.
pg 134

Week 9 - Day 1

Your Pressures

Reclaiming Peace, Rest, and Contentment

What kind of pressures aren't good for you? pg 134-135



Why are enforcing margins and boundaries in your schedule necessary? pg 135

What is the enemy trying to rob you of by putting unnecessary pressure on you and making you put pressure on yourself? pg 135

Pressure in life can resemble _____. Slaves don't
_____. Slaves just _____. Their _____ controls them.
pg 135

The enemy will use _____ things to _____ you. pg 136
What are some good things the enemy will try to enslave you
with?

The _____ can turn anything _____ and _____
_____ into a cruel _____. pg 136

What are some "good things" you are being enslaved by personally?

Week 9 - Day 2

Your Pressures

Reclaiming Peace, Rest, and Contentment

Does officially being declared free change the “slave mentality of a person’s heart and mind? pg 136

God _____ adjusts your _____

in order to change slave mentality. pg 136

Shabbat is Hebrew for? pg 136

What did the Israelites struggle with the concept of? pg 137

Do you struggle with Shabbat in your life?

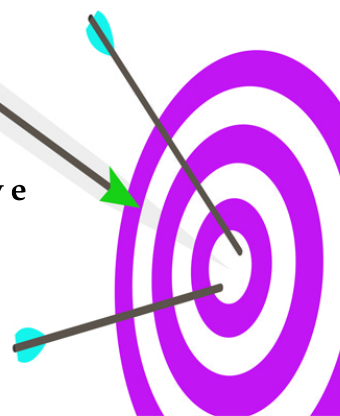
Questions to consider:

1. Have you been trained over the years not to say “no”?
2. Are you a servant to your calendar, job, activities?
3. Do you feel like you can’t get off of the “merry-go-round”?
4. Do you say “I can’t” to shabbat more often than not?

“It was for _____ that Christ set you _____; therefore keep _____ firm and do _____ be subjected _____ to the yoke of _____.” Gal 5:1 pg 138

Freedom helps you do what? pg 138

What would happen if you say “no” without guilt and shame to the enemy and pressures you were never meant to take on? pg 138

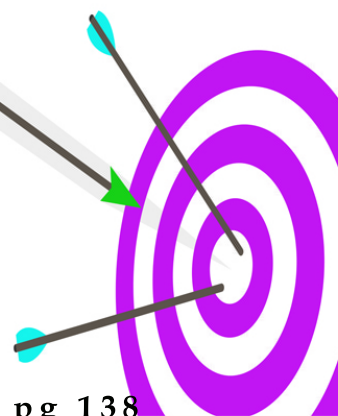


Week 9 - Day 2

Your Pressures

Reclaiming Peace, Rest, and Contentment

A freewoman possesses what? pg 138



Why does a freewoman have God-given discernment? pg 138

A freewoman accepts what? pg 138

Questions to consider:

- 1 How much of your life is what God has called you to do verses what you or others think you should take on?
2. Can you say "no" when you know God has not put a burden on you that others are asking you to take on?
3. Do you consult God before you or your family engages in an activity, service, or ministry?
4. Are you too busy or too financially burdened to "shabbat" for lunch, the evening, the weekend, or take a vacation?

Look at your schedule for you and your family. Ask God to show you where you need to say no. Ask Him where you are following His schedule for you and your family and where you are not.

What did Jesus understand? John 5:19 pg 139

_____ and _____ play into your pressures. pg 139

What is Satan's ploy? pg 139

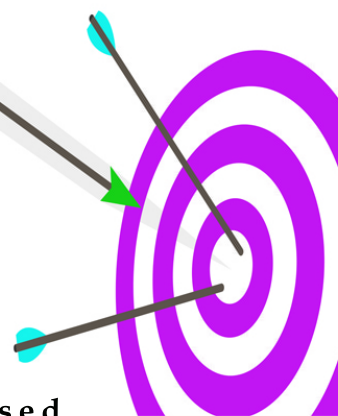
Week 9 - Day 3

Your Pressures

Reclaiming Peace, Rest, and Contentment

How do you gain favor in slavery? pg 140

Do you think God is displeased with you if you aren't continuously busy, serving, producing, and rigorously achieving and advancing? Are you displeased with yourself or are others displeased with you when you don't do those things?



_____ is based on _____ and fear. pg 140
What fears does Satan intimidate you with? pg 140

Why does God make you a steward over things? pg 141

Endeavors, hobbies, and accumulated possessions are meant to what? pg 141

Pressure is often a mask for what? pg 142

What is God's purpose in giving you Sabbath spaces in your life? pg 142

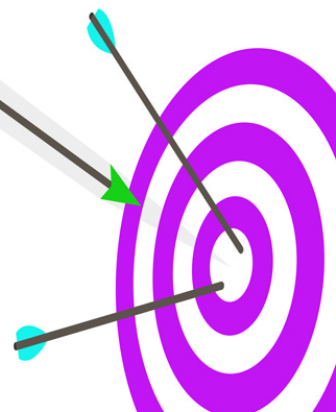
What is a sure sign you've replaced your devotion to God with something else? pg 142

Week 9 - Day 3

Your Pressures

Reclaiming Peace, Rest, and Contentment

What is the primary purpose for saying no when appropriate? pg 143



Unmanageable, _____ pressure is not just a _____,

it's an _____. pg 143

What is it an attack against? pg 143

Unmanageable incessant pressure is a cosmic battle against your
what? pg 143

Are you overtired?

Are you overworked?

Are you overwhelmed?

Are you overworked?

Are you overscheduled?

Are you overburdened?

You can use _____ like a sharp pair of _____,

to help _____ yourself _____. pg 143

What are 3 things you can do right now in your life to cut
away some of those "over's" from above?

Week 9 - Day 4

Your Pressures

Reclaiming Peace, Rest, and Contentment

Let _____ and _____ of God determine
what _____ your plate. pg 144 You have _____
been created to be a _____ to your _____
You were _____ created to let others _____ what
your _____ and _____ are in your everyday life.
pg 144

You are not a "bond _____ but a _____ (woman/man) Gal 4:31

What happens when you become strategic and focused in your
prayers about pressure? pg 144

Personal inventory: pg 145

1. Check your schedule for _____.

2. Check your _____.

3. Check your schedule for _____.

4. Check your emphasis on _____.

What happens when God's Spirit helps you gain control over
your schedule? pg 146



Week 9 - Day 5

Your Pressures

Reclaiming Peace, Rest, and Contentment

Ps 62:1-2 (HCSB) I am at rest in God alone; my salvation comes from Him. He alone is my rock and my salvation, my stronghold; I will never be shaken.

Who are you at rest in?

What comes from Him?

He alone is your?

How does that allow you to not be shaken?

Ps 61:2-4 (NKJV) From the end of the earth I will cry to You, when my heart is overwhelmed; Lead me to the rock that is higher than I. For You have been a shelter to me, A strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings.

How far can you go to cry out to God?

Does God stop at the end of the Earth?

When is the psalmist crying out to God?

Is your heart overwhelmed?

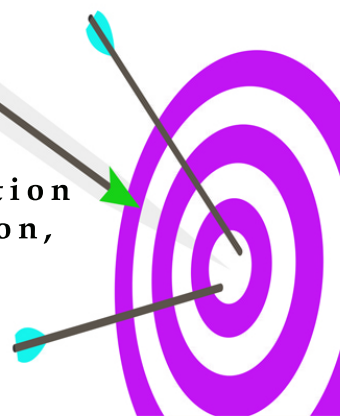
Where will God lead you?

God is a what?

He is a what against the enemy? Why does that matter?

What is your modern day tabernacle? What do you need to do in that "tabernacle"? What does abide in mean?

What can you trust in?

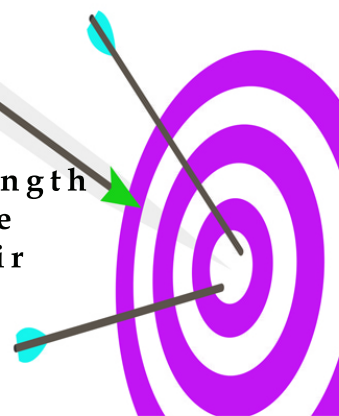


Week 9 - Day 5

Your Pressures

Reclaiming Peace, Rest, and Contentment

Ps 147:10- 11 (HCSB) He is not impressed by the strength of a horse; He does not value the power of a man; the LORD values those who fear Him, those who put their hope in His faithful love.



God is not impressed by what?

God does not value what?

What does the LORD value?

What does fear of the LORD mean?

What does God want you to put your hope in?

What hope do you need to put in God?

Ps 71:5-6 You are my hope; O Lord God, You are my confidence from my youth. By you I have been sustained from my birth; You are He who took me from my mother's womb; My praise is continually of You.

God is your what?

He is your what from youth?

How long has God sustained you?

What does your praise need to be continually of?

Do you continually praise God? What areas of your life do you not continually praise God for?

Week 9 - Day 5

Your Pressures

Reclaiming Peace, Rest, and Contentment

Ps 81:10 I, the LORD, am your God, who brought you up from the land of Egypt; Open your mouth wide and I will fill it.

Who is your God?

Where has he brought you from in your life?

Why are you supposed to open your mouth wide?

What is God wanting to fill your mouth with?

Isa 58:13-14 (ESV) If you...call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the LORD, and I will make you ride on the heights of the earth; I will feed you the heritage of Jacob your father, for the mouth of the LORD has spoken.

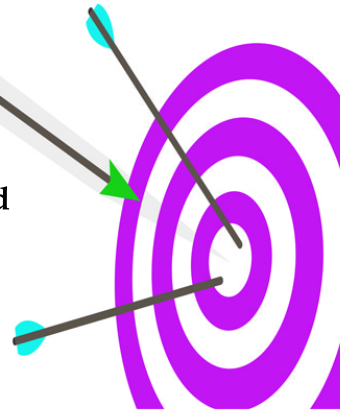
What are you to call the Sabbath?

What is the Sabbath?

How can you honor the Sabbath and holy day of the Lord?

What will God do if you take delight in the LORD?

What is the heritage of Jacob?



Week 9 - Day 5

Your Pressures

Reclaiming Peace, Rest, and Contentment

John 8:32 You will know the truth, and the truth will make you free.

What will you know?

Who's truth?

What will the truth do?

What truth do you need to know to realize you are free?

Deut 5:15 You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out of there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to observe the sabbath day.

Why would God want you to remember you were a slave?

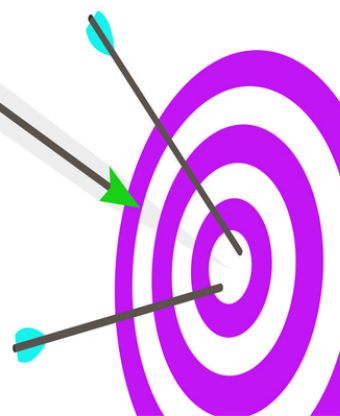
What "Egypt" has God brought you out of in your life?

He brought you out of slavery with what?

How far can His arm reach? How powerful is His hand?

Why would God want you to observe the sabbath? Did slaves get to observe the sabbath?

If you are observing the sabbath, then who is "producing and providing"? Who are you putting all your trust and faith in?



Week 9 - Day 5

Your Pressures

Reclaiming Peace, Rest, and Contentment

Heb 13:5 ...being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you."

What are you supposed to be content with?

What did God/Jesus say?

Does that mean you can't ask or pray for something?

Does that mean God/Jesus doesn't want better for you and your family?

Why would God ask you to be "content with what you have" if He is willing to give you so much more than you could hope for?

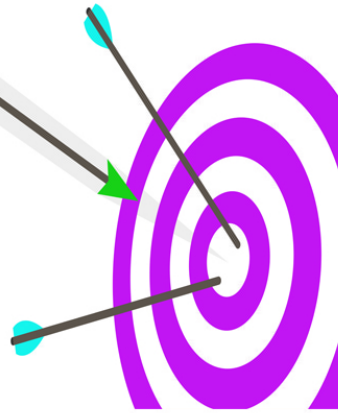
Matt 6:33 (HCSB) Seek first the kingdom of God and His righteousness, and all these things will be provided for you.

Seek what first?

What is the kingdom of God?

What is His righteousness?

What are "all these things" that He will provide for you?



Week 9 - Day 5

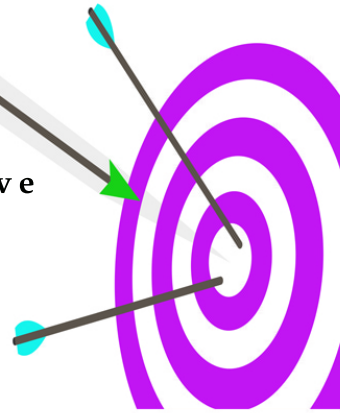
Your Pressures

Reclaiming Peace, Rest, and Contentment

Ps 37:4 Delight yourself in the LORD; and He will give you the desires of your heart.

Delight yourself in what?

How do you delight yourself in the LORD?



What will He give you IF you delight yourself in the LORD?

What are your “desires” in your heart right now?

Are you willing to exchange them for delight in the LORD?

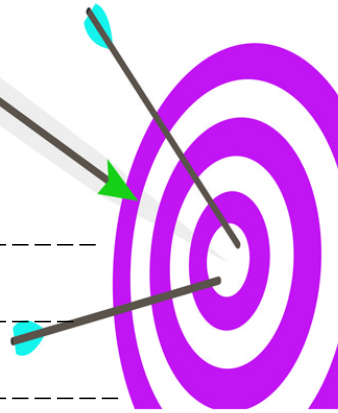
What do you think you would lose from the exchange? What do you think you could gain?

Week 9 - Day 6

Your Pressures

Reclaiming Peace, Rest, and Contentment

Write your prayer about your pressures below.



Handwriting practice lines consisting of 20 horizontal dashed lines.