

HIND'S FEET ON HIGH PLACES

Chapter 2 Study Notes

Today's Scriptures:

1 Corinthians 10:12-13

*Therefore let him who thinks he stands take heed lest he fall. ¹³ No temptation has overtaken you except such as is common to man; but **God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to ¹⁴bear it.***

Lamentations 3:55-57

I called on Your name, O LORD,

From the lowest pit.

You have heard my voice:

"Do not hide Your ear

From my sighing, from my cry for help."

You drew near on the day I called on You,

And said, "Do not fear!"

Mathew 14:25-32

*Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they **cried out for fear**. But immediately Jesus spoke to them, saying, ¹⁴"Be of good cheer! ¹⁵It is I; do not be afraid." And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, **he walked on the water to go to Jesus. But when he saw ¹⁶that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased.***

Hebrews 12:2

*... **looking unto Jesus,** the ¹⁴author and ¹⁵finisher of our faith, ...*

Isaiah 30:21

Your ears shall hear a word behind you, saying,

"This is the way, walk in it,"

Whenever you turn to the right hand

Or whenever you turn to the left.

- In what ways do you choose “fear” as your companion instead of Jesus? What are some ways you can apply to break those habits today?

Quite often when facing challenges, we cling to that which is familiar and in turn that which is familiar clings to us. Doing the same thing – expecting a different result is close to insanity. Therefore, we must retrain our brains and our responses, especially when facing fear. We reject fear, when we look only unto Jesus in our times of need, making sure to have a grateful heart by reciting back to ourselves all the times He did rescue us out of trouble.

- Considering yourself as the “cottage” similar to where Much Afraid resides... What have you allowed inside you to dwell that opposes Jesus entering at will?

We often neglect ourselves the most, forgetting what we permit entry into our thoughts or what we feed within grows... We are a spiritual house, we must CHOOSE to be willing to put aside anything or anyone that prevents us from establishing a close connection to Jesus. Knowing bad company corrupts good character – What do we need to let go of in order to be one with Him?

We have all at some point and time have had to face the fear of losing someone because we refuse to deny Jesus as our Lord. Sometimes the person leaves and sometimes the person is saved in our own process having witnessed us not waiver in our loving dedication to Him. Anything we lose here on Earth, was never a part of His eternal plan for our lives anyway.

- What subtle lies from the enemy have you believed that overwhelmed you to the point you found yourself mentally locked inside a prison cell unable to escape?

Fear of what man can do to us can be so paralyzing to the point if we think on it too much – we will be overtaken by fear. Trusting in Jesus sets us free from all bondage that pins us too closely to man. Man, the enemy or dark forces cannot override the Lord’s plans on Earth or in our lives. I have much more fear of man to overcome than I do of what the enemy can bring into my life. When in doubt, we can utilize the promises found in God’s word to encourage our souls to stand steadfast in truth – shattering all lies.

- Do you recognize there are some times we get ourselves into situations only Jesus can set us free from? If so, who do you need to forgive for not coming to your rescue in your time of need?

When we are spiritually immature, we do not realize only Jesus is able to come when we call. Placing high expectations on others, especially when we are severely compromised only shoves us further into darkness. In addition, placing ourselves as the savior of someone else can inhibit their walk of salvation with Jesus. In order for Jesus to become Lord in all of our lives, He must place us into situations in which only He may deliver us from. Every single time we get ourselves into trouble and He shows up on a consistent basis – we learn to trust in Him all the more.

Lord, please forgive us for looking unto others for saving when this whole time all we needed was You.

- What causes you to not respond to Jesus when He calls?

Distractions, believing the lies of the enemy, panic and distress while being self absorbed are all instigators that whisper into our ears only to drown out the still small voice of Jesus leading us out of troubled waters. To hear Him perfectly, we must seek Him above all else. Drinking from too many wells, will temporarily quench your thirst from drinking of Him and attaining living water in which you thirst for nothing outside of His truth.

He guides us in the way that we should go... but it is our choice on whether we walk in it or not.

- The Lord often sends others who speak truth and assist us on our spiritual journey... those who speak the truth to us in love – similar to Mrs. Valiant in Chapter 2. Describe that person, giving thanksgiving unto the Lord for the gift they have been in your life.

During a really low and overwhelming point in my life, the Lord sent to me a Spiritual Mother named Kaye – it truly was a miracle on every level. She loved me like Jesus and I was really, really an unlovable hot mess and in a terrible abusive marriage with two children under five years old. She held my hand the whole way through, even to this day... Something I will never ever forget she taught me was this: Always stay in truth – never depart from it, by doing so – you will be protected, guided, comforted and held in constant peace. The Lord used Kays to help shape me into His image in many ways by not telling me what I wanted to hear, but loving me enough to tell me what I needed to hear. And she walked out what she spoke... it was by her demonstration, I learned so much more about Jesus than I ever knew before. She prayed for me continually and stood strong, when I was weak and of little faith, void of judgment, corrected and disciplined me in love.

- Why do you think the Chief Shephard only passed by Much Afraid's cottage that day, instead of entering in when she was in distress?

Quite often we call upon the Lord, only to close the door to Him when comes because we want our own way to be done and not His. When Jesus shows up... darkness flees. Those who are not fully a child of light yet, cling to darkness over the light usually via vices and activities or relationships they prefer over Him.

The Lord Jesus has a desire that we desire Him as much as He does us – but He will never, ever override our freewill to choose Him or deny Him. If we cling to anything that is not good, refusing to let it go – He will not enter into us and make His abode within us. It is not that He isn't willing, but rather we aren't. So He patiently waits, until the day we are ready to fully surrender to Him and His love – by letting go of everything that separates us from Him. He will keep passing by the doorposts of our hearts and He keeps knocking to see if we will let Him inside. The danger in this is... We just never know when today will be the last day we have to invite Him inside. Many people call upon many things when in distress – but Jesus promises to come right away when we call upon Him in truth and humility in our time of need. Most often we try to exhaust the efforts of everyone else, before we look unto Him for our deliverance and wholeness sadly. As you grow in Him, you learn to quickly call upon His presence for real and lasting relief.

Today's Pearl...

PHILLIPIANS 4:6-9

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

A grateful heart does miraculous wonders in how we face the day. When you rise each morning... Do you praise Him or speak negative thoughts to yourself? What about before going to sleep at night? Do you thank Him for carrying you throughout the day so you didn't have to face any troubles alone?

Whatever thoughts continually manifest in our minds is who we actually are inwardly. We were created to worship Him – Isn't that something? All the spiritual beings on Earth and in the Heavens are waiting for us to be revealed in order to give Him glory!

Time to retrain the brain, doing away with stinking thinking...

Let's test it –

Here are a few qualities of a grateful heart:

- You no longer have a point to prove – your identity is found only in Jesus – He is where you get your worth, not self
- You do not walk in offence – you do not lash out, overact to others actions or comments, you do not try to dishonor others in order to lift yourself up – you stop being a “right” fighter, always wanting to have the last word.
- You walk a life of generosity... no longer fearing to give, because freely you have been given all the Lord's promises. Those with a grateful heart are generous with their love, their wallets, their mercy and all the fruits the Lord has bestowed upon them.
- The words “what-if” are not on the lips of those with a grateful heart because they know they already have been granted much more than they deserve by the Lord's overabounding mercy.
- Those with a grateful heart aren't always trying to get ahead in life. When you are grateful for everything in your life, you are already content in plenty and in want – having the security that no matter what comes it arrives by the Father's hand, in His timing and perfect will. He gives and He takes away according to His plan and a grateful heart is thankful for both.
- When you have a grateful heart those who are around you on a daily basis know you appreciate them because you articulate it and show it. You no longer feel like someone owes you something, but are grateful for all things. When you are grateful for all the Lord has done for you... it translates unto gratitude towards others and the blessings they bring into your life as well.
- A grateful heart stops striving to be loved and feels secure and safe in the everlasting arms of Jesus. You know God made you just as you are and you are valued in order to rest in His love.

Phillipians 4:6-9 is not a suggestion... It is a command.

May we take it as such. In order to BE ANXIOUS FOR NOTHING, we must do our part by paying close attention to what we MEDITATE ON. This is how we guard our hearts and minds, by doing our part in working with the Lord instead of resisting Him during our spiritual growth.

As we THINK, so ARE we...

What can we change about our own thought patterns? May we always be mindful of what we are thinking about. Is it? TRUE? NOBLE? JUST? PURE? LOVELY? A GOOD REPORT? VIRTUOUS? PRAISEWORTHY? Which is the key to living on Earth, just as it is in Heaven.

We often pay close attention to testing the spirits within others... But do we test the spirits trying to influence us? Over the course of the next week... Let's try to focus more on ourselves and less on others in order we recognize what doors we are opening for agents of the enemy to influence our thoughts by considering the instructions the Lord has given us found here in Phillipians 4. By doing so, we will be less anxious about everything and the peace of God will remain in tact within us.