

# ESTABLISHED IN YAHUAH

*Rooted • Tested • Mature • Unmovable*

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# Welcome

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Welcome to **Established in YAHUAH**, an eight-week Scripture study focused on what it means to become rooted, tested, mature, and unmovable.

Being established is more than knowing what Scripture says. It is allowing the Word to shape how we think, discern, respond, endure and live.

Throughout this study, we will examine Scriptural teachings and accounts that reveal what happens when belief meets real circumstances: **pressure, waiting, correction, opposition, responsibility, and endurance.**

The goal is not simply to gain more knowledge.

**The goal is maturity.**

As you study, take time to examine yourself honestly. Search the Scriptures. Test what you believe. Receive correction where it is needed. Pay attention to the areas where your roots need to grow deeper.

May these eight weeks move us beyond simply saying that we trust YAHUAH—to becoming people whose lives demonstrate that trust when it is tested.

**Rooted • Tested • Mature • Unmovable**

# STUDY PROGRESSION

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**This study is designed to move you through four stages of maturity:**

## **ROOTED**

Before we can stand, we must know what we are standing on. We begin by examining whether the Word of YAHUAH truly establishes our beliefs, decisions, and conduct.

## **TESTED**

Roots are revealed when pressure comes. Discernment, waiting, opposition, and difficult circumstances expose whether what we believe has actually taken root.

## **MATURE**

Maturity includes more than endurance. It requires humility, correction, discernment, obedience, and visible fruit. Growth should produce evidence.

## **UNMOVABLE**

The goal is not a life without pressure. It is becoming established enough that pressure does not move us away from truth, obedience, or faithfulness to YAHUAH.

**The progression is intentional:**

**Rooted → Tested → Mature → Unmovable**

*We are not studying simply to know more. We are studying so that what we know becomes established in how we live.*

# How to Use This Study

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This eight-week study is designed for careful examination, honest reflection, and practical application of Scripture.

## **01 — READ**

Examine the primary Scriptures and their surrounding context.

## **02 — STUDY**

Examine the supporting narrative and how it connects to the week's theme.

## **03 — REFLECT**

Answer the questions honestly. Examine your own beliefs, choices, and conduct.

## **04 — APPLY**

Complete the Weekly Commitment by putting what you have learned into practice.

## **05 — REVISIT**

At the end of each week, consider what has changed and what still requires attention.

*The goal is not simply to know more Scripture, but to become established in how we live it.*

# Study Objectives

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By the conclusion of this eight-week study, participants should be better equipped to:

## **01 — ESTABLISH A FIRM FOUNDATION**

Ground their beliefs, decisions, and conduct in Scripture rather than tradition, assumption, or personal preference.

## **02 — DEVELOP DISCERNMENT**

Examine teachings carefully, test what they hear, and distinguish truth from error through Scripture.

## **03 — REMAIN FAITHFUL THROUGH TESTING**

Practice obedience and patience when facing pressure, uncertainty, waiting, or opposition.

## **04 — DEMONSTRATE MATURITY**

Receive correction with humility, examine personal conduct, and produce recognizable fruit.

## **05 — REMAIN ESTABLISHED**

Continue walking in truth and obedience without allowing circumstances to uproot their faithfulness in YAHUAH.

*The objective is not perfection, but continued growth in truth, obedience, and steadfastness to YAHUAH.*

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**Rooted • Tested • Mature • Unmovable**

## WEEK 1

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# ESTABLISHED IN THE WORD

The Word must become our foundation, not merely  
information we know.

*“For Ezra had set his heart to seek the law of YAHUAH, and to do it, and  
to teach in Yisra’el statutes and ordinances – Ezra 7:10*

*What is actually establishing what I believe and how I live?*

# Established in the Word

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## Anchor

Being established in the Word means allowing Scripture to govern what we believe, how we make decisions, and how we live. Knowledge alone does not produce a firm foundation. Yahusha teaches that stability comes through hearing His words and putting them into practice.

## Primary Scriptures

- Mattityahu 7:24–27
- Tehillim 119:9–11
- Timotheos Bet 3:16–17

## Supporting Narrative

### Ezra — Ezra 7:10

Ezra prepared his heart to seek the Torah of YAHUAH, to do it, and then to teach it. His example demonstrates an important order: seek the Word, practice what is learned, and then teach others.

## Weekly Focus

This week, examine what is actually shaping your beliefs, decisions, and conduct.

Being established is not measured by how much Scripture we know, how confidently we explain it, or how strongly we defend our positions. The foundation must be revealed through consistent obedience to what YAHUAH has instructed.

## As You Study, Consider:

*Am I building my life upon the Word of YAHUAH, or merely becoming knowledgeable about it?*

# The Foundation: Hearing & Doing

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## **Mattityahu 7:24–27 — The Two Foundations**

Yahusha describes two builders who heard His words. Both built houses, and both faced storms. Yet only one house remained standing.

The difference was obedience. One heard and acted; the other heard without putting His words into practice.

The storm did not create the weakness. It revealed what the house was built upon.

## **Tehillim 119:9–11 — The Word Within**

The psalmist asks how a young person can cleanse their way and points to guarding that way according to YAHUAH's Word.

The Word must be treasured within the heart, not merely remembered in the mind. What we store within us should influence how we live.

## **Timotheos Bet 3:16–17 — Equipped Through Scripture**

Scripture is profitable for teaching, reproof, correction, and instruction in righteousness.

Being established requires more than accepting what agrees with us. We must also allow Scripture to expose error, correct our understanding, and prepare us for good works.

## **What These Scriptures Establish**

### **HEARING » RECEIVING » OBEYING » GROWING**

We hear the Word.  
We treasure it within.  
We allow it to instruct and correct us.  
We put it into practice.

## **Key Truth**

*Being established in the Word is not demonstrated by knowledge alone, but by a life increasingly governed by what YAHUAH has instructed.*

# Ezra — Seek, Do, Teach

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## Supporting Narrative

Ezra 7:6–10

### The Preparation

Ezra was a skilled scribe in the Torah of Mosheh. Yet Scripture emphasizes more than his knowledge. Ezra 7:10 tells us that he had prepared his heart to seek the Torah of YAHUAH, to do it, and to teach its statutes and judgments in Yisra'el.

His preparation began within before it became visible through his actions.

### The Seeking

Ezra deliberately set his heart to seek the Torah. He did not approach Scripture merely as information to possess, but as instruction to understand and follow.

Seeking the Word requires humility, attention, and a willingness to examine what we believe.

### The Obedience

Ezra's commitment did not end with studying. He prepared his heart to do what the Torah instructed.

Knowledge was meant to produce obedience. Understanding the Word without practicing it would leave his preparation incomplete.

### The Teaching

Ezra 7:10 places seeking and practicing the Torah before teaching it, establishing the importance of living according to what we teach.

### What Ezra's Example Establishes

#### SEEK » DO » TEACH

Study the Word carefully.

Put what is learned into practice.

Teach with a life committed to obedience.

### Key Truth

*Being established in the Word requires more than knowing what Scripture says. It requires a heart prepared to seek it, a willingness to obey it, and integrity when sharing it with others.*

# Reflection & Application

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## Reflection Questions

1. According to Mattityahu 7:24–27, what separates the wise builder from the foolish builder, and how does that distinction apply to my life?

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2. What currently has the greatest influence on my beliefs and decisions—Scripture, tradition, personal preference, or the opinions of others?

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3. Is there an instruction in Scripture that I understand but have not consistently put into practice?

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4. What does Ezra's example of seeking, doing, and teaching reveal about my approach to studying and sharing Scripture?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will seek the Word of YAHUAH with humility.*

*I will receive its instruction and correction.*

*I will put into practice what I learn.*

*I will build my life upon truth and obedience.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 2

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# GROWING IN DISCERNMENT

Discernment is developed through the consistent examination  
and application of Scripture.

*“But strong meat belongeth to them that are of full age, even those who  
by reason of use have their senses exercised to discern both good and  
evil.”*

*— Ivrin 5:14*

*Can I test what I hear instead of simply accepting or rejecting it?*

# Growing in Discernment

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## Anchor

Discernment is not simply recognizing false teachings or questioning everything we hear. It is the ability to examine matters carefully, distinguish truth from error, and exercise sound judgment according to Scripture.

Ivrim 5:14 teaches that discernment develops through consistent practice. Spiritual maturity requires more than possessing knowledge; it requires learning to apply that knowledge correctly.

## Primary Scriptures

- Ivrim 5:12–14
- Philippiyim 1:9–10
- Yahuhanan Aleph 4:1

## Supporting Narrative

### The Bereans — Ma'asiym 17:10–12

The Bereans received the message with readiness while examining the Scriptures daily to determine whether what they heard was true.

They neither rejected the message simply because it was unfamiliar nor accepted it merely because someone taught it.

Their example demonstrates the importance of examining teachings against Scripture.

## Weekly Focus

This week, examine how you respond to teachings, interpretations, and information presented as Scriptural truth.

Discernment requires humility, patience, and a willingness to investigate. It is not measured by how quickly we identify disagreement, but by how carefully we examine what is being presented.

**True discernment seeks understanding before reaching conclusions.**

## As You Study, Consider:

*Am I genuinely testing what I hear against Scripture, or am I allowing familiarity, personal preference, or distrust to determine what I accept as truth?*

# Developing Discernment

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## Ivrim 5:12–14 — Discernment Through Practice

The writer addresses believers who should have progressed beyond elementary instruction but still require spiritual nourishment suited to beginners.

Maturity is associated with those who, through consistent use, have trained their senses to distinguish good from evil.

Discernment does not develop through knowledge alone. It requires exercising what we have learned through continued application.

## Philippiyim 1:9–10 — Knowledge With Judgment

Sha'ul prays that love would abound in knowledge and discernment, enabling believers to approve what is excellent.

This reveals that discernment involves more than identifying what is wrong. It also requires recognizing what is right, beneficial, and consistent with truth.

Knowledge must be accompanied by sound judgment and love.

## Yahuhanan Aleph 4:1 — Testing What We Hear

Yahuhanan warns believers not to believe every spirit but to test the spirits because false prophets have gone into the world.

This instruction calls for examination rather than unquestioning acceptance.

Discernment requires testing claims against Scriptural truth, including what Scripture teaches about Yahusha, rather than relying on confidence, popularity, or persuasive speech.

## What These Scriptures Establish

**KNOWLEDGE » PRACTICE » DISCERNMENT » MATURITY**

We grow in understanding.

We exercise what we have learned.

We develop sound judgment through continued practice.

We become better equipped to distinguish truth from error

## Key Truth

*Discernment is not the habit of questioning everything or rejecting what is unfamiliar. It is the trained ability to examine matters carefully and judge according to Scriptural truth.*

# The Bereans — Receiving & Examining the Word

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## Supporting Narrative

Ma'asiym 17:10–12

## The Reception

When Sha'ul and Silas arrived in Berea, they entered the synagogue and began teaching. The Bereans received the message with readiness of mind. They were willing to listen without immediately accepting or rejecting what they heard.

## The Examination

Scripture records that they searched the Scriptures daily to determine whether the teachings were true.

They did not rely solely on the messenger's reputation. They examined what was taught against Scripture.

**Their openness was accompanied by examination.**

## The Response

Ma'asiym 17:12 records that many believed.

Their example demonstrates that examining a teaching does not prevent belief. Careful examination can strengthen confidence in what Scripture establishes.

## The Lesson

The Bereans demonstrated that discernment requires both a willingness to learn and a commitment to truth.

**RECEIVE » EXAMINE » VERIFY » RESPOND**

Listen carefully.  
Search the Scriptures.  
Test what is taught.  
Respond according to truth.

## Consider

Am I willing to examine a teaching fairly, even when it challenges what I already believe?

## Key Truth

Discernment is not automatic acceptance or rejection. It is the disciplined examination of what we hear against Scripture.

# Reflection & Application

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## Reflection Questions

1. According to Ivrim 5:12–14, how is discernment developed, and am I actively exercising what I have learned?

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2. When I encounter an unfamiliar teaching, do I examine it against Scripture, or do I immediately accept or reject it?

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3. How does Philippiyim 1:9–10 challenge me to exercise discernment with both knowledge and love?

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4. What does the example of the Bereans reveal about my willingness to examine teachings, including those I already believe?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will examine what I hear against Scripture.*

*I will seek understanding before reaching conclusions.*

*I will remain humble and willing to learn.*

*I will allow truth to correct what I believe.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 3

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# FAITHFUL UNDER PRESSURE

Faithfulness is revealed when obedience remains our choice, even when the outcome is difficult.

*“Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”*

*— Ya'aqob 1:3–4*

*Do my convictions remain when obedience becomes costly?*

# Faithful Under Pressure

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## Anchor

Faithfulness is not determined by how favorable our circumstances become. It is demonstrated through continued obedience to YAHUAH, even when doing what is right brings difficulty, opposition, or personal cost.

Ya'aqob 1:2–4 teaches that the testing of faith produces endurance. Spiritual maturity develops as we learn to remain steadfast rather than allowing pressure to turn us away from obedience.

## Primary Scriptures

- Ya'aqob 1:2–4
- Kephaleph 1:6–7
- Qorintiyim Aleph 10:13

## Supporting Narrative

**Yirmeyahu — Yirmeyahu 37:11–21; 38:1–13**

Yirmeyahu faithfully delivered YAHUAH's message despite rejection, false accusations, and imprisonment.

His obedience did not protect him from suffering. Yet he continued speaking what YAHUAH had instructed, even when his message placed him in danger.

His example demonstrates that faithfulness is not dependent upon acceptance, comfort, or immediate deliverance.

## Weekly Focus

This week, examine how you respond when obedience becomes difficult or carries consequences.

Pressure can reveal whether our convictions are grounded in Scripture or influenced by the desire for approval, comfort, and favorable outcomes.

Being established means remaining committed YAHUAH's instructions, even when circumstances challenge that commitment.

## As You Study, Consider:

*Do I remain obedient to YAHUAH when doing what is right becomes uncomfortable, unpopular, or costly?*

# Faithfulness Through Testing

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## Ya'aqob 1:2-4 — Testing Produces Endurance

Trials test our faith and develop endurance.

Ya'aqob does not teach that suffering is enjoyable. Rather, he encourages us to recognize that steadfastness through difficulty contributes to spiritual maturity.

## Kepha Aleph 1:6-7 — Faith Refined Through Trials

Kepha compares tested faith to gold refined by fire.

Trials can reveal the sincerity of our faith and expose areas that need strengthening.

Genuine faith is not defined by the absence of difficulty but by its endurance through testing.

## Qorintiyim Aleph 10:13 — Choosing Obedience

Sha'ul teaches that YAHUAH is faithful when we face temptation.

Temptation does not make disobedience inevitable. YAHUAH provides a way to endure without surrendering.

Our responsibility is to recognize that way and choose obedience.

## What These Scriptures Establish

**TESTING » ENDURANCE » REFINEMENT » MATURITY**

**Testing** reveals where our faith is challenged.

**Endurance** develops as we remain steadfast.

**Refinement** exposes what needs strengthening.

**Maturity** grows through practiced faithfulness.

## Key Truth

*Faithfulness is not the absence of pressure. It is choosing obedience to YAHUAH despite it.*

# Yirmeyahu — Faithful Despite the Cost

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**Supporting Scripture:**  
Yirmeyahu 37:11–21; 38:1–13

## The Accusation

Yirmeyahu was falsely accused, beaten, and imprisoned for delivering an unpopular message.

Obedience did not shield him from opposition.

## The Opposition

Officials rejected Yirmeyahu's message and had him lowered into a muddy cistern. He faced danger because the officials opposed the message YAHUAH had instructed him to proclaim.

## The Deliverance

Ebed-Melek intervened, and Yirmeyahu was rescued from the cistern. Yet he remained confined. His rescue did not bring an immediate end to every hardship.

## The Lesson

Yirmeyahu remained faithful despite rejection, mistreatment, and uncertainty.

**OBEDIENCE » OPPOSITION » ENDURANCE » FAITHFULNESS**

Obedience: Deliver the message.

Opposition: Face rejection.

Endurance: Remain steadfast.

Faithfulness: Refuse to compromise.

## Consider

Will I remain obedient when faithfulness comes at a personal cost?

## Key Truth

*Faithfulness is continuing in obedience to YAHUAH, even when circumstances remain difficult.*

# Reflection & Application

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## Reflection Questions

1. According to Ya'aqob 1:2-4, how can trials develop endurance and spiritual maturity in my life?

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2. When obedience becomes difficult, am I more concerned with remaining faithful or avoiding discomfort?

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3. How does Qorintiyim Aleph 10:13 challenge me to respond when I face temptation to compromise?

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4. What does Yirmeyahu's example teach about remaining obedient when others reject or oppose me?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will remain faithful to YAHUAH under pressure.*

*I will not allow opposition to determine my obedience.*

*I will endure trials without surrendering truth.*

*I will remain steadfast regardless of the outcome.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 4

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# ESTABLISHED IN THE WAITING

Waiting faithfully requires patience without abandoning obedience.

*“Wait on YAHUAH: be of good courage, and he shall strengthen thine heart: wait, I say, on YAHUAH.”*

*— Tehillim 27:14*

*Can I remain faithful when YAHUAH's timing does not match my expectations?*

# ESTABLISHED IN THE WAITING

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## Anchor

Waiting can challenge our patience, expectations, and trust in YAHUAH.

Scripture teaches that waiting is not simply the passage of time. It is an opportunity to exercise endurance, remain obedient, and trust YAHUAH even when we do not understand His timing.

Being established means our faithfulness does not depend on receiving immediate answers.

## Primary Scriptures

- Tehillim 27:13–14
- Yeshayahu 40:31
- Ivrim 10:35–36

## Supporting Narrative

**Habakkuk — Habakkuk 1:1–4; 2:1–4; 3:17–19**

Habakkuk questioned the violence and injustice around him and why YAHUAH appeared not to intervene.

Rather than abandoning his trust, he brought his concerns before YAHUAH and positioned himself to receive an answer.

His account demonstrates that faithful waiting allows room for questions without surrendering confidence in YAHUAH.

## Weekly Focus

This week, examine how you respond when answers are delayed or circumstances remain unchanged.

Do you become discouraged, attempt to force an outcome, or continue walking in obedience? Waiting faithfully requires patience, humility, and confidence that YAHUAH's timing is not determined by our expectations.

## As You Study, Consider:

*Can I remain obedient and trust YAHUAH when I do not understand what He is allowing or how long I must wait?*

# Strengthened Through Waiting

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## **Tehillim 27:14 — Wait With Courage**

Dawid encourages us to wait on YAHUAH and remain courageous.

Waiting does not mean abandoning hope. It requires trusting YAHUAH even when circumstances have not changed.

Our confidence must rest in Him, not in immediate results.

## **Yeshayahu 40:31 — Renewed Strength**

Yeshayahu teaches that those who wait upon YAHUAH shall renew their strength.

Waiting is not necessarily inactivity. It can be a time of continued obedience, dependence, and spiritual strengthening.

Our strength comes from YAHUAH, not from controlling the outcome.

## **Ivrim 10:35–36 — Endurance Before Fulfillment**

Ivrim instructs believers not to cast away their confidence.

Patience is necessary as we continue doing the will of YAHUAH.

Faithful waiting means remaining obedient without demanding immediate fulfillment.

## **What These Scriptures Establish**

**WAITING » TRUST » ENDURANCE » STRENGTH**

**Waiting:** Accept that answers may be delayed.

**Trust:** Remain confident in YAHUAH.

**Endurance:** Continue walking in obedience.

**Strength:** Depend on YAHUAH to sustain us.

## **Key Truth**

*Waiting faithfully means continuing in obedience while trusting YAHUAH with what remains beyond our control.*

# Habakkuk — Trusting Without Answers

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## Supporting Narrative

Habakkuk 1:1–4; 2:1–4; 3:17–19

## The Questions

Habakkuk questioned why injustice continued and why YAHUAH had not intervened. Rather than abandoning his faith, he brought his concerns directly before YAHUAH.

## The Watch

Habakkuk positioned himself to watch for YAHUAH's response. He was willing to receive an answer, even if it challenged his understanding.

## The Waiting

YAHUAH instructed Habakkuk to record the vision, which would be fulfilled at its appointed time.

The delay did not mean the message would fail. Habakkuk was called to live by faith.

## The Trust

Habakkuk declared that even if the fields produced no food and the flocks disappeared, he would rejoice in YAHUAH.

His confidence was not dependent on favorable circumstances.

## The Lesson

**QUESTIONING » WATCHING » WAITING » TRUSTING**

Questioning: Bring concerns before YAHUAH.

Watching: Remain willing to receive instruction.

Waiting: Exercise patience and faith.

Trusting: Remain faithful regardless of circumstances.

## Consider

Can I continue trusting YAHUAH when His answer differs from what I expected?

## Key Truth

*Faithful waiting allows questions without allowing uncertainty to destroy our trust in YAHUAH.*

# Reflection & Application

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## Reflection Questions

1. According to Tehillim 27:13–14, what does it mean to wait on YAHUAH with courage and confidence?

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2. When answers are delayed, do I continue walking in obedience, or do I become impatient and attempt to control the outcome?

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3. How does Ivrim 10:35–36 challenge me to remain confident and patient while doing the will of YAHUAH?

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4. What does Habakkuk's example teach me about bringing questions before YAHUAH without abandoning my trust in Him?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will trust YAHUAH when answers are delayed.  
I will remain obedient while I wait.  
I will not allow uncertainty to weaken my faithfulness.  
I will trust YAHUAH beyond what I can see.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 5

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# CORRECTABLE

Spiritual maturity is demonstrated not only by what we know, but by our willingness to be corrected.

*“Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish.”*

*— Mishlei 12:1*

*Am I willing to receive correction, even when it challenges what I believe or how I live?.*

# Correctable

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## Anchor

Spiritual maturity requires humility and a willingness to receive correction. Scripture teaches that wisdom grows when we accept instruction and examine our conduct honestly. Being established in YAHUAH means allowing His Word to correct our understanding, attitudes, and actions.

## Primary Scriptures

- Mishlei 9:8–9
- Mishlei 12:1
- Ya'aqob 1:19–22

## Supporting Narrative

### Na'aman — Melakiym Bet 5:1–14

Na'aman sought healing but initially rejected the instructions given through Elisha because they challenged his expectations.

After listening to his servants, he humbled himself and obeyed.

His account demonstrates how pride can hinder obedience and how humility allows us to receive instruction.

## Weekly Focus

This week, examine how you respond when Scripture, sound instruction, or correction challenges your beliefs or conduct.

Do you become defensive, justify your actions, or honestly consider what needs to change? Being correctable does not mean accepting every criticism without examination. It means remaining humble enough to recognize and address what Scripture establishes as wrong. Correction becomes valuable when it produces change.

## As You Study, Consider:

*Am I willing to acknowledge when I am wrong and make the necessary changes, even when correction challenges my pride?*

# Receiving Correction

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## Mishlei 9:8–9 — Wisdom Receives Correction

Mishlei contrasts the response of the wise with those who reject correction. A wise person recognizes that instruction provides an opportunity to grow. Humility allows us to consider correction without immediately becoming defensive.

## Mishlei 12:1 — Loving Instruction

Scripture connects the love of knowledge with a willingness to accept correction. Rejecting reproof prevents us from recognizing areas where change is necessary. Spiritual maturity requires an honest examination of our beliefs and conduct.

## Ya'aqob 1:19–22 — Hearing Must Produce Action

Ya'aqob instructs believers to be quick to hear, slow to speak, and slow to anger. Receiving instruction requires listening rather than immediately defending ourselves. True obedience is demonstrated when we put the Word into practice.

## What These Scriptures Establish

**HUMILITY » LISTENING » EXAMINATION » CHANGE**

**Humility:** Recognize the need for correction.

**Listening:** Receive instruction without defensiveness.

**Examination:** Test correction against Scripture.

**Change:** Apply what Scripture establishes.

## Key Truth

*Being correctable means remaining humble enough to receive instruction, examine it against Scripture, and change when correction is warranted.*

# Na'aman — Humility Before Obedience

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## Supporting Narrative Melakiym Bet 5:1–14

### The Expectation

Na'aman, a respected military commander, sought healing from his leprosy. He expected Elisha to heal him in a particular way, but the instructions he received challenged those expectations.

### The Resistance

Through a messenger, Elisha instructed Na'aman to wash seven times in the Yarden River. Na'aman became angry and initially refused. His anger and expectations initially prevented him from following the instruction.

### The Correction

Na'aman's servants encouraged him to reconsider. Instead of continuing in anger, he listened, humbled himself, and followed the instructions.

### The Response

Na'aman washed seven times as instructed, and his flesh was restored. His willingness to reconsider led to obedience.

### The Lesson

**PRIDE » RESISTANCE » HUMILITY » OBEDIENCE**

**Pride:** Expectations influenced his response.

**Resistance:** He rejected the instruction.

**Humility:** He listened and reconsidered.

**Obedience:** He followed what was instructed.

### Consider

Am I willing to reconsider my position when correction challenges my expectations?

### Key Truth

*Being correctable requires humility, a willingness to listen, and the courage to change.*

# Reflection & Application

## Reflection Questions

1. According to Mishlei 9:8–9, how does a wise person respond to correction, and does my response reflect that wisdom?

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2. When someone challenges my beliefs or conduct, do I listen carefully or immediately become defensive?

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3. How does Ya'aqob 1:19–22 challenge me to move beyond hearing correction and actually applying it?

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4. What does Na'aman's example teach me about allowing pride or personal expectations to interfere with obedience?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

---

One act of obedience I will take:

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## Declaration

*will remain humble before YAHUAH.  
I will receive correction without allowing pride to lead me.  
I will examine instruction against Scripture.  
I will make the changes that obedience requires.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 6

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# STEADY THROUGH OPPOSITION

Opposition does not automatically mean we are on the wrong path, nor does it prove we are on the right one. Scripture must remain our standard.

*“Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Master, forasmuch as ye know that your labour is not in vain in the Master.”*

*— 2 Corinthians 1:58*

*Can I remain steadfast in obedience without allowing opposition to determine my direction?*

# Steady Through Opposition

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## Anchor

Remaining steadfast requires conviction grounded in Scripture rather than the approval of others.

Opposition can challenge our patience, confidence, and commitment to obedience. Being established in YAHUAH means continuing in truth without allowing criticism, hostility, or discouragement to determine our conduct.

## Primary Scriptures

- **Qorintiyim Aleph 15:58**
- **Galatiym 6:9**
- **Ivrim 12:1–3**

## Supporting Narrative

### Yahusha — Mattithyahu 26:57–68

Yahusha faced false accusations and hostility before the religious council.

He did not respond to every accusation, yet He answered when directly questioned about His identity.

His example demonstrates steadfastness, restraint, and commitment to truth despite opposition.

## Weekly Focus

This week, examine how you respond when others challenge, criticize, or oppose you. Do you become distracted by defending yourself, react emotionally, or remain focused on obedience?

Steadfastness requires discernment. Not every disagreement is persecution, and not every accusation requires a response.

Our responsibility is to remain faithful to truth, not to win every argument.

## As You Study, Consider:

*Can I remain grounded in Scripture and continue walking in obedience when others oppose or misunderstand me?*

# Remaining Steadfast

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## **Qorintiyim Aleph 15:58 — Stand Firm**

Sha'ul encourages believers to remain steadfast and unmovable in their work. Our commitment to obedience must remain grounded in truth rather than the approval or opposition of others.

Faithfulness requires consistency, even when our efforts are challenged.

## **Galatiym 6:9 — Do Not Grow Weary**

Sha'ul encourages believers not to become weary in doing good.

Opposition and discouragement can tempt us to abandon what is right.

Perseverance means continuing in obedience without allowing discouragement to determine our actions.

## **Ivrim 12:1–3 — Endure Without Losing Focus**

Scripture directs us to consider Yahusha, who endured hostility so that we would not become weary or lose heart.

His example encourages us to persevere rather than become weary or discouraged.

Remaining steadfast requires keeping our attention on the path of obedience.

## **What These Scriptures Establish**

**CONVICTION » OPPOSITION » RESTRAINT » STEADFASTNESS**

**Conviction:** Remain grounded in Scripture.

**Opposition:** Recognize resistance without losing direction.

**Restraint:** Respond with wisdom rather than emotion.

**Steadfastness:** Continue faithfully in obedience.

## **Key Truth**

*Steadfastness is remaining committed to truth and obedience without allowing opposition to determine our conduct.*

# Yahusha — Steadfast Before His Accusers

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## Supporting Narrative

Mattithyahu 26:57–68

### The Accusations

Yahusha was brought before the religious council, where false witnesses testified against Him. Despite the accusations, He did not allow their hostility to dictate His response.

### The Restraint

When confronted with accusations, Yahusha initially remained silent. He demonstrated that not every accusation requires an immediate defense.

### The Response

When the high priest directly questioned Him about His identity, Yahusha answered. His restraint did not prevent Him from speaking truth when questioned under oath.

### The Opposition

Yahusha's answer was met with condemnation, mockery, and physical mistreatment. He remained steadfast despite the hostility directed toward Him.

### The Lesson

**CONVICTION » OPPOSITION » RESTRAINT » STEADFASTNESS**

**Conviction:** Remain grounded in truth.

**Opposition:** Face hostility without compromise.

**Restraint:** Exercise wisdom in responding.

**Steadfastness:** Remain faithful despite rejection.

### Consider

Do I allow accusations to control my response, or do I exercise discernment in when and how I answer?

### Key Truth

*Steadfastness is not answering every accusation. It is remaining faithful to truth regardless of opposition.*

# Reflection & Application

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## Reflection Questions

1. According to Qorintiyim Aleph 15:58, what does it mean to remain steadfast, and how am I demonstrating that commitment?

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2. When I face criticism or opposition, do I remain focused on obedience, or do I become distracted by defending myself?

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3. How does Ivrim 12:1–3 encourage me to endure hostility without becoming weary or discouraged?

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4. What does Yahusha's example before His accusers teach me about exercising restraint and knowing when to respond?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will remain steadfast in the truth of YAHUAH.  
I will not allow opposition to control my conduct.  
I will exercise wisdom in when and how I respond.  
I will continue in obedience without growing weary.*

# Notes & Reflection

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Use this space to reflect, write, and process what you are learning this week.



## WEEK 7

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# BEARING MATURE FRUIT

Spiritual maturity is not measured by how much Scripture we know,  
but by how consistently its truth shapes our conduct..

*“Herein is my Father glorified, that ye bear much fruit; so shall ye be my  
disciples.”*

— *Yahuhanan 15:8*

*Is my spiritual growth producing visible evidence in my character, conduct, and relationships?*

# Bearing Mature Fruit

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## Anchor

Spiritual maturity is demonstrated through the fruit our lives produce. Scripture teaches that genuine growth involves more than knowledge or outward appearances. It requires character and conduct shaped by the Ruach of YAHUAH. Being established means allowing truth to produce lasting changes in how we think, speak, and treat others.

## Primary Scriptures

- Galatiym 5:22–23
- Yahuhanan 15:4–5, 8
- Mattithyahu 7:16–20

## Supporting Narrative

**Barnabas — Ma'asiym 4:36–37; 9:26–28; 11:22–26**

Barnabas demonstrated generosity, encouragement, and service through his actions. He supported Sha'ul when others were hesitant to receive him and helped strengthen believers in Antioch.

His example demonstrates how spiritual maturity becomes visible through consistent conduct toward others.

## Weekly Focus

This week, examine whether your spiritual growth is producing recognizable fruit. Are patience, kindness, self-control, and love becoming more evident in your daily interactions?

Spiritual maturity is not measured by knowledge or position alone. It is demonstrated through consistent obedience and conduct.

**Mature faith produces fruit that extends beyond words.**

## As You Study, Consider:

*If someone examined how I spend my time, attention, and resources, what would they conclude matters most to me?*

# The Evidence of Maturity

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## **Galatiym 5:22–23 — The Fruit of the Ruach**

Sha'ul identifies the fruit of the Ruach: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

These qualities reveal how spiritual growth influences our character and conduct.

Maturity becomes evident through the way we live and treat others.

## **Yahuhanan 15:4–5, 8 — Abiding Produces Fruit**

Yahusha teaches that branches cannot bear fruit apart from the vine.

Likewise, spiritual fruit develops as we remain connected to Him and His teachings.

Lasting growth requires continued dependence, not occasional obedience.

## **Mattithyahu 7:16–20 — Recognized by Fruit**

Yahusha teaches that trees are recognized by the fruit they produce.

Our words and outward appearances alone do not establish spiritual maturity.

Consistent conduct provides evidence of what is developing within us.

## **What These Scriptures Establish**

**ABIDING » GROWING » BEARING » MATURING**

**Abiding:** Remain connected to Yahusha.

**Growing:** Allow truth to shape our character.

**Bearing:** Demonstrate fruit through our conduct.

**Maturing:** Develop consistency in obedience.

## **Key Truth**

*Spiritual maturity is revealed through the fruit of our character and conduct, not merely through what we know or profess.*

# Barnabas — Maturity in Action

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## Supporting Narrative

Ma'asiym 4:36–37; 9:26–28; 11:22–26

## The Generosity

Barnabas sold land and gave the proceeds to support the needs of believers. His generosity demonstrated a willingness to serve others through his resources.

## The Encouragement

When the disciples feared Sha'ul, Barnabas spoke on his behalf. Barnabas explained Sha'ul's experience and helped the disciples understand his changed conduct.

## The Service

In Antioch, Barnabas encouraged believers to remain faithful to YAHUAH. He later sought Sha'ul's assistance, and together they taught the assembly.

## The Lesson

Barnabas demonstrated spiritual maturity through generosity, encouragement, and service.

### ABIDING » GROWING » BEARING » MATURING

**Abiding:** Remain grounded in truth.

**Growing:** Develop character through obedience.

**Bearing:** Demonstrate love through actions.

**Maturing:** Continue serving faithfully.

## Consider

Does my conduct encourage, strengthen, and support others, or do I merely speak about spiritual maturity?

## Key Truth

*Spiritual maturity becomes visible when the truth we profess is demonstrated through our actions.*

# Reflection & Application

## Reflection Questions

1. According to Galatiym 5:22–23, which qualities of the fruit of the Ruach are evident in my life, and which need further growth?

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2. How does Yahuhanan 15:4–5 challenge me to remain connected to Yahusha rather than relying on my own efforts?

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3. When I examine my daily conduct, do my actions consistently reflect the spiritual maturity I profess?

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4. What does Barnabas's example teach me about demonstrating generosity, encouragement, and service toward others?

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## Weekly Commitment

One truth I will examine:

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One change I will make:

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One act of obedience I will take:

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## Declaration

*I will remain rooted in the teachings of Yahusha.  
I will allow the Ruach of YAHUAH to shape my character.  
I will demonstrate love and obedience through my actions.  
I will pursue maturity that produces lasting fruit.*

# Notes & Reflection

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Use this space to reflect, write, and process  
what you are learning this week.



## WEEK 8

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# ESTABLISHED & UNMOVABLE

Being established is not the end of spiritual growth. It is a commitment to continue walking in truth.

ROOTED • ESTABLISHED • STEADFAST • ENDURING

*“Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Master, forasmuch as ye know that your labour is not in vain in the Master.”*

— *2 Corinthians 1:58*

*Will I remain rooted in YAHUAH and continue walking in obedience beyond this study?*

# Established & Unmovable

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## Anchor

Being established in YAHUAH requires more than beginning with a strong foundation. It requires continuing in truth, obedience, and faithfulness.

Scripture teaches that spiritual stability develops as we remain rooted in YAHUAH's Word. Being unmovable does not mean we never struggle. It means we remain committed to YAHUAH through life's challenges.

## Primary Scriptures

- Qorintiyim Aleph 15:58
- Qolosiym 2:6–7
- Tehillim 1:1–3

## Supporting Narrative

**Iyob — Iyob 1:20–22; 2:9–10; 42:1–6**

Iyob experienced devastating loss and suffering that challenged his understanding. He questioned, grieved, and struggled, yet continued bringing his concerns before YAHUAH. His account demonstrates that steadfast faith can coexist with difficult questions and emotional struggles.

## Weekly Focus

This final week, examine whether the truths studied throughout these eight weeks are becoming established in your daily life.

Are you continuing in obedience, remaining open to correction, and trusting YAHUAH through uncertainty?

Spiritual maturity is not the absence of struggle or the belief that we have nothing left to learn. **Being established means remaining rooted while continuing to grow.**

## As You Study, Consider:

*Will I continue walking in truth, humility, and obedience to YAHUAH long after this study has ended?*

# Rooted, Established & Steadfast

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## **Qorintiyim Aleph 15:58 — Remain Unmovable**

Sha'ul encourages believers to remain steadfast, unmovable, and diligent in their service. Spiritual stability requires continued obedience, even when circumstances become difficult.

Being established means refusing to abandon truth when challenges arise.

## **Qolosiyim 2:6–7 — Rooted and Established**

Sha'ul teaches believers to continue walking in Yahusha, rooted and built up in Him. A strong foundation develops through continued faith, instruction, and obedience. Spiritual growth requires remaining grounded while continuing to mature.

## **Tehillim 1:1–3 — Planted and Fruitful**

Scripture compares the righteous to a tree planted beside streams of water. Its stability and fruitfulness illustrate the value of delighting in and meditating on YAHUAH's instruction.

A life rooted in His Word is positioned for lasting growth.

## **What These Scriptures Establish**

**ROOTED » ESTABLISHED » STEADFAST » ENDURING**

**Rooted:** Grounded in YAHUAH's Word.

**Established:** Strengthened through faith and obedience.

**Steadfast:** Remain committed despite challenges.

**Enduring:** Continue faithfully throughout life.

## **Key Truth**

*Being established in YAHUAH is not a destination where growth ends. It is a continuing commitment to truth, humility, and obedience.*

# Iyob — Faithful Through the Testing

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## Supporting Narrative

Iyob 1:20–22; 2:9–10; 42:1–6

## The Testing

Iyob experienced devastating loss, physical suffering, and circumstances he could not understand.

Despite his grief, he did not abandon YAHUAH.

## The Struggle

Iyob questioned his suffering and expressed deep anguish.

His words reveal that faithfulness does not require pretending that hardship is easy or that every question has been answered.

## The Humility

When YAHUAH addressed Iyob, he recognized the limits of his understanding.

Iyob humbled himself, acknowledging that YAHUAH's wisdom exceeded his own.

## The Lesson

Iyob's account demonstrates that steadfast faith can endure suffering, questions, and uncertainty.

**FAITH » TESTING » HUMILITY » STEADFASTNESS**

**Faith:** Remain committed to YAHUAH.

**Testing:** Face hardship without abandoning Him.

**Humility:** Recognize the limits of understanding.

**Steadfastness:** Continue trusting YAHUAH.

## Consider

Can I remain faithful to YAHUAH even when I do not understand what I am experiencing?

## Key Truth

*Being established does not mean never struggling. It means continuing to trust YAHUAH through hardship, uncertainty, and unanswered questions.*

# Reflection & Application

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## Reflection Questions

1. WAccording to Qolosiyim 2:6–7, what does it mean to be rooted and established in faith, and how is this reflected in my life?

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2. Looking back over these eight weeks, which teaching challenged me most, and what changes have I made?

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3. What does Iyob's example teach me about remaining faithful through suffering, uncertainty, and unanswered questions?

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4. How will I continue growing in truth, humility, and obedience after this study ends?

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## Final Commitment

One truth I will continue examining:

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One change I will continue practicing:

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One act of obedience I will commit to:

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## Declaration

*I will remain rooted in the Word of YAHUAH.*

*I will remain humble, correctable, and obedient.*

*I will stand firm in truth through every season.*

*I will continue growing and walking faithfully in YAHUAH.*

# Notes & Reflection

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Use this space to reflect, write, and process what you are learning this week.



# Final Reflection

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## Looking Back

Over these eight weeks, we have examined what it means to become rooted, discerning, faithful, correctable, and steadfast in YAHUAH.

Now consider how these teachings have influenced your life.

## Reflect on Your Growth

1. What truth challenged me most during this study?

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2. What changes have I made in my beliefs or conduct?

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3. Where do I still need correction or growth?

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4. How will I continue applying what I have learned?

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## My Continuing Commitment

One area I will continue strengthening:

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One action I will take moving forward:

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## Final Thought

*Being established in YAHUAH is not the completion of a study. It is a continuing commitment to truth and obedience.*

# The Journey Continues

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## **Rooted in Truth. Established in Obedience.**

Eight weeks of study have brought us to this final page, but our journey of spiritual growth continues.

We have examined our foundation, discernment, faithfulness, patience, humility, steadfastness, and spiritual fruit.

Now comes the responsibility of living what we have learned.

“As ye have therefore received Messiah Yahusha, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.”

— **Qolosiym 2:6–7**

## **A Continuing Commitment**

May we remain willing to examine our beliefs, receive correction, and walk in obedience. May our knowledge produce understanding, our understanding produce action, and our actions reflect the truth we profess.

Being established does not mean we have finished growing.

**It means we have committed ourselves to continuing faithfully.**

## **Final Declaration**

*I will remain rooted in YAHUAH's Word.*

*I will seek wisdom and receive correction.*

*I will walk in truth, humility, and obedience.*

*I will remain steadfast through every season.*

*I will continue growing in YAHUAH.*

**Let It Be Established.**