

Echoes of YAHUAH™ | Scripture Study

REFINED, TESTED, & ESTABLISHED

An 8-Week Scripture Study

A process of examination, correction, and consistent obedience.

Qorintiyim Bet 13:5
“Examine yourselves, whether you be in the belief.”

Facilitated by Denise Thompson & Travis Armstead

Welcome

Welcome to Refined, Tested, and Established.

This study is designed to guide you through a process of examination, correction, and consistent obedience through Scripture.

This is not surface-level learning. This is a call to be refined, tested, and established in your walk.

Each week builds through a process of:

- Examination
- Repentance
- Dying to Self
- Commitment
- Endurance Through Testing
- Discernment
- Discipline
- Establishment

Growth does not happen by hearing alone-it happens through obedience and consistency.

Take your time.
Examine honestly.
Apply what is revealed.

Scripture Foundation

“Your Word is a lamp unto my feet, and a
light unto my path”

Tehillim 119:105

“The entirety of Your Word is truth.”

Tehillim 119:160

This study is built on the authority of Scripture.

Nothing in this study is based on opinion,
feeling, or personal interpretation.
The Word is the standard.

Scripture Name Reference

This study uses Hebraic-style renderings of names to maintain consistency.

The following references are provided for clarity.

Common Name	Study Format
Matthew	Mattityahu
John	Yahuhanan
Acts	Ma`asei HaShlichim
Philippians	Pilipiyim
Job	Iyov
Psalms	Tehillim
2 Corinthians	Qorintiyim Bet
1 Corinthians	Qorintiyim Aleph
James	Ya`aqov
1 Peter	Kepha Aleph
Colossians	Qolosiyim

The message remains the same. Only the rendering of names differs.

How to Use This Study

This study is designed to guide you through a process of examination, correction, and consistent obedience through Scripture.

Each week builds on the previous one. Do not skip ahead. What is revealed must be applied.

Each week includes:

Scripture Focus

Read and study the assigned passages carefully.

Teaching Focus

Understand what is being revealed and where correction is needed.

Reflection

Answer the questions honestly. Do not avoid what is exposed.

Application

Take clear, specific action based on what you have learned.

Weekly Rhythm

Day 1 – Review the theme and primary scriptures

Midweek – Continue reflecting and applying

Before Zoom – Come prepared to engage and respond

After Zoom – Walk out what has been established

Instruction

Move through each week with intention.

Do not rush.

What is revealed must be corrected.

What is corrected must be maintained.

Remain consistent. Do not return.

Study Overview

Week 1 — Examine Yourself

Learning to test yourself by the Word

Week 2 — Repentance That Produces Change

Turning away and taking action

Week 3 — Dying to Self

Letting go of your will

Week 4 — Counting the Cost

Choosing commitment over comfort

Week 5 — Enduring Trials & Testing

Responding correctly under pressure

Week 6 — Guarding Against Deception

Testing everything by the Word

Week 7 — Walking in Authority & Discipline

Building consistency and structure

Week 8 — Established & Unmovable

Remaining rooted and consistent

Each step builds toward a life that is reined, tested, and established.

Remain consistent. Do not return

WEEK 1

EXAMINE YOURSELF

You cannot grow if you refuse to examine yourself.

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Examine Yourself

Anchor

You cannot grow if you refuse to examine yourself.

Primary Scriptures

- Qorintiyim Bet 13:5
- Tehillim 26:2
- Eikhah 3:40

Weekly Focus

This week we are focusing on true self examination according to the Word.

Examination is not based on feelings, opinions, or comparison to others-it is based on Scripture.

Many believe they are walking correctly but have never tested their actions, thoughts, and choices against the Word. Scripture commands us to examine ourselves, identify what is not aligned, and return to the right path.

Hearing without examining leads to deception. Growth begins when you are willing to see yourself clearly and respond in obedience.

Reflection Questions

1. What is YAHUAH showing me about myself?

2. What have I been avoiding or ignoring?

3. What needs to change immediately?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will examine myself by the Word.

I will not ignore what is revealed.

I will respond with obedience.

WEEK 2

REPENTANCE THAT PRODUCES CHANGE

If nothing changed, you didn't repent.

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Repentance That Produces Change

Anchor

If nothing changed, you didn't repent.

Primary Scriptures

- Ma'asei HaShlichim 3:19
- Mattityahu 3:8
- Yehezqel18:30=31

Weekly Focus

This week we are focusing on what true repentance looks like according to Scripture.

Repentance is not emotion-it is action. It requires turning away from what is not aligned and walking in obedience.

Many feel convicted but remain unchanged. Scripture shows that true repentance produces visible fruit through changed behavior, decisions, and direction.

Reflection Questions

1. What is YAHUAH showing me that I need to turn away from?

2. What have I said I repented from but haven't fully left?

3. What action do I need to take immediately?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will not return to what YAHUAH has called me to leave.
I will walk in true repentance through action.
I will align my life with His Word.

WEEK 3

DYING TO SELF

You cannot follow while holding onto yourself.

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Dying to Self

Anchor

You cannot follow while holding onto yourself.

Primary Scriptures

- Luqas 9:23
- Galatiyim 2:20
- Romiyim 6:6

Weekly Focus

This week we are focusing on what it truly means to deny yourself and follow according to Scripture.

Dying to self is not about improving your old ways-it is about putting them to death. This includes your desires, preferences, and anything that goes against the Word.

Many want to follow YAHUAH while still holding onto control. Scripture shows that you cannot walk in obedience while allowing your will to lead.

True growth begins when your will is no longer in control and your life is fully submitted.

Reflection Questions

1. Where is my will still leading my decisions?

2. What am I holding onto that I need to let go of?

3. What does denying myself look like in action this week?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will deny myself and follow in obedience.
I will not allow my will to lead me.
I will walk in submission to the Word.

WEEK 4

COUNTING THE COST

If you don't count the cost, you won't finish.

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Counting the Cost

Anchor

If you don't count the cost, you won't finish.

Primary Scriptures

- Luqas 14:27-28
- Mattityahu 10:37-39
- Pilipiyim 3:7-8

Weekly Focus

This week we are focusing on understanding the cost of walking in obedience.

Following YAHUAH is not casual-it requires sacrifice. This may include letting go of relationships, comfort, approval, and anything that competes with obedience.

Many begin this walk without fully understanding what it requires. When pressure comes, they struggle because they were not prepared for the cost.

Scripture teaches that commitment must be counted beforehand. This is not a halfway walk. It requires full surrender

Reflection Questions

1. What is this walk currently costing me-or what might it cost me?

2. What am I struggling to let go of?

3. Am I fully committed, or am I holding back in certain areas?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will count the cost and remain committed.
I will not turn back when it becomes difficult.
I will choose obedience over comfort.

WEEK 5

ENDURING TRIALS & TESTING

Testing reveals what is truly in you.

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Enduring Trials & Testing

Anchor

Testing reveals what is truly in you.

Primary Scriptures

- Ya`aqov 1:2-4
- Kephah Aleph 1:6-7
- Iyov 23:10

Weekly Focus

This week we are focusing on trials and testing and how they shape your walk.

Trials are not punishment—they are used to reveal what is truly in you and to produce endurance. Pressure exposes whether your faith is rooted in the Word or in your emotions.

Many want growth without testing, but Scripture shows that endurance is built through trials. What you do under pressure matters.

Your response determines whether you grow or remain the same.

Reflection Questions

1. How have I been responding under pressure?

2. What has my response revealed about me?

3. How should I respond according to Scripture moving forward?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will endure through testing.
I will respond according to the Word—not my emotions.
I will allow trials to produce growth in me.

WEEK 6

GUARDING AGAINST DECEPTION

If you don't test it, you will accept it.

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Guarding Against Deception

Anchor

If you don't test it, you will accept it.

Primary Scriptures

- Mattityahu 24:4-5
- Yahuhanan Aleph 4:1
- Qorintiyim 11:13-15

Weekly Focus

This week we are focusing on recognizing and guarding against deception.

Not everything that sounds right is truth. Deception often appears convincing, and many are misled because they do not test what they hear against the Word.

Scripture instructs us to examine everything. Discernment does not come from feelings-it comes from knowing and applying the Word.

If you are not grounded, you can be easily led off course. This week is about staying rooted in truth.

Reflection Questions

1. Have I tested what I believe against Scripture?

2. Why am I more likely to accept something-because it sounds good or because it is true?

3. What will I do going forward to test everything I hear?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will test everything by the Word.
I will not be led by what sounds good.
I will remain grounded in truth.

WEEK 7

WALKING IN AUTHORITY & DISCIPLINE

Demonstrating growth through action

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Walking in Authority & Discipline

Anchor

Authority comes through submission and discipline.

Primary Scriptures

- Ya`aqov 4:7
- Luqas 10:19
- Ivrim 12:11

Weekly Focus

This week we are focusing on walking in authority through discipline and submission.

Authority is not something you claim-it is something you walk in through alignment. Scripture shows that authority follows submission and consistent obedience.

Many want authority, but avoid discipline. Without structure, there is not stability, and without stability, there is not authority.

Discipline builds consistency, and consistency produces strength in your walk

Reflection Questions

1. Where do I lack discipline in my walk?

2. How has inconsistency affected me?

3. What structure do I need to put in place to stay consistent?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will walk in submission and discipline.
I will build consistency in my daily walk.
I will align my life with the Word.

WEEK 8

ESTABLISHED & UNMOVABLE

The goal is to remain, not just begin.

Refined, Tested, and Established

Established & Unmovable

Anchor

The goal is to remain, not just begin

Primary Scriptures

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

Weekly Focus

This week we are focusing on becoming established and unmovable in your walk.

Growth is not the goal-being rooted and consistent is. Scripture shows that those who remain grounded in the Word are not easily moved by pressure, opinions, or circumstances.

Many begin this walk, but not all remain. Stability comes through staying planted, continuing in the Word, and walking in consistent obedience.

This is not about finishing a study-it is about continuing in what you have learned.

Reflection Questions

1. What has changed in my walk over these 8 weeks?

2. Where do I still need to grow stronger?

3. What will I commit to continuing after this study ends?

Weekly Commitment

What I will focus on moving forward

What I will continue to remove or limit

One action I will remain consistent in

Declaration

I will remain rooted in the Word.

I will not be easily moved.

I will continue in obedience beyond this study.

FINAL REFLECTION

Instruction

Take time to examine what has been established through this study.

This is not just about what you learned-it is about what has changed.

Identify the areas where you have grown, where you have been challenged, and where discipline must continue.

Reflection Questions

1. What has YAHUAH revealed to me about myself through this study?

2. What area of my life has changed the most?

3. Where do I still lack consistency or discipline?

4. What must I continue to apply moving forward?

Weekly Commitment

One thing I will remain consistent in

One area I will continue to strengthen

One commitment I will carry forward

Declaration

I will remain aligned with the Word.
I will continue in discipline and obedience.
I will walk in what has been established.

REFINED, TESTED, & ESTABLISHED

This study was created to guide a process of transformation through Scripture, examination, and consistent obedience.

Each week builds upon the last, moving through a process of:

- Examination
- Repentance
- Dying to Self
- Commitment
- Endurance Through Testing
- Discernment
- Discipline
- Establishment

This is not a one-time moment, but a continual walk.

What has been built must now be maintained through consistency and obedience.

Remain steady. Remain grounded.

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