



PUSH Women Series

# FLEX ON IT

*Push*  
Women

## WEEK 1

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HI FRIEND,

Thank you for joining us in this new series. We are going to dive in a Learn how to Flex on the enemy. There is power in the word of God. I know that when we study the wordy and understand it, then we too can become powerful. Ephesians tells us that the same power that raised Christ from the dead is in us!

Hebrews 4:12 tells us that the word of God is sharper than a double-edged sword and can pierce the thoughts and separate between spirit and soul. Meaning when out to use the Word of God, then it can help us to have a deeper understanding of ourselves.

In this series, we will study a new verse each time we meet (3x a week). Hopefully, by the end of this series, you will have a deeper understanding of some of the most famous scripture verse, and you will feel spiritually able to FLEX ON THE enemy

Lets do this!!

- Jessica Waymire

## Week 1/ Day 2- Isaiah 41: 10

Isaiah 41: 10 Look it up and write it below

First things first, let's look at what is happening in the passage of scripture.

In this chapter, we find the Lord arguing with the Nations. He is telling them of His power and authority over all things. It is the Lord who is allowing the rise of Cyrus the Great- he will come from the east and Conquer the Babylonians.

It is said in Isaiah 41:5, "The coastlands have seen and are afraid." They were afraid of what was happening in history. They could see what was happening and knew that times are going to get harder. They respond by making idols in hopes that they would rescue them. Because they are fearful, they are searching for any solution. No solution was too crazy. Even the idols that they knew they were not supposed to worship (see the 10 commandments)

In Isaiah 41, the Lord tells Israel what is going to happen, But he assures and reassures them that they are the promised people, and they will not be forgotten because the Lord will uphold them.

*Take a moment, Read over Chapter 41. Highlight or underline any words or phrases that remind of His promise to keep Israel safe and protected and provided.*

*\*Highlight the "Do not. ." Phrases or "I, the Lord. ."*

Let's break down the verse to really make it mean something to us. As we go along fill in the Missing Words to the scripture verse, we are studying.

Fear \_\_\_\_\_, for \_\_\_\_\_ you:

→ This is both a *command* and a *promise*.

Israel (and us) are *commanded* not to fear.

Fear, worry, and anxiety are the opposite of trust.

When the God who rules over the nations as described in [Isaiah 41:2-4](#), the God who chose us and loves us as described in [Isaiah 41:8-9](#), when *that God* tells us to **fear not**, we must take it seriously!

But there is also a *promise*. We **fear not**, because the LORD has told us, **I am with you**. What more do we need?

Lookup [Romans 8:31](#) and write it below:

It is true that when we are alone, we are more prone to fear and discouragement. BUT the Bible reminds us in this passage that we are never alone because God declared, *Fear not, For I am with you.*

What does this line tell you about God?

## Be not dismayed, for \_\_\_\_\_

God does not want us to forget that we are His and He is ours.

Let that sink in for a minute. You are HIS!!!!!!

Too often, we act like the Israelites, and we forget the greatness of our God. When we forget just how great He is, then we will surely get caught up in the fear and worries of this world.

God is trying to remind us, "Hey you, remember me. Yes me The same God that saved Noah and his family, The same God that Helped remove the Israelites from Egypt. Yup, that's me. Remember, I am still the same God, and I am YOUR GOD.

He tells us here, DO NOT BE DISMAYED.

Dismayed means - taken back, appalled, or shocked

So He basically is telling us, "Don't be shocked about what's happening around you. Remember I am your God."

WOW Friends, He is our God! What a great reminder that we don't need to be concerned about what's happening if we are trusting and believing in Him. Because He is our God.

What does this line, "Be not dismayed, I am your God," tell you about God?

I will \_\_\_\_\_ you, Yes, \_\_\_\_\_

We must remember that He said he WILL Strengthen us. He doesn't merely say "I could" or "I might" or "I'll consider it." NO, He say's he will Strengthen us, and he Will Help us.

When we take a look at the life of the Israelite people, we will see over and over again How God loves them. He will help them, and he will be their strength. He had done it time and time again, even when they didn't deserve it.

Look up the following verses:

Psalm 46:1

Psalm 28:7-8

Don't Forget who's you are!

*\*\* The Bible becomes a powerful tool when we read it. Reading it reminds us of the stories of what God has done in the past and that he is still the same God today, and he can and will do it again. When you read the word of God, I hope that you are encouraged and empowered to believe more and too keep the faith.*

What does this line, "I will strengthen you, I will uphold you," tell you about God?

I will \_\_\_\_\_, with My righteous right hand:

Idols needed to be nailed down, so they might not topple or fall ([Isaiah 41:7](#)). You would have to hold the idols up because on their own, they might fall and break.

But what this verse tells us is that God holds *us* up;

**I will uphold you with My righteous right hand.**

You should never have a God that you have to hold up!

God is telling us right in this verse that we do not have to Hold him. He will Hold us!!!!

What does this line, "I will uphold you with my right hand," tell you about God?

With all that we have studied today, can you see what we are telling God when we are fearful and afraid??

When we live in fear and are motivated by our fears, then we tell God we don't trust him, we don't think he is strong, we don't think he will help us, we do not think he will uphold us??

Is this really what we think?

That is opposite of what we just read in Isaiah 41: 10

God wants us not to be afraid because He is with us always, even in isolation, we are never alone. We should not be shocked because He is OUR GOD. Not just Abrahams or the Israelites. . .He is OUR GOD. It is not a question of "will he," the word reminds us HE WILL be our strength; he will help us. He wants to hold us in his hands, and we don't have to hold him

Charles Spurgeon said this:

Every truthful man feels that he has a right to be believed. He speaks upon the honor of an honest man, and if you say, 'I cannot believe you,' and even begin to weep that you have no faith in him, the reflection is not upon yourself, but on the person whom you cannot believe. I hope it never comes to this that God's own children shall say that they cannot believe their God? It takes away the very Godhead from God, for if God is not trusted, he is not a God, and if he is not fit to be believed, neither is he fit to be worshiped, for a God whom you cannot trust you cannot worship.

This quote really hits the nail on the head, If we don't trust Him, how can we worship Him?

Today in your quiet time, I would like you to ask yourself. Are you trusting him Completely?

If there is any area of hesitation, then look at this scripture, post it on a sticky note or a notecard and place it around your house. Be reminded and encouraged to trust in Him.

Isaiah 41:10

*So do not fear, for I am with you; do not be dismayed, for I am your God.  
I will strengthen you and help you: I will uphold you with my righteous right hand.*

## Day 3- Philippians 4: 6

Look up Philippians 4: 6 and write it below:

It is essential to understand what is happening in this passage to understand the single verse truly.

Philippians is a letter from Paul to the church in Philippi. Paul was writing this letter from prison. The church of Philippi was special to Paul because the church took to his teaching, and many converts became influential leaders in the community. Paul's letter tells the church that if they center their lives on Christ, they, too, might live in true Joy.

This chapter specifically has more than one popular verse in it. By looking at the entire section, you can see how these verses all tie together.

If you have time, read the full chapter and highlight or underline any other verses you might have heard or read before. Take any notes below:

Now let's take a look at the verse itself: Refer to the verse to fill in the blanks:

Be \_\_\_\_\_ for nothing:

First of all, can we just acknowledge that this is a lot easier said than done? Before the current virus situation, we already had a million things to be "anxious" for. Take a moment to list out below what worries or anxious thoughts you might be having:

Take note. Paul writes this verse in such a way that he commands it! He doesn't say Try not to be anxious. He says, BE ANXIOUS FOR NOTHING. If we KNOW that God will take care of us, then why do we worry???

Or, Maybe we don't KNOW????



If we don't KNOW that God will take care of us, then we might have a bigger problem than just our anxious heart.

Look up the following verse to hear just a few ways to know that God cares for you.

Matt 10:29-31 - fill in the blank

Don't you fear — \_\_\_\_\_

Isaiah 41: 10 – write it below:

Romans 5:8 – Fill in the blank

God showed his love for us in that while we were still sinners,

\_\_\_\_\_

What does this line, “Be anxious for nothing,” say to you?

**But in \_\_\_\_\_ by prayer and supplication,  
let your requests be made known:**

Did you realize that prayer is our greatest Christian privilege? We can talk directly to our God. However, it can also be our greatest failure. Many of us find prayer difficult. One of the reasons we don't pray is that we have questions about prayer. How to pray? Am I praying correctly? These questions can cause uncertainty than our uncertainty can paralyze us so that we don't pray altogether.

Can I help you, Friend, we over complicate things. Prayer is much simpler.

Paul says here in this verse that EVERYTHING is ok to be discussed in prayer. Nothing is off-limits, God wants to hear it all. Isn't it so cool to know that there are not some areas of our lives that are of no concern to God.

We can talk about anything!

What are the areas of your life hard for you to talk to God about?

**Then it says by we can talk about everything through prayer and supplication:**

These two words are similar but yet very different.

**Prayer** is a broader word that can mean all of our communication with God, but **supplication** means to ask or beg God for something.

Many of our prayers go unanswered because we do not *ask* God for anything, or we don't plead in prayer for the things that are important to us. Here God invites us simply to **let your requests be made known**. He wants to know what we are thinking about or feeling. He wants to know what we are worried about.

So prayer is simply a conversation about EVERYTHING with God. WE can cry, we can beg, we can tell him we are angry . . . he wants to hear it all.

What does this line, "But in everything, with prayer and supplication," say to you?

**Let your requests be made \_\_\_\_\_**

Something that we need to remember is that God already knows our requests before we pray them;

But He will often *wait* for our **participation** through prayer before granting that which we request.

He wants our participation in prayer, in communication, with him.

It can be hard to communicate with God. Often it feels like a one-sided conversation. When we are feeling angry or upset about what's happening in our lives, WE can feel like we can't vent to God; after all, he knows what is happening.

But friends we can, just like the line above. We can tell him everything, and often he is waiting for our PARTICIPATION in the process. So just LET HIM KNOW!!!!!!

What does this line, “Let your request be made known,” say to you?

With \_\_\_\_\_:

Not only does this verse tell us that we can tell God everything, but we can also talk to him and plead with him. But he tells us how to come to him. . . with thanksgiving.

When we come to God in prayer and remember to be thankful. We are safeguarding our prayers and making sure we aren’t whining or complaining when we come to Him with thanksgiving.

What do you have to be thankful for? Write it below. What has God done for you thank you can bring to memory. The simplest things to the extravagant things. List them here:

What does this line, “With thanksgiving,” say to you?

Think about this. We really can be anxious for nothing, pray about everything, and be thankful for anything.

What we learned today is that we have to Participate in the process. We have to participate in Prayer to Him. Giving him our concerns, fears, and worries. When we come to him with thankfulness and our specific concerns, then he hears us, and we can release our anxieties.

Think about this if God is our Father, then we are his children. A father is one that will protect us, provide for us, and push us. Because He wants the best for us. But when we take on the worries and the concern ourselves, then we are not allowing the Father to be our Father. ( can I get an amen from the parents in the room) We need to learn to release control and trust Our Father, after all, He is “a good good father.”

I can not wait for week 2 of Flex on it!