



PUSH Women Series

FLEX ON IT

Push
Women

WEEK 3

By: Jessica Waymire

Week 3 / Day 1 John 3:16

Look up and write below John 3:16

Here are the Deets:

The great theologian Charles Spurgeon said this of John chapter 3:

“If we were asked to read to a dying man who did not know the gospel, we should probably select this chapter as the most suitable one for such an occasion; and what is good for dying men is good for us all, for that is what we are; and how soon we may be actually at the gates of death, none of us can tell.”

In this passage we find Jesus talking to a Pharisee named Nicodemus. Nicodemus was impressed by the signs and wonders that Jesus had performed like turning water into wine in Chapter 2. Nicodemus proceeds to start a conversation about how one could be born again.

What we read in verse 16 is just part of Jesus full reply to Nicodemus. You see The Pharisees believed that if they were descendants of Abraham, they would automatically be able to enter heaven and Jesus was correcting that false idea.

We often recite verses in Sunday school or teach our children in memorization but forget to break them down and comprehend the power flowing from our lips. What we are about to read, and study is by far the most life changing single verse for all of humanity. In fact, I am so excited to uncover with you just how powerful this preschool verse is. When we are done, I Hope that you feel the Power of this verse, and also the unconditional Love God has for you!

Break it down Now:

For God so loved the _____:

Of the 31,373 verses in the Bible, John 3:16 is likely the most popular verse. This is the verse that tells us that God loved the world with no condition. Something to think about is that God doesn't wait for the world to turn to him, or believe in him before He loves them. God loved the world, as the world, when the world was the world.

Read John 3: 3 – What does Jesus tell Nicodemus?

Now I am sure that you can hear how crazy that sounds right, Being BORN AGAIN? And I probably would have answered just like Nicodemus. How can I enter my mother's womb again? Jesus was flipping the current theology upside down. Jesus was changing the way one could receive salvation, to be born again. And here in verse 16 he is changing the idea of who would have the opportunity to receive salvation? THE WORLD!!

For the First time in history the gift of salvation wasn't about being born of a certain family. Salvation was offered to the World. In a day and age where we can have access to anything and everything (yes even in quarantine) we don't really understand the power in what was being said right here. EVERYONE HAD ACCESS TO SALVATION. . This wasn't just religion this was a revolution!

What does "God so loved the world" mean to you?

He _____ **His only begotten Son:**

This describes *how* much God loved us, the world. You ever hear some one say "love ya", but you know that it doesn't mean the same as when your mom or dad, or kids, or husband tells you I love you.

That is kinda the difference we are reading here. God didn't just "Love ya." He loved the world so much he put his money where his mouth is and offered us His greatest possession, His Son Jesus.

The word "gave" used here implies that this action was not forced. This wasn't Gods last ditch effort to (said flippantly) "Save the world." It was his choice to "Give"his son freely.

What does "he have his only begotten son" mean to you?

Whoever _____ in Him:

This single line tells us specifically *who* could receive salvation, anyone who believes in Him. At the beginning of this verse it says, "God loves the whole world." However, the "whole world" doesn't receive the benefits of that love until it *Believes in Jesus*.

Read John 11: 25-16 write below

In the English language the word Believe means the Intellectual awareness. But the word here means so much more than that. Believing in Jesus is so much more than just His existence, But it means to Trust Him, Rely on Him, and Cling to Him.

What does "Whoever believes in him" mean to you?

Should not _____:

This tells us the *intention* of God's love for those that believe in Him. You see friend, God's love actually saves the world from eternal destruction. I don't know about you but I have never really experienced a love like this. Completely selfless love is hard to find, But with God he always thinks of you. Kinda takes me back to Jeremiah 29:11 ?? what about You?

Its not like God doesn't see the bad in world. He sees everything .Read Proverbs 5: 21 and write below

I don't know what you were like as a kid, But if my mom offered me a way of escape in my punishment . . . I would take it. I'd rather clean the bathroom than miss out on TV or Game Time. See what God is doing here, He was providing a way of escape for us. He didn't want us to perish. God sees the bad in the world in all of its issues and yet he still saves us.

The old testament reveals this over and over showing God's love for the Israelite people. And now, in this verse, he reveals that He loves the world so much he was willing to give up his only son so that we could have a way out, and escape judgment.

Taking the time to read this, make me fall in love with Him all over again!

What does “should not perish” mean to you?

Everlasting life:

This is the *duration* of God’s Love for all of those who choose to believe in Him. In the real world people often change their mind about how they feel about us. But God’s love doesn’t change, it isn’t conditional. He never stops loving us.

Read Romans 8:38-39- What can separate you from the Love of God? Write below

What does “everlasting life” mean to you?

This verse that most of us memorized as children is a life changing, life giving, life altering verse. It describes the *the greatest gift ever given, and the easiest escape ever offered.*

My friend I hope that you feel the power revealed in these 26 words. I pray that they give you a renewed Love for God because he Loves you!

Week 3 / Day 2- Romans 8:28

Write out Romans 8:28 below

What are the deets?

The book of Romans is a Letter to the people of Rome that Paul wrote to explain salvation. Paul had spent time planting churches and was on his way to Rome to minister. This letter (the book of Romans) was to prepare the people and give reason for his visit.

I would like to point out that because the contents of Romans is so dense with deep theology, there are a lot of debate about the individual interpretations. But keep in mind that just like climbing to the top of a mountain has many different paths, they all conclude in the same place. And the same is true about the theology of Romans. Because of the gospel (Jesus death and resurrection) we are offered a life with Christ through His spirit.

Romans Chapter 8 is all about having life through the Spirit. Here Paul the apostle shares with us that everyone who lives through Jesus Christ cannot be condemned because they are free from sin and death. (Kinda like we talked about Monday with John 3:16).

Definitely take a minute to review Romans 8 and write down a few other verse that stick out to you.

Lets break down the verse:

And we _____

I want to start right here with these 3 words that probably get overlooked often. “And we know.” These 3 words are not just a steppingstone to the verse at hand, but they are the foundation that one must have in order to interpret the verse and truly gather its meaning.

See friends, we have talked about this in a previous scripture, what we KNOW is what we need to hold of to. FACTS over Feelings. This verse starts out saying “AND WE KNOW” – it indicates that we need to know what is about to be said, and we can Hold on to it.

If we are going to flex on the enemy, we better start a running list of FACTS, or THINGS WE NEED TO KNOW. A sort of short list to grab when the enemy start to spread his lies.

What are some facts that you can gather from the previous 6 Scriptures we have studies?? List them below

What does “and we know” mean to you?

that all things _____ for good:

A lot of people like to quote this part of the verse. But I also think that it gets miss interpreted. It doesn't say that God will give you everything you want. It doesn't say, God will give you everything that you think is Good for you life. It says, “All things work together for good.”

What does romans 8:18 say?

. . .We will have suffering in this world. Yes we will indeed. But the promise, the thing that we NEED TO KNOW is that whatever we are going through right now, will eventually work together for Good. This verse says ALL THINGS. Not some things But all things. There will be good to come out of the hospital room, the Rehab center, the Isolation time. God will, he promises to, work all things together for good.

What does “that all things work together for good” mean to you?

To those who _____ him and are called according to his purpose.

This promise is fulfilled for those that love God. Those who believe in him. Monday we looked at the definition of believe in him. When used in the text it is a trust him, rely on him and cling to him meaning. When you choose to live for him then God will work all things out for His Glory.

Really, God is going to get the glory in everything. Because from the beginning of time God created everything, and Just like Jeremiah 29:11 reminds us He has a hope and a future for us, so it would see that everything turns out for good.

What does “to those who love Him and are called according to his purpose” mean to you?

This hard season that we as a world are walking through is going to turn out Good. We are seeing more non-believers turn to God during this quarantine. We are seeing more families slow down and spend more time together as a family. WE are seeing neighbors being neighborly. So much good is there even in the hard stuff.

Joni Eareckson Tada, is a quadriplegic who has been confined to a wheelchair for more than 40 years. People often ask her what her thoughts are on Why God allows Suffering. Her response is that, “God allows what he hates to accomplish what he loves.” God loves for people to have relationship with him. So whatever the suffering, it will bring you closer to Him and/or help you to become more like him. There is a purpose in it all.

Week 3 / Day 3 Joshua 1:9

Write out Joshua 1: 9 below

What are the deets?

The book of Joshua us all about Joshua leading the Israelite people after Moses passes. Joshua was chosen by God because he had faith in God. Where did he come from? He wasn't Moses or Aarons son. NOPE. Joshua was one of the 12 spies that went to look at Canaan the land of Milk and Honey (Numbers 13). Ten of the spies came back with a negative fearful response, but Joshua and Caleb tried to get the people to remember that the Lord has promised the Land and If he did then the Land would be theirs (Read Numb. 14: 5-9)

Joshua was a warrior for the Lord. He was at the forefront of the fight against the Amalekites. Under his leadership they conquered Jericho. Joshua did everything that God commanded him to do. The bible tells us in Joshua 21:45 that not one of Gods promises failed under Joshua's leadership. How would you like that to be said about you???

The book of Joshua tells the continued story of Gods faithfulness to a people that have a very hard time being obedient. When reading the book you will read stories of faithfulness and also consequences.

Where we pick up Moses has just passed and Joshua is going to be the man in charge because of his faithfulness and trust in God.

Let's break it down:

In order to understand what is really being said in Joshua 1:9 lets read the previous text starting in verse 1. I believe that understanding the context will help us have a greater appreciation for the verse

Lets read this together Joshua 1:1-9 NLT

***1** After the death of Moses the LORD's servant, the LORD spoke to Joshua son of Nun, Moses' assistant. He said, **2** "Moses my servant is dead. Therefore, the time has come for you to lead these people, the Israelites, across the Jordan River into the land I am giving them.*

First the passing of the baton. Moses has just passed and Joshua is going to be the man in charge of leading the people now.

³ *I promise you what I promised Moses: 'Wherever you set foot, you will be on land I have given you— ⁴from the Negev wilderness in the south to the Lebanon mountains in the north, from the Euphrates River in the east to the Mediterranean Sea in the west, including all the land of the Hittites.'*

The Lord reminds Joshua that he will have everything Moses had. He clarifies the Boundaries of the land he was giving to him. Saying that everywhere Joshua and the Israelites go will be given to them.

⁵ *No one will be able to stand against you as long as you live. For I will be with you as I was with Moses. I will not fail you or abandon you.*

The Lord lays the foundation of Joshua's confidence. Joshua will have nothing to worry about because No one will be able to stand against him. ← I don't think many of us realize that we can have the same promise to us when we live for the Lord and *Believe* in him.

⁶ *"Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them.*

The Lord commands Joshua to "Be Strong and Courageous" even before verse 9, In fact he also says this in verse 7. This repetition indicates that It was something of Importance that The Lord wanted Joshua to remember. It would reveal to us that there is a reason why the lord repeated to him. Maybe he didn't feel strong or Courageous? Why would the Lord need to remind him???

Are there times in your life that you need to be reminded to be strong? Like on day 398 of Quarantine? Lol Or maybe its in a work situation that is tough, or family disagreements? Where is the Lord asking you to be Strong?

⁷ Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do.

This is a moment that The Lord takes to remind Joshua to be obedient. Like a parent with a young child he gently instructs him.

The part that sticks out to me, Maybe because I relate, says “Do not deviate from them, turning to the right or left.” I have deviated from the plan more often than I would like to admit. It sounds like the Lord was reminding Joshua that He has a plan, no need to be a backseat driver.

⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it.

Once again there is instruction provided in how to Stick to the plan. “Study it”, “Meditate on it day and night” – I think you know where I am going If we study and know the word of God we will know more about God and his faithfulness. And if we KNOW he is faithful we can find confidence in Him. If we have confidence, we can be Strong and Courageous.

Only then will you prosper and succeed in all you do.

If we study the word, and stick to the plan we will prosper in all we do. What you cant tell from only reading the first chapter is that Josua did prosper in all that he did because he Knew God, He trusted the plan, and he didn't deviate from it.

All of this brings us to our topic verse , 9.

⁹ This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.”

So here is it. The Lord tells Joshua to be strong and Courageous, because why?? Because he has already made a plan, Joshua just needs to stick to it. And be familiar with the instructions from the Lord. And when he does he can be confident and Strong and courageous because the Lord is with Him always

what does verse 5 say??

Joshua was a man that the lord said great things of because he was Bold and unafraid. But this wasn't a self-righteous character. He was bold and unafraid because he Trusted who his God was.

Maybe for us there is a situation (quarantine, sickness, family, or work) that you need to remember who your God is. Where does your confidence come from?

The Lord reminds us that when we live our lives for him we can be confident that he is with us, working for us.