

Study Guide

August 9, 2020

Sunday, August 9th

(I took time to pray today)

Read: Matthew 14:22-33 This is the Scripture story of Peter walking on water.

Questions: How do you handle the storms of your life? When you see Jesus or spend time with Him, do you notice a difference in how you handle your storms? If you find Him to be a calming influence, why don't you turn to Him more often?

Monday, August 10th

(I took time to pray today)

Read: John 14:26-29 This Scripture reminds us that we have Jesus and the Holy Spirit to help keep fear away from us.

Questions: Why do we allow fear into our life if we have both Jesus and the Holy Spirit? Are you willing to connect with the Holy Spirit and Jesus more readily when things like fear come into our life? Do you know how to do this? Are you willing to do what it takes to connect more deeply with Jesus?

Tuesday, August 11th

(I took time to pray today)

Read: Psalm 34:1-5 This Scripture is about David, who also experienced fear, and how he sought the Lord and felt the Lord answer him.

Questions: Do you see how David both praised God and then sought Him out? Do you do this when you are feeling overwhelmed? Are you willing to take a try at this when you are fearful or anxious?

Wednesday, August 12th

(I took time to pray today)

Read: Matthew 11:28 "Come to me, all who labor and are heavy laden, and I will give you rest."

Questions: Do you think that fear is also included in this? Do you think that Jesus limits our reasons to come to Him? If Jesus is where you find rest, don't you want to be with Him to find rest and peace? Will you try that today?

Thursday, August 13th

(I took time to pray today)

Read: Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Questions: Do you see how this Scripture gives you an idea of what to do when you are feeling anxious? Can you be thankful to God in all situations? Do you see how thankfulness is included with our requests to God?

Friday, August 14th

(I took time to pray today)

Read: Psalm 53:3-4 "When I am afraid, I put my trust in you. In God, whose word I praise — in God I trust and am not afraid. What can mere mortals do to me?"

Questions: Did you know that this Psalm shows us that David put his trust in God when he was afraid? Can you do that too? How much do you trust God with your situations?

Saturday, August 15th

(I took time to pray today)

Read: Isaiah 41:9-10 "I took you from the ends of the earth, from its farthest corners I called you. I said 'You are my servant'; I have chosen you and have not rejected you. 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."

Questions: Do you believe that God is with you and that He will strengthen you and help you? Have you seen this in your life? Can you stand on this promise when you are afraid?

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*Through God's love for us we can't help but want to serve others and show that love to them. Let us help you explore the best way for you to show love and serve in your Christian path. See Pastor Ed or Deacon Maryanne who are willing to help you in your faith walk.*

**Grow,  
Pray,  
and  
Study Guide.**



Notes: today I pray

**Prayers For The Week**

**Sunday:** Jesus, You are a calming presence in my life. Help me to turn to You more often so that I can feel that calm more often. Amen.

**Monday:** Lord, too often I allow fear to control my life. Thank You that I can go to You to take away that fear. Thank You that I can lean on You. Amen.

**Tuesday:** God, Please forgive me if I don't praise You more often for who You are. Help me to make this part of my prayer life and not just be someone who is constantly coming to You for things. Amen.

**Wednesday:** Jesus, You are the place where I find rest. Allow me to find more ways to spend with just You so that I can be more in tune with all that You desire to offer me. Amen.


**Thursday:** Father, teach me how to show my gratitude to You for the ways You have shown up in my life. Let me not be a person that takes You for granted. Amen.

**Friday:** Lord God, I struggle with putting my trust in You in all situations. Teach me Lord to put my trust in You and remind me of all that You have done in my past that proves I can trust You. Amen.

**Saturday:** Lord, remind me daily of Your promises and how You are with me always. I need this most when I am feeling discouraged, fearful and anxious. Amen.



What you put into your mouth cannot make you clean or unclean; it is what comes out of your mouth that can make you unclean.  
Matthew 15:11



**Bring a friend to Sunday School and worship on Sunday!  
Check in on Facebook when you are here.**