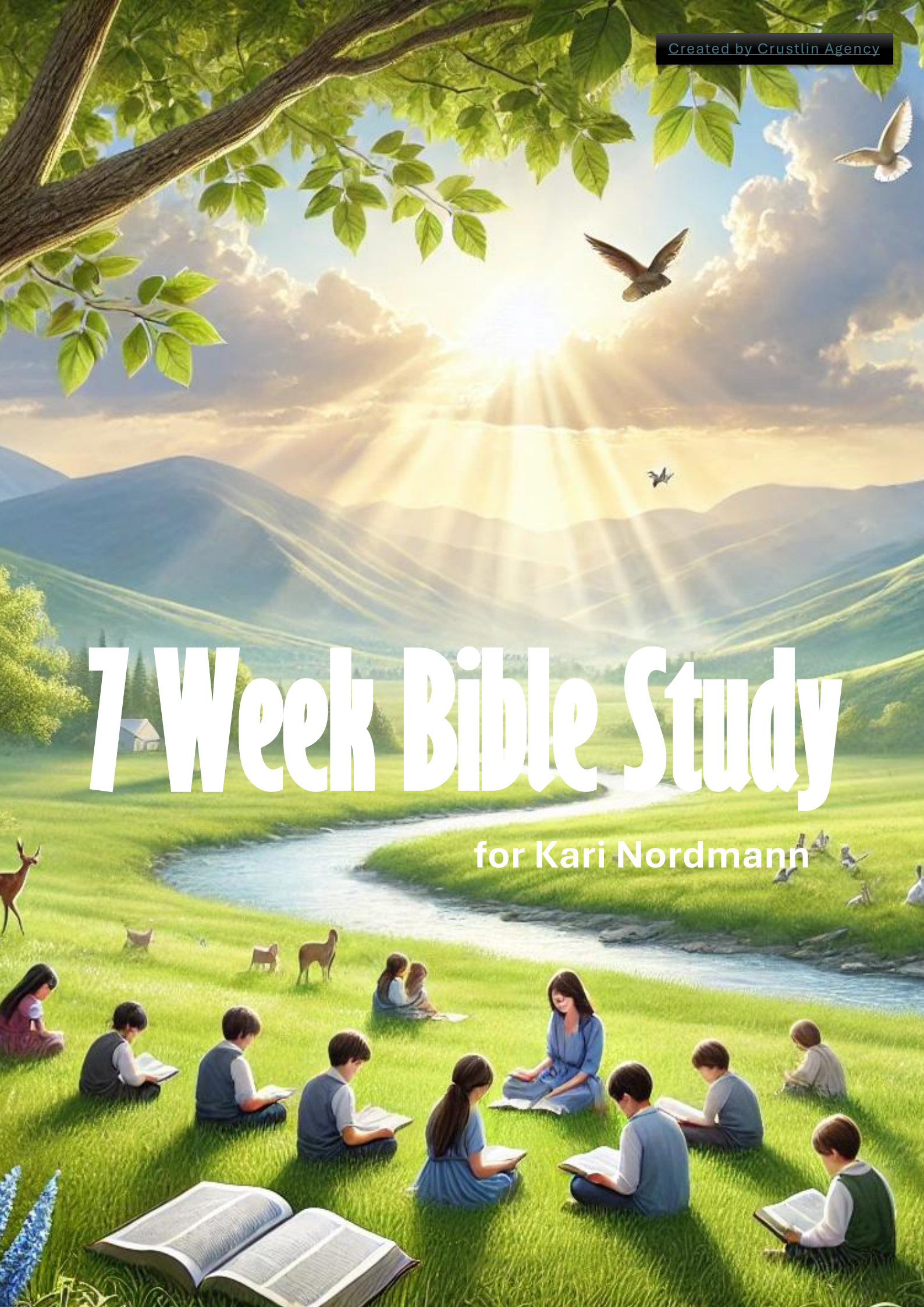


# 7 Week Bible Study


for Kari Nordmann



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*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

*- Proverbs 3:5-6 (NIV)*

# WEEK #1

Trust in the Lord with All Your Heart

# Introduction

Today, you've chosen to explore Proverbs 3:5-6—a passage that invites you to place your trust wholly in God, acknowledging His sovereignty over your path. By engaging with these verses, you're opening yourself to God's guidance, finding peace and direction as you navigate life's journey. Let's delve into how these words of wisdom can illuminate your daily choices and strengthen your faith.

## 1. Read

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*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

*- Proverbs 3:5-6 (NIV)*

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## Contextual Overview

Proverbs is a book of wisdom, traditionally attributed to King Solomon, famed for his insight and discernment. Written to provide wisdom and guidance, Proverbs offers practical life lessons and spiritual truths. Chapter 3 emphasizes trusting God while navigating life's complexities, underscoring the idea that divine understanding surpasses human logic. For today's world, these verses remind us to rely on God's unerring guidance amid uncertainties.

## 2. Examine Key Message

Proverbs 3:5-6 instructs us to trust God wholeheartedly, not relying on our limited understanding. By submitting every aspect of life to Him, we align with His divine plans. It assures us that God will guide our paths, providing clarity and direction, embodying His unwavering faithfulness and perfect wisdom.



## Connection to Jesus

Jesus embodied perfect trust and submission to the Father, demonstrating this through His life and ministry. In the Garden of Gethsemane, He exemplified complete trust, aligning His will with God's. This profound trust invites us to follow His example, yielding our uncertainties to God's perfect plan.

## Main Themes

- **Trust:** Encourages placing full confidence in God rather than ourselves.
- **Divine Guidance:** Promises God's direction when we submit to His will.
- **Submission:** Strength lies in acknowledging God's sovereignty over our lives.

## Key Word Study

- **"Trust" (Hebrew: נָטַח, *batach*):** Conveys confidence, security, and reliance, suggesting a deeper relational faithfulness toward God.
- **"Submit" (Hebrew: יָדָה, *yada*):** Implies acknowledging and honoring God, a conscious decision to align your ways with His.

## 3. Apply Reflective Questions

- In which areas of my life am I relying too much on my understanding rather than trusting in God?
- How can I cultivate a deeper trust in God in my daily decisions?
- What specific situations do I need to fully submit to God today?

## *Real-Life Application*

- **Evaluate Your Trust:** Identify a current challenge and consciously decide to trust God over your instincts. Start each day with a prayer asking for His guidance.
- **Surrender Your Path:** Write down one area where you struggle to submit to God. Pray for strength to release control, believing His plans are better.
- **Witness to Others:** Share a testimony of God's faithfulness in your life, encouraging someone else to trust Him with their path.

## *Real-Life Example*

Consider a person facing a critical career decision, unsure of which path to choose. Instead of being swayed by personal ambition or fear, they pray for God's wisdom daily, trusting Him to guide their steps. In time, they find peace and clarity, recognizing God's leading as new opportunities align with their life's purpose.

## *4. Pray*

Heavenly Father, I praise You for Your infinite wisdom and faithfulness. Forgive me for the times I've relied on my understanding instead of trusting in You. Today, I submit every aspect of my life to Your guidance. Help me lean on Your wisdom, trusting that You will make my paths straight. Holy Spirit, empower me to live a life of complete trust and surrender, reflecting Your love and purpose. In Jesus' name, Amen.

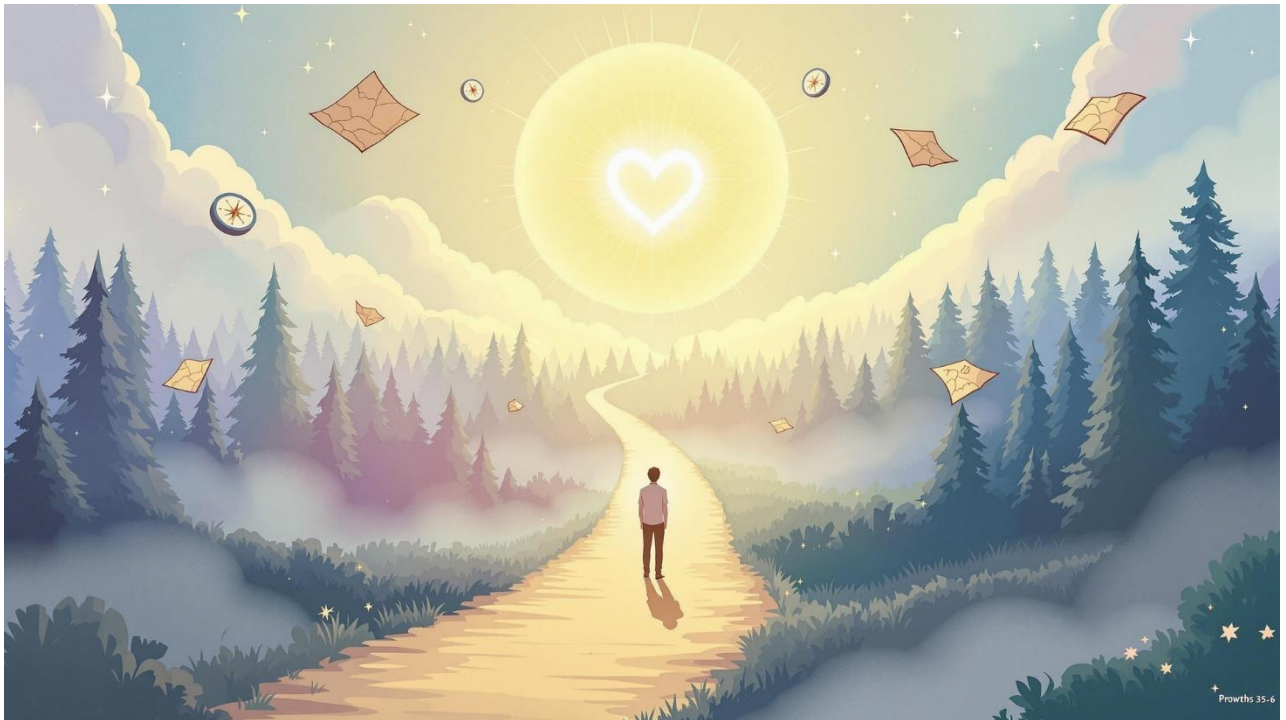
## *5. Closing Reflection*

"Picture your path as a winding road before you, sometimes obscured by the fog of uncertainty. Trusting God is like turning on a light, illuminating the way, step by step. As you walk today, remember that God is lighting your path with His wisdom and love."



## Call to Action

Today, commit to trusting in God's direction for one aspect of your life. Whether it's a decision, a conversation, or a plan, invite Him into that space, knowing that His guidance will bring peace and clarity. Embrace His presence with confidence and let His path unfold before you.



Embrace divine guidance in all that you do. When life feels uncertain, remember that leaning on your own understanding limits your potential, but trusting in God unlocks His divine path for you. Let go and let God lead your journey to fulfillment and peace.

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***"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."***

***- Proverbs 3:5-6 (NIV)***

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#TrustInGod

#FaithJourney

#DivineGuidance

#ChristianLiving

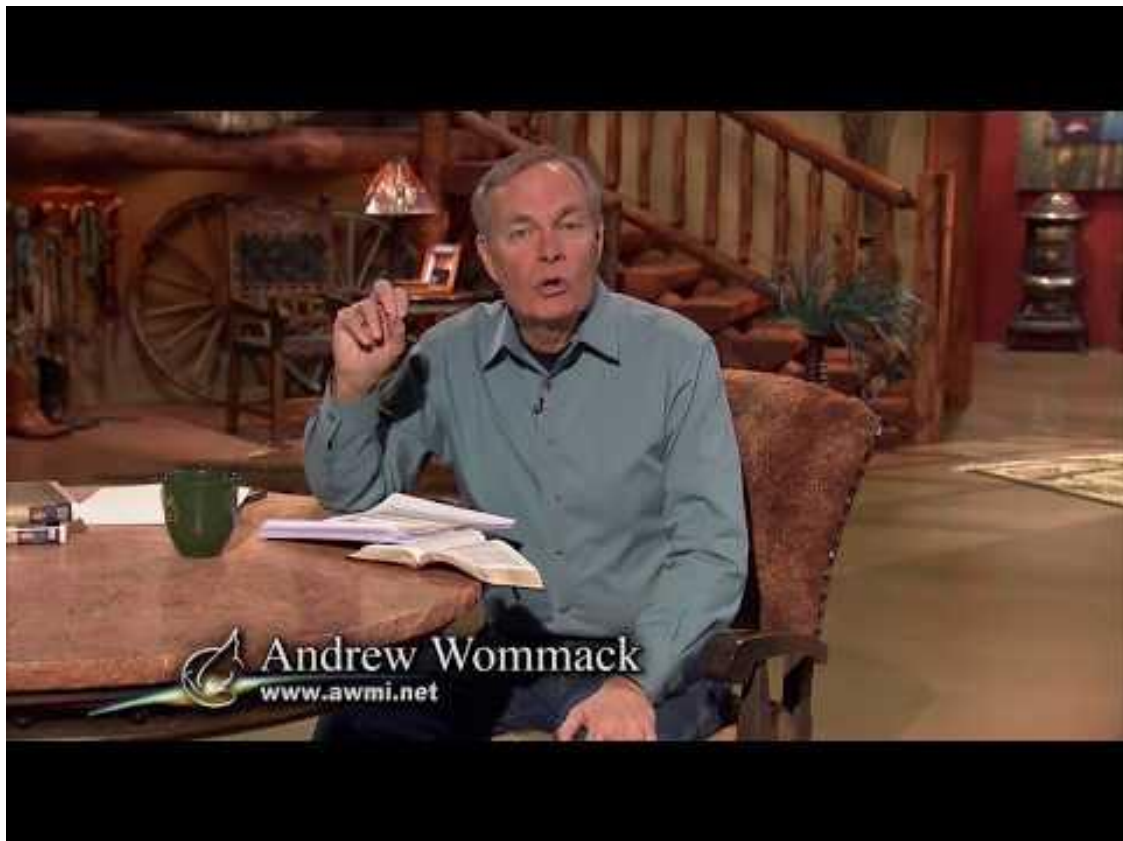
#PeaceAndPurpose

## ***Additional resources***

Go deeper during the week by also diving into these external resources. Both articles, audio, and video teachings are added as an unannounced bonus so you can go really deep into these verses and get revelation.

- **Read/Listen/Watch - “How to Hear God's Voice”:**
  - [https://www.awmi.net/browse-teaching/how-to-hear-gods-voice/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/browse-teaching/how-to-hear-gods-voice/?utm_source=biblestudywithfrank.com)
- **Article – “How do I have Intimacy with God?”:**
  - [https://www.charisbiblecollege.org.au/how-do-i-have-intimacy-with-god/?utm\\_source=biblestudywithfrank.com](https://www.charisbiblecollege.org.au/how-do-i-have-intimacy-with-god/?utm_source=biblestudywithfrank.com)
- **Article - What does it mean to lean not on your own understanding?**
  - [https://www.gotquestions.org/lean-not-own-understanding.html?utm\\_source=biblestudywithfrank.com](https://www.gotquestions.org/lean-not-own-understanding.html?utm_source=biblestudywithfrank.com)
- **BibleStudyTools – Commentary, images, etc:**
  - [https://www.biblestudytools.com/kjv/proverbs/3-5.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/proverbs/3-5.html?utm_source=biblestudywithfrank.com) and
  - [https://www.biblestudytools.com/kjv/proverbs/3-6.html?utm\\_source=weeklybibleversewithfrank.com](https://www.biblestudytools.com/kjv/proverbs/3-6.html?utm_source=weeklybibleversewithfrank.com)
- **Biblehub – Original scripture analyses:**
  - [https://biblehub.com/interlinear/proverbs/3-5.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/proverbs/3-5.htm?utm_source=biblestudywithfrank.com)
- **Article - “Where’s Your Focus?”:**
  - [https://www.awmi.net/blog/wheres-your-focus/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/blog/wheres-your-focus/?utm_source=biblestudywithfrank.com)







A man in a blue shirt and dark pants stands with his back to the viewer on a dirt path. The path leads through rolling green hills towards a bright, glowing horizon. The sky is filled with many yellow and orange butterflies. The overall scene is bright and hopeful, with a warm, golden light emanating from the horizon.

# WEEK #2

Embrace God's Divine Plan for Your Life

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

*- Jeremiah 29:11 (NIV)*

*Joel*  
Jeremiah 29:11



# Introduction

Congratulations on choosing to delve into Jeremiah 29:11—a verse filled with hope and the assurance of God’s good plans for you. By exploring this promise, you’re inviting a deeper understanding of how God’s purpose can shape your life and inspire you to move forward in faith. Let’s discover the profound wisdom this scripture holds for your journey today.

## 1. Read

---

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

*- Jeremiah 29:11 (NIV)*

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## Contextual Overview

Jeremiah was a prophet during a tumultuous time when Jerusalem was besieged by enemies, and many Israelites were exiled to Babylon. This letter was sent to the exiles to reassure them of God’s continued commitment to His people despite their current circumstances. Jeremiah 29 outlines God’s promise that the exile will end and restoration will come. This message highlights God’s sovereignty and enduring love, providing hope and encouragement in the midst of adversity.

## 2. Examine Key Message

Jeremiah 29:11 reveals God’s personal and intentional plans for His people, characterized by His desire for their prosperity and well-being. This verse underscores that even when life seems uncertain or challenging, God’s purposes remain aimed at bringing hope and a future imbued with His goodness. It reassures believers that God’s plans are always aligned with their best interests.

## *Connection to Jesus*

Jesus embodies the ultimate fulfillment of God's good plans, bringing salvation, hope, and eternal life to humanity. Through His life, death, and resurrection, Jesus offers the hope and future promised in this verse, inviting us to trust in Him and embrace the abundant life He provides.

## *Main Themes*

- **Hope and Assurance:** God's plans bring hope, not despair, encouraging trust during difficult times.
- **Divine Sovereignty:** A reminder of God's control over history and His loving purpose for humanity.
- **Future and Prosperity:** Emphasizes that God's intentions are for the ultimate well-being of His people.

## *Key Word Study*

**"Plans" (Hebrew: machashabah):** This word signifies thoughts, purposes, or intentions; it conveys the depth and intentionality of God's design for our lives.

**"Prosper" (Hebrew: shalom):** Often translated as peace, well-being, or completeness; this word indicates holistic flourishing and tranquility within God's will.

## *3. Apply Reflective Questions*

- How can I trust in God's plans for my life, especially when I face uncertainty or difficulty?
- What areas of my life need a renewed sense of hope grounded in God's promises?



- How am I actively seeking to align my life with God's vision for my future?

## ***Christ-Centered Practical Steps***

- **Embrace God's Timing:** Accept that while His plans may not always unfold according to your timeline, they are perfect in their timing and purpose. Reflect on past instances where hindsight revealed God's faithful guidance.
- **Cultivate Hope Daily:** Start your day by claiming God's promise of hope and prosperity through prayer or meditation on His Word, allowing His truth to redirect any negative thoughts.
- **Plan with Purpose:** When setting goals, pray for discernment to ensure they align with God's will, reflecting a commitment to His vision for your life.

## ***Real-Life Example***

Imagine a student facing uncertainty about their future after graduation. Instead of succumbing to anxiety, they choose to trust God's promise of a hopeful future. This trust leads them to get involved in a ministry where they discover their passion for serving others, opening new doors and aligning with God's plans for their life.

## ***4. Pray***

**Heavenly Father, I praise You for the beautiful plans You have for my life, plans filled with hope and a future. Forgive me when I doubt Your sovereignty and struggle to trust in Your timing. Please give me the patience and faith to follow Your path, even when life seems uncertain. Fill me with Your peace and prosper me according to Your perfect will. May my life reflect Your goodness and promise to those around me. In Jesus' name, I pray. Amen.**

## ***5. Closing Reflection***

“Picture a path winding through a garden tended by God Himself. Each step you take is guided by His hands, sowing seeds of hope and watering them with His eternal promise. As you walk this path today, know that God’s plans for you are woven with love and purpose, bringing you closer to a future filled with His blessings.”

## ***Call to Action***

Today, take a moment to write down a fear or worry, then pray over it, asking God to reveal His good plans for you in that area. Trust that He is guiding your steps and shaping your future, even when the way forward seems hidden.



No matter how uncertain today might seem, remember that there's a divine plan for your life filled with hope and opportunity. Trust in God's promises and look forward to the future with confidence, knowing that your journey is guided by His love.

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***"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."***

***- Jeremiah 29:11 (NIV)***

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#TrustInGod #HopeAndFuture #GodsPlan #Faith #DivinePurpose

## ***Additional Resources***

- Article – "Dreaming Big with God":
  - [https://www.awmi.net/blog/dreaming-big-with-god/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/blog/dreaming-big-with-god/?utm_source=biblestudywithfrank.com)
- Article – "Living in God's Best":
  - [https://www.awmi.net/reading/teaching-articles/receive\\_best/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/reading/teaching-articles/receive_best/?utm_source=biblestudywithfrank.com)
- Article – "God Wants You to Succeed":
  - [https://www.awmi.net/reading/teaching-articles/wants\\_succeed/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/reading/teaching-articles/wants_succeed/?utm_source=biblestudywithfrank.com)
- Article – "What is the meaning of...":
  - [https://www.gotquestions.org/Jeremiah-29-11.html?utm\\_source=biblestudywithfrank.com](https://www.gotquestions.org/Jeremiah-29-11.html?utm_source=biblestudywithfrank.com)
- BibleStudyTools:
  - [https://www.biblestudytools.com/kjv/jeremiah/29-11.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/jeremiah/29-11.html?utm_source=biblestudywithfrank.com)



- Bible Hub:
  - [https://biblehub.com/interlinear/jeremiah/29-11.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/jeremiah/29-11.htm?utm_source=biblestudywithfrank.com)





The background is a vibrant, colorful cosmic scene featuring swirling galaxies in shades of purple, blue, and pink. In the center, a bright, glowing tunnel of light leads towards a silhouette of a person standing with arms slightly outstretched, facing the light. The overall atmosphere is one of divine mystery and spiritual journey.

Embrace Your Divine Design

# WEEK #3

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*"For you created my inmost being;  
you knit me together in my  
mother's womb. I praise you  
because I am fearfully and  
wonderfully made; your works are  
wonderful, I know that full well.."*

*- Psalm 139:13-14 (NIV)*

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# Introduction

Today's exploration of Psalm 139:13-14 invites you to marvel at the intricate care and love with which God has crafted you. By studying this passage, you're uncovering the profound truth of your unique creation and embracing the value God places on your life. Let's delve into the richness of these verses and discover how they can transform your perspective and inspire your journey.

## 1. Read

---

*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*  
- Psalm 139:13-14 (NIV)

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## Contextual Overview

Psalm 139 is a beautiful psalm of David, expressing the intimate knowledge God has of each individual. It highlights God's omnipresence and omniscience, emphasizing His profound involvement in our lives. Written as a prayer, this psalm reassures the believer of God's personal care and companionship. Verses 13-14 specifically celebrate God's creative power and meticulous attention to detail, affirming each person's unique and purposeful design.

## 2. Examine Key Message

These verses reveal the theological truth of God's personal involvement in creating each person. They speak to the intentionality and care with which God forms every individual, underscoring their inherent value and significance. By recognizing ourselves as fearfully and wonderfully made, we are invited to live in the confidence of our divine worth.



## *Connection to Jesus*

Jesus, in His earthly life, consistently affirmed the value and dignity of individuals, regardless of societal status. He taught that each person is precious to God, echoing the truth found in these verses. Christ's life and sacrifice further demonstrate the lengths God will go to show His love for humanity, emphasizing that each life is valued and cherished.

## *Main Themes*

- **Divine Creation:** God's direct role in forming our being speaks to our intrinsic worth.
- **Wonder of Design:** The complexity and intentionality of our creation invite us to celebrate and embrace our uniqueness.
- **Praise and Gratitude:** Recognizing our divine design leads us to a posture of praise and thankfulness.

## *Key Word Study*

- **"Fearfully" (Hebrew: yare')**: Conveys a sense of awe and reverence, highlighting the profound nature of God's creative power.
- **"Wonderfully" (Hebrew: pala')**: Indicates being set apart or distinguished, emphasizing the unique nature of every individual creation.

## *3. Apply Reflective Questions*

- How often do I reflect on the uniqueness and value that God has placed in me?
- In what ways can I embrace and celebrate the person God has wonderfully created me to be?

- How can acknowledging my divine design shift the way I approach challenges in life?

## *Real-Life Application*

- **Affirm Your Worth:** Take time each day to acknowledge and appreciate your unique qualities as God's creation. Write do
- **Embrace Growth:** Consider one area of your life where you may have doubted your worth or abilities. Pray and ask God for the courage to step forward, trusting in His design for you.
- **Encourage Others:** Build someone up by recognizing their unique gifts and worth. Share how you've seen God's hand in their life, offering encouragement and love.

## *4. Pray*

Dear Lord, Thank You for the beautiful and intentional way You have created me. Forgive me when I forget the value You've placed in me, and help me to see myself through Your eyes. Guide me to live out Your plan for my life with gratitude and confidence. May I be a reflection of Your love and craftsmanship to those around me. In Jesus' name, Amen.

## *Closing Reflection*

"Imagine the careful strokes of a master artist crafting a masterpiece, each detail added with intention and love. You are God's art, meticulously designed and uniquely crafted. Let this truth frame your day, filling you with gratitude and purpose as you reflect His glory in every step you take."

## *Call to Action*

Today, take a moment to celebrate your divine design—whether through prayer, journaling, or an act of self-appreciation. Remember that God walks

with you, cherishing every part of who you are, as you embrace the journey He has crafted for you.



Never forget that you are a masterpiece, crafted with care and purpose. Embrace your identity and value, knowing that you are fearfully and wonderfully made by the Creator Himself. Let this truth fill you with confidence and gratitude every day.

---

***"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."  
- Psalm 139:13-14 (NIV)***

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#WonderfullyMade #DivineCreation #SelfWorth #Inspiration #Gratitude



# ***Additional Resources***

- Article – “Wonderfully Made”:
  - [https://www.awmi.net/blog/wonderfully-made/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/blog/wonderfully-made/?utm_source=biblestudywithfrank.com)
- Article – “Grace + Faith = The Balanced Equation of Life”:
  - [https://www.awmi.net/blog/grace-faith-the-balanced-equation-of-life/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/blog/grace-faith-the-balanced-equation-of-life/?utm_source=biblestudywithfrank.com)
- Article – “Fearfully & wonderfully made”:
  - [https://mmn.uk.com/blog/article/fearfully-wonderfully-made-psalm-13913-14?utm\\_source=biblestudywithfrank.com](https://mmn.uk.com/blog/article/fearfully-wonderfully-made-psalm-13913-14?utm_source=biblestudywithfrank.com)
- Watch – “Who God is And Who We Are”:
  - [https://www.awmi.net/video/tv-archives/?yn=2024&wn=19&dn=1&%3Futm\\_source=biblestudywithfrank](https://www.awmi.net/video/tv-archives/?yn=2024&wn=19&dn=1&%3Futm_source=biblestudywithfrank)
- Bible Study Tools:
  - [https://www.biblestudytools.com/kjv/psalms/139-13.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/psalms/139-13.html?utm_source=biblestudywithfrank.com) and
  - [https://www.biblestudytools.com/kjv/psalms/139-14.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/psalms/139-14.html?utm_source=biblestudywithfrank.com)
- Bible Hub:
  - [https://biblehub.com/interlinear/psalms/139-13.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/psalms/139-13.htm?utm_source=biblestudywithfrank.com) and
  - [https://biblehub.com/interlinear/psalms/139-14.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/psalms/139-14.htm?utm_source=biblestudywithfrank.com)





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*"For we are God's handiwork,  
created in Christ Jesus to do good  
works, which God prepared in  
advance for us to do."*

*- Ephesians 2:10 (NIV)*

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# WEEK #4

Embrace Your Divine Purpose with Confidence

*GOD'S WORKSHENT,  
CREATED FOR GOOD WORKS.  
EPHESIANS 2:10*



# Introduction

Today's exploration leads us to Ephesians 2:10—a powerful affirmation of your unique purpose in God's grand design. By engaging with this verse, you're acknowledging your identity as God's handiwork, created to fulfill the good works He planned for you. Let's delve into how this scripture can inspire you to live purposefully and align your path with God's vision.

## 1. Read

---

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

*- Ephesians 2:10 (NIV)*

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## Contextual Overview

Ephesians, authored by the Apostle Paul, is a letter to the church in Ephesus and other nearby churches. This epistle richly unfolds the mystery of the church, the role of believers, and God's eternal purposes. Chapter 2 transitions from describing humanity's spiritual death to the transformative life available in Christ. Verse 10 affirms that believers are recreated by God for a life of divine purpose and service.

## 2. Examine Key Message

Ephesians 2:10 reveals that believers are God's creation, uniquely fashioned for specific good works that align with His overarching plan. This verse underscores the intentional design and purpose imbued in each life, highlighting God's personal investment in each believer's journey.

## *Connection to Jesus*

Jesus Christ is central to this verse, as our new creation is in Him. Through His life, death, and resurrection, He not only redeems us but also equips us to live out our divine calling, demonstrating good works as an outflow of His love and sacrifice.

## *Main Themes*

- **Identity:** Understanding that we are God's creation gives us worth and purpose.
- **Purpose:** Our lives are intended for the good works God has already planned.
- **Service:** Living in Christ implies actively participating in His mission through our actions.

## *Key Word Study*

- **"Handiwork" (Greek: poiēma):** Meaning 'workmanship' or 'creation', it suggests a masterpiece carefully crafted, indicating the care and intention God puts into each life.
- **"Good works" (Greek: agatha erga):** Refers to actions that reflect God's goodness and intentions, prearranged as pathways for believers to walk in.

## *3. Apply Reflective Questions*

- How can I see myself as God's handiwork, uniquely crafted for a purpose?
- What good works has God prepared for me to walk in today?

- In what areas of my life can I live more intentionally to reflect Christ's mission?

## *Christ-Centered Practical Steps*

- **Discover Your Unique Gifts:** Reflect on your talents and passions. Ask God for insight into how they can serve His purposes.
- **Serve Intentionally:** Identify one area in your community or church where you can contribute. Choose an action this week that embodies God's love in a practical way.
- **Align Decisions with Purpose:** As you make daily choices, consider whether they align with the good works God has set before you. Let prayer and scripture guide your steps.

## *Real-Life Example*

Imagine a teacher who sees their role as more than just instructing—it's about mentoring young minds, showing patience and encouragement, and being a living testimony of God's love. By viewing their work as part of God's good plan, they inspire students to discover their own divine purposes.

## *4. Pray*

Heavenly Father, Thank You for creating me as Your handiwork, filled with purpose and value. Forgive me when I overlook the unique identity and calling You've designed for me. Guide me to walk in the good works You've prepared, bringing glory to Your name. Empower me through Your Spirit to live a life that reflects Your love and grace in every step I take. In Jesus' name, Amen.

## *5. Closing Reflection*

"Envision God as the master craftsman, shaping each part of your life into a beautiful masterpiece. As you step into your day, remember that every



action and decision can be a brushstroke in the vibrant canvas of your life dedicated to His glory.”

## *Call to Action*

Today, embrace your role as God’s creation by actively seeking to fulfill one of the good works He’s planned for you. Whether a small act of kindness or a bold move, step out in faith, knowing that God walks with you in His divine purpose.



You are God's masterpiece, created with love and intention! 🎨 Embrace the unique purpose He has designed for you, and let your actions reflect His goodness. Today, step into the opportunities to do the good works He's prepared just for you.

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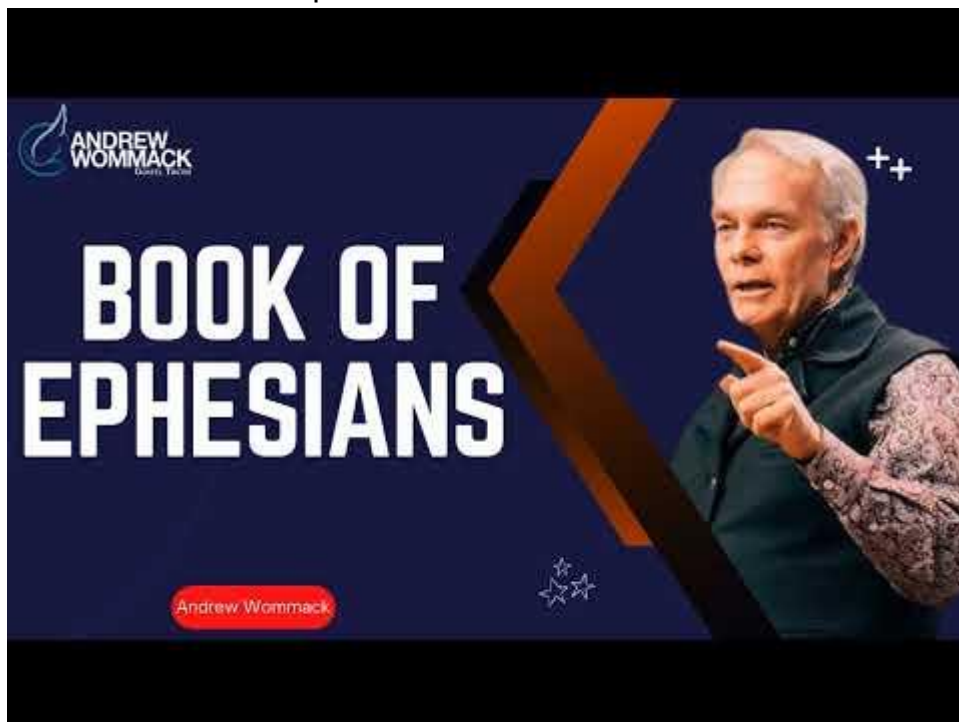
*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*  
*- Ephesians 2:10 (NIV)*

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#DivinePurpose #GodsMasterpiece #LiveIntentionally #FaithJourney  
#ReflectHisGoodness

## ***Additional Resources***

- Bible Commentary - Andrew Wommack:
  - [https://awme.net/online-bible-commentary/ephesians/2/10/?utm\\_source=weeklybibleversewithfrank.com](https://awme.net/online-bible-commentary/ephesians/2/10/?utm_source=weeklybibleversewithfrank.com)
- Article - "You've Got a Story...":
  - [https://www.awmi.net/blog/youve-got-a-story-and-its-better-than-you-think/?utm\\_source=weeklybibleversewithfrank.com](https://www.awmi.net/blog/youve-got-a-story-and-its-better-than-you-think/?utm_source=weeklybibleversewithfrank.com)
- Watch - "Book of Ephesians":



- Free Book - "Discipleship Evangelism":
  - <https://cdn.awmi.net/documents/study-guides/sg417/discipleship-evangelism-study-guide-language-english-full.pdf>
  
- Article - "What does it mean...":
  - [https://www.gotquestions.org/Gods-workmanship.html?utm\\_source=weeklybibleversewithfrank.com](https://www.gotquestions.org/Gods-workmanship.html?utm_source=weeklybibleversewithfrank.com)
  
- Free Study Guide - "Living in The Balance of Grace and Faith":
  - [https://www.charisbiblestudies.net/cbs-study-guides/428\\_Living\\_in\\_the\\_Balance\\_SG.pdf?utm\\_source=weeklybibleversewithfrank.com](https://www.charisbiblestudies.net/cbs-study-guides/428_Living_in_the_Balance_SG.pdf?utm_source=weeklybibleversewithfrank.com)
  
- Bible Study Tools:
  - [https://www.biblestudytools.com/kjv/ephesians/2-10.html?utm\\_source=weeklybibleversewithfrank.com](https://www.biblestudytools.com/kjv/ephesians/2-10.html?utm_source=weeklybibleversewithfrank.com)
  
- Strong Concordance, Bible Hub;
  - [https://biblehub.com/interlinear/ephesians/2-10.htm?utm\\_source=weeklybibleversewithfrank.com](https://biblehub.com/interlinear/ephesians/2-10.htm?utm_source=weeklybibleversewithfrank.com)





Transform Your Life with the Renewal of Your Mind

# WEEK #5

**Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

**- Romans 12:2 (NIV)**

# Introduction

Today's journey brings us to Romans 12:2—a powerful reminder of the transformative work God wants to accomplish in your life. By diving into this verse, you're opening the door to aligning your thoughts, actions, and purpose with His good and perfect will. Let's explore how this scripture can reshape your perspective, deepen your connection with Jesus, and guide your steps today.

## 1. Read

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*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*  
- Romans 12:2 (NIV)

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## Contextual Overview

Romans is one of Paul's most profound letters, a theological masterpiece that explains the gospel and its implications for daily living. Chapter 12 transitions from doctrine to practical application, urging believers to live out their faith in response to God's mercy. In verse 2, Paul contrasts worldly conformity with spiritual transformation, emphasizing the importance of renewing the mind to discern and live out God's will.

## 2. Examine Key Message

Romans 12:2 calls believers to reject the pressures of worldly thinking and embrace a God-centered mindset. Transformation begins internally—with a renewed mind—and manifests externally through a life aligned with God's will. This verse emphasizes that discerning God's will is an active process, requiring deliberate engagement with His truth.



## *Connection to Jesus*

Jesus exemplified non-conformity to the world, standing firm in truth and living in perfect obedience to God's will. Through His teachings and example, He shows us what a transformed life looks like—one rooted in love, humility, and complete trust in the Father. By focusing on Christ, we find the ultimate blueprint for renewing our minds and living a life pleasing to God.

## *Main Themes*

- **Non-Conformity:** Resist adopting the world's fleeting values and practices.
- **Transformation:** True change happens from the inside out, beginning with the renewal of the mind.
- **Discerning God's Will:** Understanding God's will requires spiritual clarity, achieved through a renewed focus on His word

## *Key Word Study*

- **"Conform" (Greek: *syschēmatizō*):** To conform outwardly to a pattern or mold. This word suggests a passive adaptation to external influences, warning against uncritical acceptance of worldly norms.
- **"Transformed" (Greek: *metamorphoō*):** A complete and radical change, like a caterpillar transforming into a butterfly. This word highlights the depth of inner renewal that God desires for His followers.

## *3. Apply Reflective Questions*

- In what areas of my life am I tempted to conform to worldly values or behaviors?



- What steps can I take today to renew my mind and focus on God's truth?
- How can I actively seek and trust God's will in a specific decision I'm facing?

## *Christ-Centered Practical Steps*

- **Identify Patterns of Conformity:** Take a moment to reflect on influences—media, relationships, or habits—that pull you away from God's truth. Replace one worldly influence with a godly practice today, such as spending time in prayer or meditating on Scripture.
- **Meditate on Transformation:** Write down one area in your life where you desire spiritual renewal. Pray specifically for God's guidance and strength to transform this part of your heart or mind.
- **Practice Discernment:** Before making a significant decision today, pause and ask, "Is this aligned with God's will and purpose for my life?" Seek clarity by turning to God in prayer or consulting His Word.

## *Real-Life Example*

Imagine a young professional feeling pressured to compromise their integrity at work to fit in with colleagues. Instead of conforming, they choose to pray for courage and follow God's principles of honesty and righteousness. Their decision not only strengthens their faith but inspires others to respect their character and seek guidance in their own struggles.

## *4. Pray*

Heavenly Father, Thank You for calling me to a life of transformation through the renewal of my mind. Forgive me for the times I've conformed to worldly values instead of trusting Your truth. Help me to focus on You today, letting Your Word shape my thoughts and guide my actions. Give me discernment to know Your will

**and the courage to walk in it, no matter the cost. Lord, make my life a reflection of Your goodness, mercy, and perfect love. I pray this in Jesus' name. Amen.**

## ***5. Closing Reflection***

“Picture your mind as a garden. Each thought you plant shapes the harvest of your life. Today, choose to plant seeds of truth, water them with prayer, and let God’s light transform you into a reflection of His will. As you go about your day, remember that God is renewing you moment by moment, equipping you to live with purpose and joy.”

## ***Call to Action***

Today, commit to one act that reflects your renewed mind—whether it’s an intentional moment of prayer, an act of kindness, or a bold stand for truth. Let this be the first step toward the transformation God is working in you.



Embrace the power of transformation! ☀️ This verse reminds us to renew our minds and align our thoughts with God's will. In a world filled with distractions, let's focus on what truly matters and seek the divine path laid out for us.

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***"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."***  
***- Romans 12:2 (NIV)***

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#TransformYourMind #FaithJourney #GodsWill #Renewal #ChristianLiving

## ***Additional Resources***

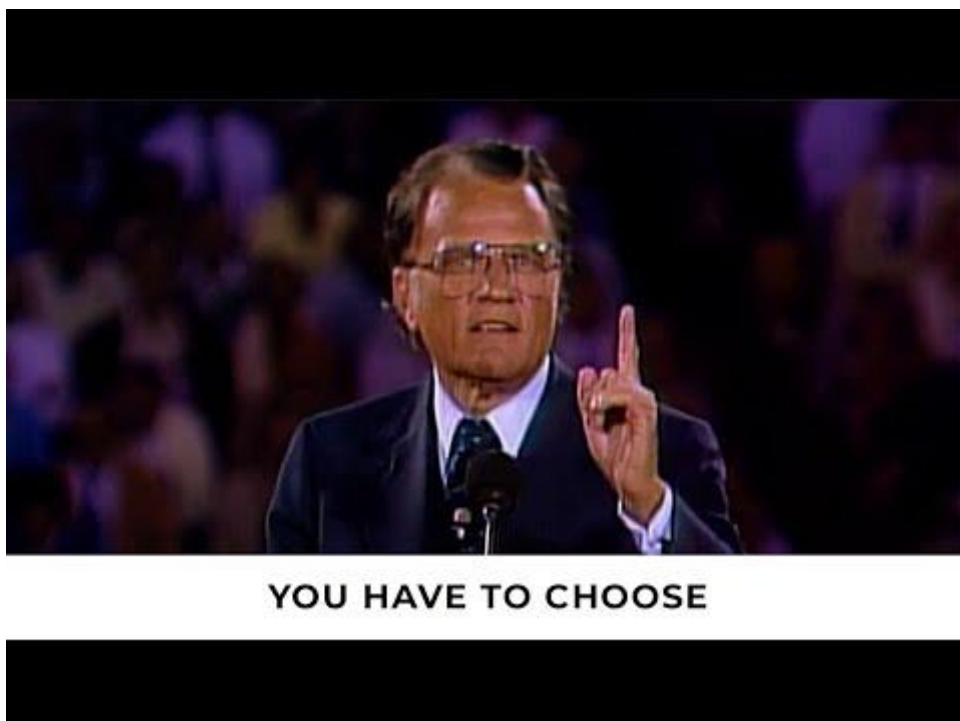
- Article – "What Were You Born to Do":
  - [https://www.awmi.net/blog/what-were-you-born-to-do/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/blog/what-were-you-born-to-do/?utm_source=biblestudywithfrank.com)
- Article – "Spirit Soul And Body":
  - [https://awme.net/teaching-articles/spirit\\_soul\\_and\\_body/?utm\\_source=biblestudywithfrank.com](https://awme.net/teaching-articles/spirit_soul_and_body/?utm_source=biblestudywithfrank.com)
- Article – "Faith Is Based on Knowledge":
  - [https://www.awmi.net/reading/teaching-articles/faith\\_knowledge/?utm\\_source=biblestudywithfrank.com](https://www.awmi.net/reading/teaching-articles/faith_knowledge/?utm_source=biblestudywithfrank.com)
- Article – "Who You Are In The Spirit":
  - [https://www.awmaust.net.au/who-you-are-in-the-spirit/?utm\\_source=biblestudywithfrank.com](https://www.awmaust.net.au/who-you-are-in-the-spirit/?utm_source=biblestudywithfrank.com)
- Article – "Devotional | Who Do You Think You Are?":
  - [https://pastorduane.com/devotional-who-do-you-think-you-are/?utm\\_source=biblestudywithfrank.com](https://pastorduane.com/devotional-who-do-you-think-you-are/?utm_source=biblestudywithfrank.com)



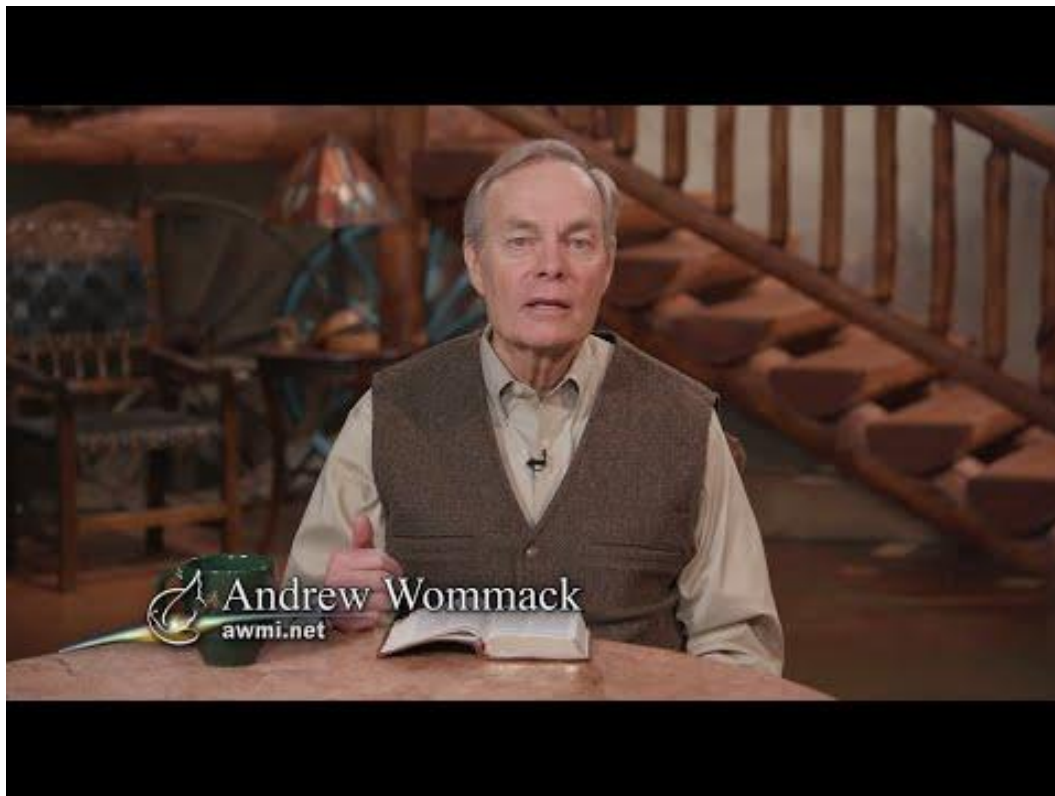
- Video – “Renewing Your Mind God's Way”:



- Watch – “You Have to Choose”:



## ***Romans - Paul's Masterpiece on Grace***



## ***Charis Daily Live Bible Study: Romans***







Rising on Wings of Faith and Strength

# WEEK #6

**"But those who hope in the Lord will  
renew their strength. They will soar on  
wings like eagles; they will run and not  
grow weary, they will walk and not be  
faint."**

**- Isaiah 40:31 (NIV)**



# Introduction

Congratulations on choosing to dive into Isaiah 40:31 today! In a world that often exhausts and wears us down, this verse is a reminder of the renewal and strength available to those who trust in the Lord. Let's explore how this scripture can inspire your faith journey, invigorate your daily life, and help you soar above life's challenges.

## 1. Read

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***“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”***

***- Isaiah 40:31***

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## Contextual Overview

The book of Isaiah, written by the prophet Isaiah, encompasses a message both of judgment and hope. Chapter 40 marks a transition to comforting promises, addressing the Israelites during their exile in Babylon. This verse offers assurance of God's provision and strength to those who remain hopeful and patient, serving as a powerful reminder of His unfailing support for us in our times of weakness.

## 2. Examine Key Message

Isaiah 40:31 emphasizes the strength and endurance that God provides to those who place their hope in Him. Instead of relying on our frail human power, we are invited to lean on God's infinite strength, which lifts us to extraordinary heights and sustains us in our walk with Him.

## *Connection to Jesus*

Jesus exemplified complete trust in the Father, drawing His strength from His relationship with God throughout His earthly ministry. By following Jesus' example, we learn to find renewal and strength in God's presence, especially in moments of weariness and challenge.

## *Main Themes*

- **Hope:** Trusting in God is central to receiving His strength and vitality.
- **Renewal:** God promises to revitalize us when we lean on Him, regardless of life's circumstances.
- **Perseverance:** With God's support, we can endure life's journey without succumbing to fatigue.

## *Key Word Study*

- **"Hope" (Hebrew: qavah):** This term denotes waiting with expectation and trust. It's more than wishful thinking—it implies confident anticipation of God's faithfulness.
- **"Renew" (Hebrew: chalaph):** This word signifies an exchange, suggesting a change or replacement of our weakness with God's strength.

## *3. Apply Reflective Questions*

- Where in my life am I currently feeling weary, and how can I place my hope in God for renewed strength?
- What steps can I take to actively trust God's promises, especially in areas where I'm struggling?

- How is God calling me to persevere in faith even when the journey seems long and arduous?

## *Christ-Centered Practical Steps*

- **Intentionally Pause and Reflect:** Set aside quiet time each day to focus on God's promises, allowing His Word to refresh your spirit.
- **Act with Expectant Faith:** Choose one problem or challenge you're facing and consciously decide to trust God with it. Share your burdens with Him through prayer.
- **Encourage Others:** Uplift someone today who may be feeling weary, sharing the hope and strength you've drawn from this verse.

## *Real-Life Example*

Imagine a teacher feeling overwhelmed by the demands of a new school year. Instead of succumbing to her exhaustion, she begins each day with prayer, asking God for strength and guidance. Over time, she finds renewed energy and joy in her work, inspiring both her students and colleagues to place their hope in the Lord.

## *4. Pray*

Heavenly Father, I praise You for being my source of hope and strength. Forgive me for the times I've relied on my own abilities instead of trusting You. Help me to hope confidently in Your promises each day. Grant me the endurance to run this race with perseverance and the courage to soar on wings of faith like an eagle. May Your strength renew and sustain me, reflecting Your glory in all I do. I pray this in Jesus' name. Amen.



## ***5. Closing Reflection***

“Envision yourself as an eagle, lifted by powerful wings of faith, gliding effortlessly high above the storms of life. Let God’s strength propel you forward, unhindered by fatigue or fear.”

## ***Call to Action***

Today, choose to replace worry with worship. Take time to cautiously lay your burdens before God. Trust in His power to renew your strength and enable you to rise above life’s challenges with confidence and peace.



Feeling weary? Remember, hope in the Lord renews your strength and lifts you above life's challenges. Like an eagle, you can soar high, empowered and unstoppable, with divine assurance as your guide. Trust and see the difference it makes in your life today!

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***"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."***

***- Isaiah 40:31 (NIV)***

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#RenewedStrength #HopeInGod #FaithOverFear  
#ChristianEncouragement #InspirationForToday

## ***Additional Resources***

- Watch – “You Are Stronger Than You Think”:



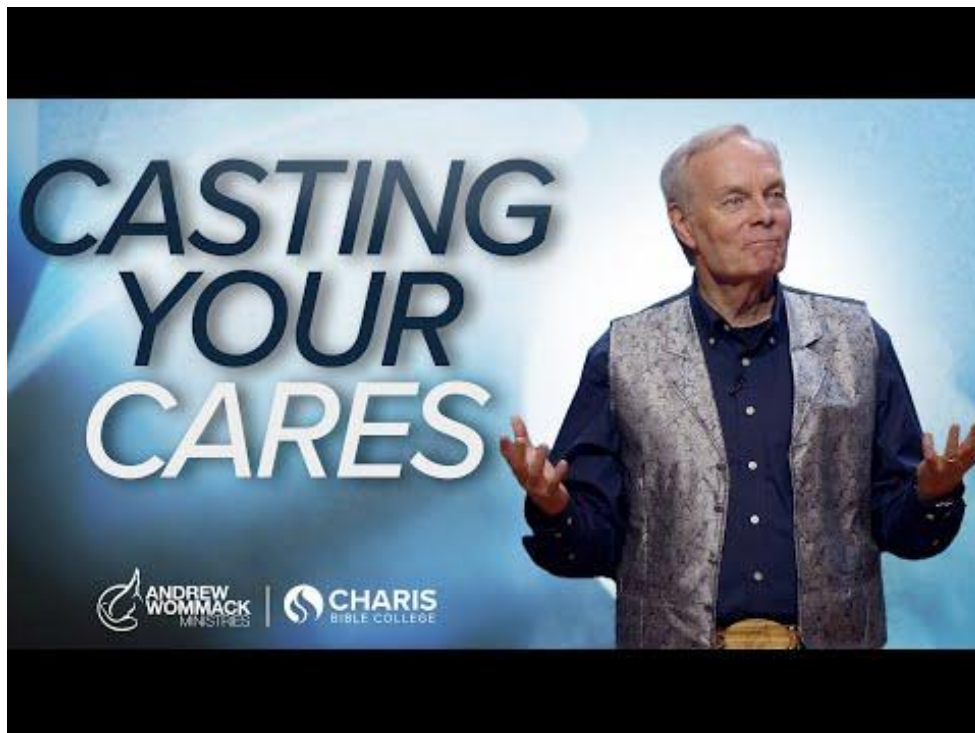
- Question – “What does it mean”:
  - [https://www.gotquestions.org/mount-up-with-wings-like-eagles.html?utm\\_source=biblestudywithfrank.com](https://www.gotquestions.org/mount-up-with-wings-like-eagles.html?utm_source=biblestudywithfrank.com)
- Article/watch – “What Does Isaiah 40:31 Mean”:
  - [https://www.rethinknow.org/meaning-of-isaiah-40-31/?utm\\_source=biblestudywithfrank.com](https://www.rethinknow.org/meaning-of-isaiah-40-31/?utm_source=biblestudywithfrank.com)
- Article – “Meaning of.. series, Crossway”:
  - [https://www.crossway.org/articles/what-does-isaiah-4031-mean/?utm\\_source=biblestudywithfrank.com](https://www.crossway.org/articles/what-does-isaiah-4031-mean/?utm_source=biblestudywithfrank.com)
- Article – Bible Project:
  - [https://bibleproject.com/articles/what-does-isaiah-4031-wings-eagles-verse-mean/?utm\\_source=biblestudywithfrank.com](https://bibleproject.com/articles/what-does-isaiah-4031-wings-eagles-verse-mean/?utm_source=biblestudywithfrank.com)
- Bible Study Tools:
  - [https://www.biblestudytools.com/kjv/isaiah/40-31.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/isaiah/40-31.html?utm_source=biblestudywithfrank.com)
- Strong Concordance, Bible Hub;
  - [https://biblehub.com/interlinear/isaiah/40-31.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/isaiah/40-31.htm?utm_source=biblestudywithfrank.com)




## ***The War is Over – Andrew Wommack***



## ***Grace Is Given to the Humble***







**"Therefore, if anyone is in Christ, the new creation  
has come: The old has gone, the new is here!"  
- 2 Corinthians 5:17 (NIV)**

# WEEK #7

**Rising on Wings of Faith and Strength**



# Introduction

Today's exploration invites you to discover the profound truth of being a new creation in Christ, as found in 2 Corinthians 5:17. By engaging with this verse, you're opening your heart to God's transforming power, allowing His life-changing presence to renew your spirit and purpose. Let's delve into how this scripture can inspire a fresh start and guide your journey with Jesus.

## 1. Read

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*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*  
- 2 Corinthians 5:17

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## Contextual Overview

The book of 2 Corinthians is a heartfelt letter from the Apostle Paul to the church in Corinth, aimed at reinforcing the authenticity of his apostleship and the transformative power of the gospel. In chapter 5, Paul discusses the ministry of reconciliation and the new identity believers have in Christ. This verse emphasizes the profound change that occurs when one follows Jesus—a shift from an old life to a new, redeemed existence. This matters to our daily lives as it encourages us to release the past and embrace the opportunities God has prepared for us as new creations.

## 2. Examine Key Message

2 Corinthians 5:17 proclaims the radical transformation that takes place when a person is united with Christ. The message emphasizes that the old, sinful nature is replaced by a new, redeemed identity. This change is not just superficial but reaches deep into the core of our being, inviting us to live in a manner reflecting God's love and purpose.



## *Connection to Jesus*

Jesus is the catalyst of this transformation. Through His death and resurrection, He offers believers new life and identity. As followers of Christ, we are called to walk in this newfound life, empowered by His Spirit to embody the reality of the change He has made possible.

## *Main Themes*

- **Transformation:** Embracing a new identity in Christ, leaving behind the past.
- **Renewal:** The constant renewing of our minds and spirits as we live in Christ's love.
- **Reconciliation:** Being reconciled to God allows us to live fully in His purpose and plan.

## *Key Word Study*

- **"Creation" (Greek: ktisis):** Referring to something made or brought into being. In the context of this verse, it signifies a complete and radical new beginning, not just an improvement of the old.

## *3. Apply Reflective Questions*

- How have I experienced the transformation that comes from being a new creation in Christ?
- What "old" aspects of my life do I need to let go of to fully embrace my new identity in Christ?
- In what ways can I show the world God's love and reconciliation through my actions today?

## *Christ-Centered Practical Steps*

- **Release the Old:** Identify an area of your life where you're holding onto past hurts or habits. Pray for the courage to release these to God and let Him replace them with His peace and strength.
- **Celebrate the New:** Reflect on one recent change in your life where you've seen God at work. Share this testimony with a friend or family member as an encouragement.
- **Active Reconciliation:** Find someone with whom you need to reconcile. Take a step, led by the Holy Spirit, to restore that relationship, mirroring God's reconciliation with us.

## *Real-Life Example*

Consider a person who, after years of living with resentment, decides to forgive those who wronged them, embracing the new life Christ offers. This forgiveness not only brings personal peace but also inspires others to seek reconciliation and healing within their relationships.

## *4. Pray*

Heavenly Father, Thank You for the gift of a new life in Christ. I confess the times I cling to my past rather than embracing Your transformation. Fill me with Your Spirit to live as a new creation, letting go of old patterns and fully walking in Your purpose. Empower me to show Your love and hope to those around me. May my life be a testament to Your redeeming power, reflecting the grace and transformation You have worked within me. In Jesus' name, I pray. Amen.

## *5. Closing Reflection*

"Visualize your life as a beautiful tapestry woven by God's hands. Each thread of transformation and renewal creates a masterpiece of His grace. As you step into your day, remember that every moment is a chance to

embrace your identity as a new creation, intricately designed with purpose and love.”

## *Call to Action*

Today, take a conscious step in living out your new identity—extend forgiveness, offer a kind word, or pursue a new opportunity that reflects the transformation Christ has made in your life. Rest assured in the knowledge that God’s love accompanies you on your journey.



Embrace new beginnings! 🌱 No matter what your past holds, remember that with Christ, you are a new creation. Release old burdens and step confidently into the fresh life He offers with purpose and hope.



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*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*  
*- 2 Corinthians 5:17 (NIV)*

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#NewBeginnings #HopeInChrist #Transformation #FreshStart  
#FaithJourney

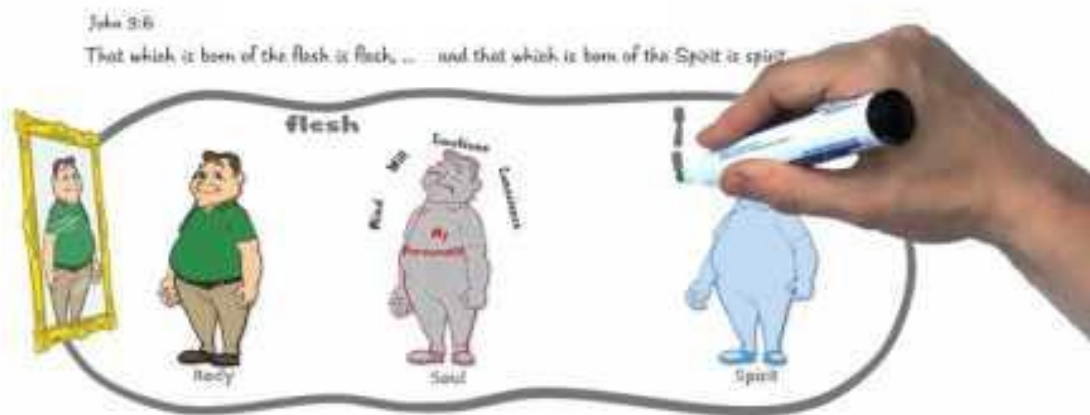
## ***Additional Resources***

- Got Question – “What does it mean”:
  - [https://www.gotquestions.org/new-creation.html?utm\\_source=biblestudywithfrank.com](https://www.gotquestions.org/new-creation.html?utm_source=biblestudywithfrank.com)
- Article – “Sermon: The Change You Need”:
  - [https://www.lifeway.com/en/articles/sermon-transformation-change-you-need-ed-stetzer?utm\\_source=biblestudywithfrank.com](https://www.lifeway.com/en/articles/sermon-transformation-change-you-need-ed-stetzer?utm_source=biblestudywithfrank.com)
- Article – “Is Conversion Necessary”:
  - [https://biblehub.com/sermons/auth/spurgeon/is\\_conversion\\_necessary.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/sermons/auth/spurgeon/is_conversion_necessary.htm?utm_source=biblestudywithfrank.com)
- Watch – “How to live the Christian Life”:



- Bible Study Tools:
  - [https://www.biblestudytools.com/kjv/2-corinthians/5-17.html?utm\\_source=biblestudywithfrank.com](https://www.biblestudytools.com/kjv/2-corinthians/5-17.html?utm_source=biblestudywithfrank.com)
- Strong Concordance, Bible Hub:
  - [https://biblehub.com/interlinear/2\\_corinthians/5-17.htm?utm\\_source=biblestudywithfrank.com](https://biblehub.com/interlinear/2_corinthians/5-17.htm?utm_source=biblestudywithfrank.com)

## ***Spirit Soul & Body - Animation Part 1***



## Spirit Soul & Body - Animation Part 2



## Spirit Soul & Body - Animation Part 3





## Thank You for Reading...

.. this demo Bible study over 7 weeks. 2 Corinthians 5:17 was the last week, but you can choose to order 30 weeks or 52 weeks if you think it was a bit short.

As you can see, **I put a great amount of work** into producing every study, and rest assured it will be Bible verses, and a study based on your area of focus.

I hope you enjoyed this free demo! If you are ready to order, you can click the image below.

