

# Study Guide

**For the Week of January 25, 2009**

*This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Message manuscripts are available at [www.spwired.com](http://www.spwired.com).*

**Monday—Read *Philippians 4:4-9*** in the New Testament. What does Paul's command to "let your gentleness be known to all" mean for you and how you live your life? What is Paul's answer for worry here? Paul mentions thanksgiving as part of finding peace—what role do praise, worship and giving thanks to God play in gaining peace? Focus this week on putting noble and praiseworthy things into your mind. **Read *Philippians 4:13***. What does this passage say that could help us overcome worry and depression?

**Tuesday—Read *Matthew 6:25-34*** in the New Testament. These are Jesus' teachings on worry. Verse 33 is the key to what Jesus is saying here. What does this verse mean for your daily life and thoughts? How does this entire passage speak to you? Is there a difference between the worry that Jesus is talking about and concern that motivates us to action? **Read *Luke 22:39-46*** to see a time when Jesus experienced genuine anxiety and how he found solace.

**Wednesday—Read *Psalms 40:1-3*** in the Old Testament. This passage pictures a person sinking in a pit of mud or quicksand. Sometimes depression can be described in these very terms. What did the person in this passage do when they found themselves in the "mire pit"? What was God's response? What do you think it means that God put a "new song" in this person's mouth? Could that be a new way of thinking, a new level of joy, a new outlook on life? This is a powerful passage of scripture to memorize for times when you, or someone else, face depression.

**Thursday—Read *Psalms 37*** in the Old Testament. This is part of the wisdom literature of the Old Testament—offering general truths to hold on to to help you through life. These are insights into the ways God's world functions. Read this passage and mark any verses that might help you in times of worry, fear or depression.

**Friday—Read *Matthew 11:28-30*** in the New Testament. This is a moving invitation to you from Jesus. Are you carrying a "heavy burden" right now? Are you "weary"? Then know that Jesus can give relief and rest from burdens. By connecting your life to him joy can flow into areas of worry and depression. Jesus is gentle and humble and he is the Lord of Hope. With him there are no hopeless situations. He is the Lord of new beginnings. If you, or someone you know, are in need of a new beginning, Jesus is ready and waiting to help. Go to him. What burdens to you need to give him?

## Prayer Concerns

### **Serving in Iraq:**

Cyle Haywood (non-military)  
Ryan Grindstaff

### **Military:**

Jesse Smith  
Nathan Lawellin  
Matthew Peak  
Stephen Leadbetter  
Richard Hurst  
James Lesmeister  
Jon Arnold  
Jason Lewis

### **Health & Healing:**

David White  
Carrol Skelton

Jr. Skelton  
Don Presley  
Helen Hayes  
Peggy Rodriguez  
Rose Hymer  
Judy Rawlings  
Shirley Wheatley  
Marion Wheatly  
Lois Holman

### **Cancer Treatment:**

Sonja Davidson  
Tracy Bowman  
Tandy Auman & Family  
Leon Harvey  
Mary Cordroy

### **Other Concerns:**

Mildred Fagen  
Mary Soriano & Family  
Alexander C. Soriano  
Terry Hoagland  
Audrey Efrid  
Andrea Fields  
Patrick & Bobbie Hamilton & Family  
Edna & Ervin Dill  
Kathy George  
Nancy Wilkins  
James Lesmeister  
Shawn & Lacie Adler & Family and  
Tori