



This Home Group Study Guide is designed to help you apply Sunday's message. You can do this homework on your own; however, we encourage you to check out one of our warm and friendly Small Groups.

LESSON AIM: To discover how giving your all to the Lord will bring you peacefulness and serenity.

Connect15 min.



PRAYER: Begin your time with prayer. We encourage you to quiet yourself, acknowledge God's position, and ask God to open your mind and heart to the lesson aim for today.

ICEBREAKER: What is the best thing that came into your life this past week?

Grow35-40 min.



KEY VERSE: *"The name of the LORD is a strong tower; the righteous man runs into it and is safe."*
Proverbs 18: 10 ESV

1. David's message last Sunday, assured us of how to find serenity and peacefulness. Of the things mentioned that must be given up to God, which one do you need to respond to the most?
2. Please read verses 4-19 in Philippians 4. What does Paul say to do to relieve stress and worry in your life (v4-7)? List all the things that we are to focus our mind on (v8-9). How does what we focus on relate to how we feel? To our relationship with God?
3. How does Paul's view of contentment (v10-13) compare with our modern world's view? Have you come close to experiencing what Paul talks about here? Explain.

4. How can Paul's attitude toward giving and receiving enable us to be better givers and receivers (v14-17)?
5. When there are situations in our life over which we feel insecure, how do verses 13-19 help us?

Serve15 min.



When you've really come to the end of your rope, how do you make your way back where you want to be? Hanging on by a fingernail? Out of control? Back to basics? Go to the One who is really out of control? Other? How is the way you chose working for you?

Reach10 min.



What outside force is most likely to upset your serenity? Since God doesn't always change outside forces; what can He change in you so that serenity is possible? How can you and your group members help the process (v4-8)?

Worship15 min.



Turn your prayers into praise for the name of our Holy Father, Adonai – God Is My Lord. Take turns having each person receive words of thankfulness for what you have received from them during these study sessions. Move on to pray for other needs of group members.

• _____

"It was in the year King Uzziah died that I saw the Lord. He was sitting on a lofty throne, and the train of his robe filled the Temple."

Isaiah 6:1 (NLT)

"Praise the Lord; praise God our savior! For each day he carries us in his arms."

Psalms 68:19 (NLT)

• _____

"Keep me from lying to myself; give me the privilege of knowing your instructions."

Psalms 119:29 (NLT)

"Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living."

Romans 6:16 (NLT)

Jesus – *"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other."*

Matthew 6:24 (NLT)

Jesus – *"Not everyone who calls out to me, 'Lord! Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter."*

Matthew 7:21 (NLT)

• _____ **(Future)**

"...God sent the angel Gabriel to Nazareth, a village in Galilee, to a virgin named Mary. She was engaged to be married to a man named Joseph, a descendant of King David. Gabriel appeared to her and said, 'Greetings, favored woman! The Lord is with you!' Confused and disturbed, Mary tried to think what the angel could mean. 'Don't be afraid, Mary,' the angel told her, 'for you have found favor with God! You will conceive and give birth to a son, and you will name him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. And ... his Kingdom will never end!'"

Luke 1:26-33 (NLT)

"Mary responded, 'I am the Lord's servant. May everything you have said about me come true.' And then the angel left her."

Luke 1:38 (NLT)

"Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think."

Ephesians 3:20 (NLT)



David Carothers - December 19, 2010

"[I]n Your name I will hope, for your name is good."

Psalms 52:9 (NIV)

Adon: _____, _____

Adonai (plural): _____

...of the Heavens

"O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens."

Psalms 8:1 (ESV)

...of Earth

"The mountains melt like wax before the LORD, before the Lord of all the earth."

Psalms 97:5 (NLT)

...of All

"For the LORD your God is the God of gods and Lord of lords. He is the great God, the mighty and awesome God, who shows no partiality and cannot be bribed."

Deuteronomy 10:17 (NLT)

"Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture."

Psalms 100:3 (NLT)

I find Serenity as I Surrender to Adonai my...

• _____

"I said to the LORD, 'You are my Master! Every good thing I have comes from you.'"

Psalms 16:2 (NLT)

Jesus - *"So don't be afraid; you are more valuable to God than a whole flock of sparrows."*

Matthew 10:31 (NLT)

"The LORD of Heaven's Armies says to the priests: 'A son honors his father, and a servant respects his master. If I am your father and master, where are the honor and respect I deserve? You have shown contempt for my name! 'But you ask, 'How have we ever shown contempt for your name?'"

Malachi 1:6 (NLT)