



► ReView

Think of a specific trial you've had. How did it kidnap your security in Christ? Or how did it draw you closer to God? Did you come out more capable of loving? Or did the experiences make you shy away from giving your heart?

Jordan said that the pressures of perfect life on social media made dealing with her struggles more difficult. Have you found this to be true for you? How do you make social media a help rather than a hindrance to your faith walk?

Lisa described a conversation in the hotel room with Missy, at a time when she was exhausted and empty, it turned out to be a moment of blessing. When have annoyances, inconveniences and trials turned to be a blessing in your life?

► Bible Exploration

Song of Solomon 3:1-5: Do you think Shulamith is dreaming about Solomon or lying awake worrying about their relationship? What does she look and act like while she searches for him? Where does she go? What does she do? What does she do when she finds him? How do you imagine him reacting?

We aren't told why Shulamith felt worried about her distance from Solomon. What might cause a woman today to feel distant from God? What makes you feel insecure in your relationship with Christ?

Psalm 32: What are some of the phrases that David uses in this psalm to describe how he felt when his sin separated him from fellowship with God?

What are some phrases that explain what David did to restore that fellowship?

What are some phrases that show David's confidence in the Lord's love and forgiveness?

Psalm 51: What are some phrases in this psalm that express David's distress at the broken fellowship with God and his desire to have fellowship restored?

Consider times in your life when you have felt separated from God. Which of the feelings David expresses here can you relate to?



Psalm 139:1-18: List all the different aspects of our lives that David says God knows intimately.

Where are all the places that David suggests going to hide from God's Spirit?

What ideas or phrases in here are the most meaningful or comforting to you? What truths from this psalm reassure you during those times when you feel distant from God?

Romans 8:31-39: List some of the things this passage tells us that God does for those He has chosen.

List the things Paul tells us can *not* separate us from the love of God. Are there any things listed here that you have ever let stand in the way of your fellowship with God? How?

Choose your favorite line or phrase out of here, one that you can carry with you into this week. What's encouraging to you about those words?

▶ Deeper Walk

Select at least one activity below to complete during the next week.

- **Bible Study/Memorization:** Romans 8 is one of the greatest chapters in the Bible. Spend some time this week reading and meditating on the amazing truths contained there and committing to memory those final verses we studied.
- **Conversation:** Lisa Harper said, "The older I get, the more dings and dents and bruises that are on my heart, the more determined I am to run hard after real relationships—first with Jesus, and then with other people, because real love, real love is worth the risk." Schedule some time with someone this week to make a step closer to a "real relationship" with her: someone you've been hesitant to connect with before, a friend you've been keeping at arm's length, or maybe a person you've felt God drawing you toward but who felt "risky." Pray about your time with her, and then take the first step toward connecting.
- **Journal:** Lisa encouraged us to stop comparing our situations in life to those of others. "We've got to run hard after Jesus in our own lanes. Stay in your lane, and cling to Jesus." Reflect on this idea in writing. Where exactly is "your lane"? Are you running hard after Jesus?
- **Read:** *One Thousand Gifts*, by Ann Voskamp.
- **Pray:** In your prayer time, thank God for the many things in this world that can not stand in the way of your relationship to Him! List them all, especially the ones that are the greatest struggles for you.