



faith > feelings

introduction



Dear Christian girl,

Welcome to Grace Inspired's very first Bible study—*Faith Over Feelings*. This study is all about putting our faith in God over emotions we all have in our lives, whether it's pride, fear, comfort, happiness, or sadness. I know that this has been a struggle for me, and I believe that any Christian girl can relate to this study.

How it'll work? You will be given a Scripture to read (available in a separate printout—see our website for more info), and you will answer questions about the passage and meditate on it each day, all relating to the different feelings/emotions listed above (each day will tackle a different topic) and applying your faith in everyday life. The goal is to learn how to put your faith before everything else, because ultimately, God is all that really matters.

My prayer is that you will grow in your faith as you complete this five day study. Please, feel free to let me know your thoughts, feedback, ideas for future studies, prayer requests, etc, by heading over to the "Contact" page on our website (thegraceinspiredlife.weebly.com)—I'd love to hear from you!

As a side note, all Scripture is quoted from the ESV (English Standard Version) of the Bible, but feel free to use whatever Bible you have on hand or prefer.

Without further ado, go and grow in your relationship with the Lord!

To God alone be the glory,

Aria Hayden

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Welcome to day one of our Faith Over Feelings Bible study! Let's dive right in to today's topic: pride. These are just four of the many verses where the Bible talks about this emotion.

Proverbs 11:2 - When pride comes, then comes disgrace, but with the humble is wisdom.

Proverbs 8:13 - The fear of the Lord is hatred of evil. Pride and arrogance and the way of evil and perverted speech I hate.

James 4:6 - But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."

Proverbs 16:5 - Everyone who is arrogant in heart is an abomination to the Lord; be assured, he will not go unpunished.

investigate:

Underline the word **pride** everywhere you find it in these verses.

Highlight in yellow everywhere you see the **consequences of pride** in these verses.

Highlight in a color of your choice everywhere you see the **results of humility**.

define:

Write the definition of the word **pride**:

Write the definition of the word **humble**:

(look up any other words you don't know)

examine :

What are the consequences of pride?

What are the results of humility?

How does God view pride?

What are some ways to overcome pride?

How can pride be manifested in the Christian's life?

How can pride affect your walk with Christ?

journal:

Journal your reflections, thoughts, confessions, and prayers.

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Pride is not something to be proud of. Pride can be manifested in many different ways in the Christian's walk: thinking yourself as better than someone else, believing that you don't need God's help, putting your good works above God's all-sufficient grace, etc. Learning to overcome it can be difficult, but anything is possible with God.

Don't let your pride get in the way of your faith. You can't do anything on your own. You are weak without God. You are a sinner, desperately in need of God's grace. Don't let your pride undermine the amazing grace and mercy of our awesome God!

pray:

Pray for God to reveal the parts in your life where you've been prideful and to help you become more humble. Confess any time in your life where you've put your pride before Christ.

day two | faith over **fear**

Welcome to day two of our study! Today's topic is fear, which is certainly something we've all felt before. Luckily, the Bible has a lot to say on this emotion! Let's dive right in.

Isaiah 41:10 - Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

2 Timothy 1:7 - For God gave us a spirit not of fear but of power and love and self-control.

1 John 4:18 - There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Psalm 34:4 - I sought the Lord, and he answered me and delivered me from all my fears.

investigate:

Underline the word **fear**

Highlight in yellow the **reasons not to fear**

Highlight in any color **what we have instead of fear**

define:

Write the definition of the word **fear**:

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(look up any other words you don't know)

examine:

What are the reasons these verses give to not fear?

What has God delivered us from?

What has God given us instead of fear?

According to 1 John 4:18, what does fear have to do with?

How can fear affect your relationship with Christ?

journal:

Journal your reflections, thoughts, confessions, and prayers.

Fear is a liar. If we are in Christ (have repented and put our trust in Jesus), we have zero reason to fear. When we do feel fearful or scared, in reality, *we are telling God that we don't trust Him*. That we don't believe He can help us or that He's there for us. Fear tells us that God isn't enough. Don't let fear overtake your faith in God. It will only bring you down a road of hurt and anxiety, which is exactly what God doesn't want for us. Remember that in the Scriptures above it says that *perfect love (God's love) casts out all fear*, and God will strengthen and deliver you. Count on your faith in God, not in your fear.

pray:

Pray that you will learn to trust in God instead of yourself, let go of your fears, and rely on His strength. Thank Him for His promise that He will deliver and strengthen you. Confess any time that you may have been fearful and didn't trust God.

day three | faith over comfort

Welcome to day three, where we'll tackle the topic of comfort. This is a sneaky feeling that can end up being very dangerous. Let's check out today's Scriptures:

Luke 9:23 - And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me.

Romans 6:11 - So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:1-4 - What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

Romans 12:2 - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

investigate:

Underline the words **deny, dead/died, and sin**

Highlight in yellow what we **shouldn't do**

Highlight in any color what we **should do**

define:

Write the definition of the word **deny**.

Write the definition of the word **comfort**.

(look up any other words you don't know)

examine:

What do these verses say we shouldn't do?

What do these verses say we should do?

Why do you think that being comfortable can be dangerous to your faith?

What do you think it means to take up your cross and follow Jesus?

What are some ways that you can pursue God daily and deny your comfort?

How can comfort affect your relationship with Christ?

journal:

Journal your reflections, thoughts, confessions, and prayers.

Comfort can be very dangerous. We can't let our faith become a normal, comfortable thing. It needs to be something we take seriously. Something we strive for each and every day. Otherwise, we can end up going against what our Lord says to be true. We can start to slide away, being "comfortable" with our life without Christ. We need to fight against the urge to give in to the world, sin, and temptation. Look to Christ, our hope and salvation, and He will keep you and strengthen you. Don't let your comfort override your faith.

pray:

Pray that you will not give into the mindset of comfort, and that God will help you remember that our faith is a race and battle against sin. Confess any time you have given into comfort instead of running to Christ.

day four | faith over happiness

Welcome to day four! Today is a bit of a, well, happier topic—happiness! There's more to it than just that, though. Let's look at today's Scriptures:

1 Peter 3:14 - But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled.

Philippians 4:4 - Rejoice in the Lord always; again I will say, Rejoice

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James 5:13 - Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

investigate:

Underline the words **rejoice**, **blessed**, and **cheerful**.

Highlight in yellow **what you ought to do in suffering**.

Highlight in any color **what you ought to do in joy**.

define:

Write the definition of the word happiness

Write the definition of the word joy

(look up any other words you don't know)

examine:

How are we supposed to react to suffering?

How are we supposed to react when we're happy?

Can happiness be a bad thing? If so, how?

What's the difference between joy and happiness (or is there any)?

journal:

Journal your reflections, thoughts, confessions, and prayers.

Happiness is a good thing. God wants us to be happy, but our happiness can get in the way of our faith, too. Ask yourself, am I being happy at the expense of someone else? Am I only being happy when things go my way, or am I still being joyful in suffering? We're called to rejoice in the Lord always. Why? Because God never changes. He always has, and always will be, full of love, grace, strength, etc. Never let your happiness (or lack thereof) get in the way of your faith in God. Thank Him in the times of peace, and praise Him in the times of suffering all the same.

pray:

Pray that God will give you a joyful attitude and the right motivation behind your happiness. Confess any times where you may have been bitter to God or have been happy for the wrong reasons.

day five | faith over **sadness**

Welcome to day five, the final part of our study! This one is definitely one every girl can relate to—sadness. Whether this be disappointment, depression, or anxiety, sadness is something we all feel. Here are today's verses:

John 14:1 - Let not your hearts be troubled. Believe in God; believe also in Me [Jesus].

Psalm 34:18 - The Lord is near to the brokenhearted and saves the crushed in spirit.

Psalm 55:22 - Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

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Psalm 18:2 - The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

investigate:

Underline words related to **sadness**.

Highlight in yellow the **characteristics of God**.

Highlight in any color **what you are supposed to do with your sadness**.

define:

Write the definition of the word **believe**.

(look up any other words you don't know)

examine:

What do these verses say to do with your sadness (burden, troubled heart, etc.)?

What characteristics of God are listed?

The Lord is near to the _____ and _____?

According to Psalm 55:22, what will God do?

How can sadness affect your relationship with Christ?

journal:

Journal your reflections, thoughts, confessions, and prayers.

Sadness can take over. It can turn into an ugly monster that consumes us, making our life miserable. That's why the Bible talks so much about sadness and gives us reasons not to be sad. It assures us that God is always near, He will sustain, He will be our strength, etc. Scripture gives us so many promises! Don't let your sadness ruin your relationship with God. Start by thanking Him for all the good He has done for you, and start *trusting* Him.

pray:

Pray that God will help you overcome your sadness. Confess any times where you have been disappointed in Him or haven't trusted Him to be there for you. Praise Him for His promises and amazing attributes.

the end

You did it! You completed the Faith Over Feelings study. I hope you have enjoyed and that you will join us next time in our other studies on Grace Inspired!

Remember: God is greater than all of your emotions, and He's waiting for you to come to Him. Put your faith over your feelings! Jeremiah 17:9 makes it very clear why we need to do this:

Jeremiah 17:9 - The heart is deceitful above all things, and desperately sick; who can understand it?

