

The background features a light-colored wooden surface with several dried, brown leaves scattered across it. In the bottom right corner, a portion of a green textured notebook and a gold pen are visible. A large, semi-transparent light beige rectangle is centered on the page, containing the main text.

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Refresh & Refocus

A four week Bible Study to get a solid jumpstart!

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Week

1

Resting in God's Love

Day 1

I'm just not good enough....I feel like my best never quite meets the mark....if I could only read my Bible more....if my house just looked better.... if I could only lose a few pounds, what if I or a family member gets sick (if only...if only....what if)! If any of these thoughts have ever crossed your mind, please know that

you are not alone!

As women, we put a lot of pressure on ourselves to live up to certain standards, and too often we measure ourselves by what we perceive other people to be and by the world around us! As planners, we struggle with the unknown, and it can plague our hearts with worry and paralyze us with fear.

Daughter of God.....it is time to put those insecurities and fears to rest for good!



If you want to overcome a restless heart, you first need to identify what keeps your heart weighed down.

What fears or insecurities are weighing you down today?

Write Matthew 11:28-30



Week

1

Resting in God's Love

Day 1 Cont....

1 Peter 5: 7 says: "Cast all you anxiety on Him because He cares for you."

Listen...God knows your struggles and greatest fears, and He is not for one minute scared by them. He loves you dearly, and as you saw in Matthew 11, it is His heart to take the weight of those burdens from you. Will you choose to trust His tender loving care? Will you choose to give Him those struggles, and find rest for your soul today?

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God,

I don't want to carry things that you never intended for me to carry, and honestly, the load is too much for me. Today, I give you _____ . I choose to place my complete trust in You, and I pray that you would lead me in Your truth so that I can truly walk in the freedom of Christ Jesus.

Your Beloved Daughter,

Day2....

1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

A lot of people have this idea that God is up in the heavens, looking down on us with disdain and displeasure....that He sits there on His throne, waiting for us to mess up so that He can slap our hands with His great ruler of correction.



Week

1

Resting in God's Love

Day 2 Cont....

The truth is that God is PERFECTLY PERFECT, ALL-KNOWING, and ALL-POWERFUL. He is JUST, and RIGHTEOUS, *but He is also our heavenly Dad.* We think that we have to have everything together before we can go to Him, but that couldn't be further from the truth. In fact, perhaps the reason we don't walk in more victory in this life, is because we are going about it thinking we have to have all of our ducks in a row before we can walk strong with God.

If you feel like you are not good enough, then you will always struggle mentally, even when you are doing great. If you don't feel like you can ever be good enough, then you may decide to just stop trying to grow.

We have to correct this crazy thinking child of God!

Consider a child when they are born. Before they ever do anything of any significance, a parent has a deep love of them. The parent loves to hold them, to be with them, and helps them learn to eat, walk, and talk. They even change their poopy diapers (now that could preach!) Then, as the child grows, the parent picks them up when they fall, cheers them on to keep trying new things, and corrects them so they can be safe and successful.

You see....that same tenderness, that same lovingkindness that even an earthly parent has for their child, is just a glimpse of what Father God feels about you before you ever lift a finger. Today....stop beating yourself up for not being perfect. Instead, let your heart rest, and know that God thinks you're pretty great! He knows you're not perfect, but before He helps you to grow, He wants you to know that



He Loves You Deeply, because you are His child!!!!

Read Ephesians 3:14-19

God,
I pray that you would help to know Your love for me in an even greater way today! In the Beautiful Name of Jesus, *Amen*



Week

1

Day 3....

Resting in God's Love

"STOP STRIVING AND KNOW THAT I AM GOD; I WILL BE EXALTED AMONG THE NATIONS, I WILL BE EXALTED ON THE EARTH." -PSALM 46:10

I think it is important for us to consider the questions, "Why do we struggle with fears and insecurities? Why do we find ourselves down in the dumps and at times even despairing?" Our emotions can be extremely strong can't they? If we aren't careful, we can find ourselves in the midst of very real struggles. I think that the answer is a lot simpler than you may think. Often times, we are battling with nothing more than misplaced trust.



When it comes to your identity, do you trust your feelings about yourself, or do you trust what God says about you?

Read Psalm 46



Our feelings can be extremely misleading, and as children of God we have to stop trusting our emotions over God's word. In Psalm 46, we see a beautiful reminder that God is all powerful, that He is over all, and that He is our refuge. We can submit our hearts and trust Him for every aspect of our lives. That is where our choice comes in. So today, will You choose to cease striving with your fears and insecurities, and choose to believe that God is who He says He is, and that you are who He says you are? He is calling you to a place of security in Him....a place where your soul finds rest, in God your refuge.

God,

Thank you for the great hope You give us in Your word. Please forgive me for times that I have trusted in my own feelings rather than trusting what You say about me, and for choosing to have fear over faith at times. Today, I choose to place my faith in You, and to fully trust You in every aspect of my life.

Your Loving Daughter,

Reflection Page

What has God shown you over the last few days of study?

What practical action steps are you going to take to continue growth in the area of resting your heart in God?

HERE ARE SOME IDEAS:

Spending Time in Prayer!

Reading the Word!

WRITE ENCOURAGING SCRIPTURES ON STICKY NOTES AND PUT THEM IN PLACES YOU SEE OFTEN!

Fellowship with Believers!

Be quick to forgive yourself when you struggle, and get back up and going!



Resting in God's Love

You are loved!

JEREMIAH 31:3

You are Special

EPHESIANS 2:10

You are Beautiful

PSALM 45:11

You are One of a Kind

PSALM 139:13

You are Cared For

EPHESIANS 3:17-19

You are Precious

I CORINTHIANS 6:20

You are Strong

PROVERBS 31:25

You have a Purpose

JEREMIAH 29:11

Thank you!

I am so glad that you chose to do this short Bible study with us at Beautiful Daily Grace!
Hopefully it has helped to shed light on your heart, and has helped you to walk in more of the freedom Christ has for you!!

We would love for you to stay connected with us, and to be on the lookout for future resources!
Don't forget to sign up with us at www.beautifuldailygrace.com, and follow us on Facebook and Instagram.

May God bless you as you continue to grow in Him!!!

MANY BLESSINGS,
the Beautiful Daily Grace Team

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