

Holy Estrogen!

Lesson 1

“For we are God’s own handiwork (His workmanship), recreated in Christ Jesus, born anew that we may do those good works which God predestined (planned beforehand) for us (taking paths which He prepared ahead of time), that we should walk in them (living the good life which He prearranged and made ready for us to live). – Ephesians 2:10 – AMP Bible

Acts 1:8 – You need power!

Acts 1: 4 & 5 – You need to wait!

Acts 1: 14 – You need to pray!

“Wait for the Lord; be strong and let our heart take courage; Yes, wait for the Lord.” – Psalm 27:14

A strengthening process happens while you wait!

Before you speak - write it down and pray about it.
That is waiting and praying!

Jesus doesn’t want me to just ACT like Him ... He wants me to BE like Him!

“The righteous man will flourish like the palm tree, He will grow like a cedar in Lebanon. Planted in the house of the Lord, they will flourish in the courts of our God. They will still yield fruit in old age; They shall be full of sap and very green, to declare that the Lord is upright; He is my rock and there is no unrighteousness in Him.” – Psalm 92: 12 – 15

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Flourish –

II Samuel 12: 16 – 19 –

II Samuel 12: 20 – 23 –

1 – David arose from the ground ...

2 – David washed himself ...

3 – David anointed himself ...

4 – David changed his clothes ...

Isaiah 61:3

5 – David came into the house of the Lord and worshiped!

GOING DEEPER QUESTIONS!

DAY 1 – Read Ephesians 2: 1 – 10. Why did God create you? What does the term “good works” mean to you? How can you use your emotions for good?

DAY 2 – Read Acts 1: 1 – 14. Have you asked God for the power of His Holy Spirit? Do it today. Make a list of 5 things that you are waiting for. Commit to pray for this list every day for the next 30 days. See what God does in you!

DAY 3 – Read Psalm 27. Underline 3 verses that touch your heart. What did the Psalmist ask for in verse 4? Why is this an important part of life? In verse 13, what keeps the Psalmist from despair? How does this truth help you with your despair?

DAY 4 – Read Psalm 92. Underline 3 verses that touch your heart. What does verse 1 say that it is good to do? Why is it good to do this? Who will flourish like the Palm tree? What does it mean to you to be “righteous”?

DAY 5 – Read II Samuel 12: 16 – 23. What significant event in your life has determined your emotional stability? Look at the 5 steps that David took to move forward in life. Have you been able to take these same 5 steps? How does worship help you deal with your pain?

DAY 6 – Read Isaiah Chapter 61. Underline 3 verses that touch your heart. According to verse 10, how are we to rejoice in the Lord? What does this mean to you in a practical way?

DAY 7 – Read Psalm 149 and Psalm 150. What is the emphasis of these 2 Psalms? Is this the emphasis of your life? According to verse 5 in Psalm 149 – what are you to do on your bed at night?