

HOLY ESTROGEN!

Lesson 5

The blahs ...

1440 Reasons Not to Have the Blahs!

There are things that you have to do ... but you choose how to do them!

Psalm 118:24

Psalm 35:26

Psalm 33:1

Luke 9:23

I Corinthians 15:31

God has no other agenda with you than to love you ...

Give you the option of an abundant life ...

And is working every minute to turn your life into something good

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Romans 8:28

FTT – Failure to Thrive

"Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, like newborn babies, long for the pure milk of the Word, so that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord." – I Peter 2: 1 - 3

"Surely I have composed and quieted my soul, like a weaned child rests against his mother, my soul is like a weaned child within me." – Psalm 131:2

"The glory of God is a human being fully alive; and to be alive consists in beholding God." – Saint Irenaeus

John 7:37 – 39

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I Peter 1:8

Genesis 2:10

Revelation 22:1 & 2

"Most blessed is the man who believes in, trusts in, and relies on the Lord, and whose hope and confidence the Lord is. For he shall be like a tree planted by the waters that spreads out its roots by the river; and it shall not see and fear when heat comes; but its leaf shall be green. It shall not be anxious and full of care in the year of drought, nor shall it cease yielding fruit." - Jeremiah 17:7 & 8

"And the leaves of the tree are for the healing of the nations."

The greatest tragedy in life is not death –
But is being alive without joy

Ecclesiastes 3:11

GOING DEEPER QUESTIONS:

DAY 1 – Read Psalm 118; Psalm 35:26 and Psalm 33. What are 3 things that you learn about praise after reading these verses? Make a list of 5 things that you LOVE to do!

DAY 2 – Read Luke 9:21 – 25; I Corinthians 15:31 and Romans 8:28. What does "dying" have to do with "living"? Make a list of 5 more things that you LOVE to do!

DAY 3 – Read I Peter 2: 1 – 3 and Psalm 131. How do the verses in I Peter tell us that we will grow? Make a list of 5 more things that you LOVE to do!

DAY 4 – Read John 7:32 – 52 and I Peter 1:8. What is the "rivers of living water" that Jesus is talking about in these verses from John? Is it possible to be filled with joy even though you do not see the Lord? Make a list of 5 more things that you LOVE to do!

DAY 5 – Read Genesis 2:10 and Revelation 22:1 & 2. What do both of these scriptures have in common? Why do you believe that God talks about a river in the first book of the Bible and in the last book of the Bible? Make a list of 5 more things that you LOVE to do!

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DAY 6 – Read Jeremiah 17:7 & 8 and Ecclesiastes 3:11. How can your life heal the nations? How can your life heal your world? Make a list of 5 more things that you LOVE to do!

DAY 7 – Read Psalms 149 and 150. What do these 2 chapters focus on? How should this same issue be a focus of our lives? Make a list of 5 more things that you LOVE to do!