

## God Rescues us in the Valley of Fear

Lesson Day (Saturday): Read the Blog Post for that week that teaches the concept we are learning and the tool we are learning to use. Read through the entire chapter of Isaiah 54 , then focus on reading, copying, meditating and memorizing the verse for that week. During your journal time, add any additional scriptures that have encouraged you or deepened your study.

Try to devote 5 days a week to the study. Don't worry if you fall behind or you miss a day, all the materials will be available on Journeys In Grace in the download section.

Add any comments, scriptures and thoughts to the comments section of the post, The Soli Deo Gloria Sisterhood FB page, or the Journeys In Grace FB page.

### ☐ *Read the Word*

Isaiah 54:4 (amp) – Fear not, for you shall not be ashamed; neither be confounded and depressed, for you shall not be put to shame. For you shall forget the shame of your youth, and you shall not [seriously] remember the reproach of your widowhood any more.

### ☐ *Study and Reflect*

- Find the following scriptures to add to your Isaiah 54 notebook/journal.
  - Scriptures with the Hebrew word yare( fear), boset, bos ( shame), and harap ( reproach)
  - Psalm 34:4 reminds us how God delivers us from fear.
  - Jeremiah 30:10 reminds us why we shouldn't fear the future when God is in control.
  - Psalm 119:22, Isaiah 25:8 show how God removes the sting of reproach in our lives.
  - 2 Timothy 1:7, 1 John 4:18, Hebrews 13:6
  - Elizabeth's Story in Luke 1
- Word Study:
  - Look up the following words and add them to your notebook/journal: fear, shame, reproach, delivered, rescued, and restored.

□ Answer the heart questions

☞ What is the context of this verse?

- What are the commands given here?(hint there are 2)
  - Look closely at each command and find the reasons for such instruction.
  - What is the promise after the command and reason that we have been given in hope?
- Who is this verse speaking to?
- Are there any areas of shame in your own life that you need to give to God and step away from?

*The KEY to this verse lies in our willingness to hear his voice and refuse to give in to the spirit of fear and doubt. Contempt and reproach are note from God. (Romans 8:1-2) He is commanding you not to fear, in the face of a lifetime of rejection, we still need to choose to rejoice in the strength God has for us. We need to resolve to live in the blessing.*

- How have fear and guilt crippled your growth?
- What areas do you know are ruled by fear rather than allowing faith to manifest?

☞ Write out the truth

- Copy the verses, meditate on the wisdom inherent within, and commit them to memory.

☞ Find the Truth for your situation.

- What does God's Word say about fear and shame?
  - How many verses can you find that discuss this topic?
    - Pick one or two to meditate on and journal about what they mean to you.

For example: 2 scriptures come to mind when fear rears its ugly head. Psalm 91 and 2 Timothy 1:7.

*Take time to think about the areas in your life where you have allowed fear to steal, kill and destroy the plans of God in your life. WRITE IT DOWN!!!*

*What are some things that you can change to combat the stronghold of fear in your life?  
What are some reasons you find yourself fearful?*

🔗 Pray the truth

- One of the best pieces of advice I can give you is in the continual study of His Word. There are 51 passages that tell us to fear not, using the Hebrew word, *yare*. Why is it so important not to give in to fear? Find the words that answer your problem straight from the Word of God and begin stepping out in faith each day believing their power and might.
- Sow His seed, The Word, in to your heart. Weed out the weeds of shame and lay an ax at the root of rejection and disorder from ruling your life.

## The heart

### *My Prayer for you...*

Heavenly Father,

We are so grateful for the promises that are laid out here in your Word for each of us to grab on to and claim as our own glorious inheritance. All through the Word you are speaking into the very depths of our hearts and by your Holy Spirit we are strengthened and made new. It is as we spend time with you, getting to know you by reading your Word and speaking to you as we pray that our hearts become acquainted with grace and blessed by mercy. Remove every stronghold that has placed a wall against your truth in our hearts and reveal any area of contention that is keeping us from experiencing the fullness of your grace in our lives. Rescue us from the lies that potentially keep us from seeing your Truth in every aspect of our daily living. Keep us mindful that we are a garden and you are the gardener, tending and even weeding so that we will one be fruitful. I pray for every woman reading this today, to be filled with all the wisdom and spiritual insight that her heart needs to hear in order to be free. I pray that you would guide and grant her wisdom into any area of her heart that needs to be given over to you and the courage to do it. I pray for the fullness of your love to fill in and overflow in each heart so that they would be abounding in hope and overflowing in grace, all to bring you glory, God.

In Jesus Name,

Amen.

Isaiah

54

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*A place for you to write out a prayer of your own.....*

The heart  
of a  
Woman  
is  
the  
Garden  
of God



Isaiah  
54

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