

## About this guide

**W**hether you lead an individual or a small group through this study, the activities below will help the discussion. Here are some useful tips:

1. If you meet your study partner(s) once a week or once a month, it's a good idea to assign a certain number of the 31 days to have complete by the next meeting.
2. Photocopy the pages below. But don't hand them out ahead of time. The book is the material they are to read. These lessons are for you to ration out when you meet in order to cover the material they have just read. So if you assigned "Days 1-6" for the first meeting, then when you get together, hand out the lessons below for days 1-6.
3. Most of the activities below are taken directly from the "Going deeper" sections. Not all "Going deeper" sections for each day are included below. But it should be enough to have a sufficient conversation during your time together.
4. It's best to begin each session with prayer, and then ask what stood out to the individual(s) from the assigned lessons. Then let the conversation begin.
5. In a perfect world, everyone will have read the assigned material. But don't assume that. This is where the lessons below come in handy and will keep the time from becoming awkward when no one is prepared to share anything. It's helpful if they have read it, but you can still have a meaningful discussion if they have not.
6. Decide ahead of time if you want to read a day or several of the 31 days of the book copy aloud during the session so everyone is on the same page.
7. On the other hand, if your individual(s) have read the material and have stories or questions, follow the Spirit's leading. You don't have to go through the lesson material below. You may end up having a counseling session instead.
8. One of the goals of this book is to get people memorizing verses that will help them. This is where your leadership is important. Here are some tips to make sure they are memorizing:
  - Once the "ABC list of verses" is suggested, from then on, make it a point to ask periodically how they are coming with their list of verses. It would be helpful if you as the leader are also working on the list.
  - There's already an "ABC list of verses for emotional health" on my website [mastertruth.com](http://mastertruth.com). In fact, there are 5x7 downloadable photos with the verses. If at any time you want to encourage anyone in your group with one of the verses, you can print and frame the verse for the individual (You can purchase inexpensive frames from Good Will!) Having verses displayed around the house is a great way to learn them and honor God.
  - If someone in your group is musical, encourage them to put some of the verses to music and teach you (and everyone else in the group) the song. It's one of the best ways to memorize verses.
9. On day 9, there's an assignment to write "counter cards." When you get there, be prepared to hand out blank cards and let them write their reoccurring negative thoughts—one per card. So you may need many blank cards. (Instead of cards, they may want to write them on their smartphones.) Thereafter, you may want to periodically ask how they are coming on dealing with their reoccurring negative thoughts.

## PART 1: SOBER MINDED (Days 1-9)

### Day 2 (Anger is Ugly): Going Deeper

Anger-alternative verses	What are the alternatives to anger you find in these verses that you could work on?
<i>But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. (Jas. 3:17-18)</i>	
<i>And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth. (2Tim. 2:24-25)</i>	
<i>He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly. (Prov. 14:29)</i>	<i>(What does it mean to be hasty of spirit?)</i>
<i>He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. (Prov. 16:32)</i>	<i>(Can you think of an incident in your life when you ruled your spirit and avoided an ugly confrontation?)</i>
<i>The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. (Prov. 19:11)</i>	<i>(Discretion seems to be key here. What does it mean?)</i>

### Day 4 (Bad Circumstances Happen to Good People): Going Deeper

Bad circumstances purpose and response verses	Look for the purpose or response in each verse. Which verse speaks to you the most and why?
<i>Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy. (1Pet. 4:12-13)</i>	

<p><i>But he knoweth the way that I take: when he hath tried me, I shall come forth as gold. (Job 23:10)</i></p>	
<p><i>For thou, O God, hast proved us: thou hast tried us, as silver is tried. Thou broughtest us into the net; thou laidst affliction upon our loins. Thou hast caused men to ride over our heads; we went through fire and through water: but thou broughtest us out into a wealthy place. (Psa. 66:10-12)</i></p>	
<p><i>Behold, I have refined thee, but not with silver; I have chosen thee in the furnace of affliction. (Isa. 48:10)</i></p>	
<p><i>And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: (Rom. 5:3-4)</i></p>	
<p><i>Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. (Jas. 1:3-4)</i></p>	

## Day 6 (Doubt is Devilish): Going Deeper

Faith-building verses	What are the benefits of faith you find in these verses?
<p><i>If then God so clothe the grass, which is to day in the field, and tomorrow is cast into the oven; how much more will he clothe you, O ye of little faith? And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind. For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. (Luke 12:28-30)</i></p>	
<p><i>Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:24)</i></p>	
<p><i>That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, (Eph. 1:17-20)</i></p>	<p><i>(If you grasped everything in these verses, how would it affect your faith/doubt quotient?)</i></p>
<p><i>For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe. (1Thes. 2:13)</i></p>	<p><i>(What does God's working through His word in our lives depend on, according to this verse?)</i></p>
<p><i>But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. (Heb. 11:6)</i></p>	

## Day 7 (Self-doubt is Sneaky): Going Deeper

Focus verses	While you may have good reasons to doubt you could ever be used by God, what is the antidote for that thinking based on these verses?
<p><i>Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. (Phil. 2:3-8)</i></p>	
<p><i>Be kindly affectioned one to another with brotherly love; in honour preferring one another; (Rom. 12:10)</i></p>	
<p><i>But unto every one of us is given grace according to the measure of the gift of Christ. ...This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, (Eph. 4:7&amp;17)</i></p>	<p><i>(You may want to read the verses in between 7&amp;17 for full context. From this, what advice would you give someone else who is stymied with self-doubt?)</i></p>

## Day 9 (Capture Your Wild Imagination): Going Deeper

Satan is our accuser, and he wants us to live in defeat. He plants thoughts in our minds that are difficult for us to shake off. That is where many of our setbacks come from that lead to ineffectiveness.

It's time to cast off our sorry thoughts using counter cards.

1. Identify some reoccurring negative thoughts that plague you. (Examples: No one likes me. I'm not as spiritual as X. I have no abilities. I hate myself. I would do much better if I was married/single, etc.)
2. Write one of those plaguing thoughts each on one side of a 3x5 card.
3. Spend some time, either by yourself, with one other, or with the class, finding verses that address and help prove those thoughts unworthy.
4. Write out all the verses you can that address those thoughts on the back of the cards.

Keep the cards nearby, and starting this week, when you have any of those negative thoughts, flip the card over and read the verses. Pray them to God, and ask for His help to get rid of the negative thoughts/feelings permanently.

## PART 2: INNER POSTURE (Days 12-16)

### Day 12 (Contrite is OK): Going Deeper

Contrite verses	Highlight or note the positives/benefits of being contrite (define contrite)
<i>The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. (Psa. 34:18)</i>	
<i>The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. (Psa. 51:17)</i>	
<i>For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones. (Isa. 57:15)</i>	
<i>For all those things hath mine hand made, and all those things have been, saith the LORD: but to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at my word. (Isa. 66:2)</i>	<i>(Who is God nearest to in Matt. 5:3-5?)</i>

### Day 15 (Pliable People): Going Deeper

Proving Trials verses	What God is proving (Whatever God proves must be VERY important to Him)
<i>And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest <u>keep his commandments</u>, or no. (Deut. 8:2)</i>	<i>(Look for the verbs in each verse)</i>
<i>Thou shalt not hearken unto the words of that prophet, or that dreamer of dreams: for the LORD your God proveth you, to know whether ye <u>love the LORD your God</u> with all your heart and with all your soul. (Deut. 13:3)</i>	
<i>And the angel of the LORD called unto him out of heaven, and said, Abraham, Abraham: and he said, Here am I. And he said, Lay not thine hand</i>	

<p><i>upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me. (Gen. 22:11-12)</i></p>	
<p><i>Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no. (Ex. 16:4)</i></p>	
<p><i>Howbeit in the business of the ambassadors of the princes of Babylon, who sent unto him to enquire of the wonder that was done in the land, God left him, to try him, that he might know all that was in his heart. (2Chron. 32:31)</i></p>	<p><i>(After reviewing all the verses, read Deut. 6:1-6 for a summary of what God thinks is important.)</i></p>

### Day 16 (Meekness Looks Ahead): Going Deeper

Looking to Him verses	Your looking impressions (Find a what, why, when or how)
<p><i>And I will wait upon the LORD, that hideth his face from the house of Jacob, and I will look for him. (Isa. 8:17)</i></p>	<p><i>(Look here means look eagerly for and is the same word for wait in Isa. 40:31- meaning to wait eagerly for. It isn't passive waiting.)</i></p>
<p><i>Woe to them that go down to Egypt for help; and stay on horses, and trust in chariots, because they are many; and in horsemen, because they are very strong; but they look not unto the Holy One of Israel, neither seek the LORD! (Isa. 31:1)</i></p>	
<p><i>Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me. (Mic. 7:7)</i></p>	
<p><i>Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; (Tit. 2:12-13)</i></p>	<p><i>(We are to look ahead, 2 Cor. 4:17-18.)</i></p>
<p><i>Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. (Jude 1:21)</i></p>	

Look up the word *wait* in Isa. 40:31. Someone with a Strong's concordance (on your smart phone Bible app?) look up the meaning of the word *wait*. Does it mean to wait passively or actively?

## PART 3: LOVINGKINDNESS RULES (Days 17-22)

### God's Signature Quality

*Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD. (Jer. 9:23-24)*

### Is it wrong to expect God to show you lovingkindness?

Expect lovingkindness	How can you tell from these 2 verses that the Psalmist expected God's lovingkindness?
<i>Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life. (Psa. 42:8)</i>	
<i>Lord, where are thy former lovingkindnesses, which thou swarest unto David in thy truth? (Psa. 89:49)</i>	

### Focus

Daily Focus Verses	From these 3 verses, what can you find to apply this week?
<i>For thy lovingkindness is before mine eyes: and I have walked in thy truth. (Psa. 26:3)</i>	
<i>We have thought of thy lovingkindness, O God, in the midst of thy temple. (Psa. 48:9)</i>	
<i>I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation. (Psa. 40:10)</i>	

### Appeal to God based on His Lovingkindness

Appeal Verses	Highlight what the Psalmist asks God to do about His lovingkindness. Write your thoughts.
<i>Shew thy marvellous lovingkindness, O thou that savest by thy right hand them which put their trust in thee from those that rise up against them. (Psa. 17:7)</i>	
<i>Remember, O LORD, thy tender mercies and thy lovingkindnesses; for they have been ever of old. (Psa. 25:6)</i>	

<i>O continue thy lovingkindness unto them that know thee; and thy righteousness to the upright in heart. (Psa. 36:10)</i>	
<i>Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me. (Psa. 40:11)</i>	
<i>Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. (Psa. 51:1)</i>	
<i>Hear me, O LORD; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies. (Psa. 69:16)</i>	
<i>Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth. (Psa. 119:88)</i>	<i>(What does quicken mean?)</i>
<i>Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. (Psa. 143:8)</i>	

**Write your own prayer to God appealing to His lovingkindness:**

### **Praise God for His lovingkindness**

<b>Praise Verses</b>	<b>Highlight or make note of what it is about God's lovingkindness that is worth praising Him for based on these verses.</b>
<i>How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings. (Psa. 36:7)</i>	
<i>Because thy lovingkindness is better than life, my lips shall praise thee. (Psa. 63:3)</i>	
<i>It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night. (Psa. 92:1-2)</i>	
<i>I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name. (Psa. 138:2)</i>	

**Note:** Some churches focus heavily on how out-of-fellowship with God we always are, emphasizing mainly how we need to get right with God (often this church is heavy on truth). Other churches focus heavily on God is good with little emphasis on holy, righteous living. (Often this church over-emphasizes love.) The Psalmist's frequent combination of God's lovingkindness and truth provides balance for both.

## PART 4: OVERCOMER TESTIMONIALS (Days 23-31)

### Day 23 (Fearless Trust in the Lord): Going Deeper

Trust verses	In all but the first verse below, the word <i>trust</i> means to be confident.
<i>Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.</i> Job 13:15	Here the word <i>trust</i> means to wait expectantly.
<i>Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.</i> (Psa. 37:5—a Psalm of David)	The result of trust or confidence in the Lord? For an example, look at 1Sam 17:45-47 printed in today's lesson.
<i>They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.</i> (Psa. 125:1)	The result of trust or confidence in the Lord?
<i>Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth; in that very day his thoughts perish. Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God.</i> (Psa. 146:3-5)	What does trust look like here?
<i>Blessed is the man that trusteth in the LORD, and whose hope the LORD is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.</i> (Jer. 17:7-8)	What does it mean <i>shall not see when heat cometh, but her leaf shall be green</i> ?

### Day 25 (A Testimony of Righteousness): Going Deeper

The verses below are about practical righteousness. It means straight, upright, correct, just. It doesn't mean declared righteous as in the New Testament. This means right living. David lived the example, as highlighted in Day 25. What benefits of living righteously stand out from the verses below?

Practical Righteousness Verses	What are the benefits of living righteously from the verses below? (Highlight the answers or write notes.)
<i>He layeth up sound wisdom for the righteous: he is a buckler to them that walk uprightly. (Prov. 2:7)</i>	
<i>For the froward is abomination to the LORD: but his secret is with the righteous. (Prov. 3:32)</i>	
<i>The LORD will not suffer the soul of the righteous to famish: but he casteth away the substance of the wicked. (Prov. 10:3)</i>	
<i>The fear of the wicked, it shall come upon him: but the desire of the righteous shall be granted. As the whirlwind passeth, so is the wicked no more: but the righteous is an everlasting foundation. (Prov. 10:24-25)</i>	
<i>The hope of the righteous shall be gladness: but the expectation of the wicked shall perish. (Prov. 10:28)</i>	
<i>The righteous shall never be removed: but the wicked shall not inhabit the earth. (Prov. 10:30)</i>	
<i>The righteous is delivered out of trouble, and the wicked cometh in his stead. (Prov. 11:8)</i>	
<i>He that trusteth in his riches shall fall: but the righteous shall flourish as a branch. (Prov. 11:28)</i>	
<i>The wicked are overthrown, and are not: but the house of the righteous shall stand. (Prov. 12:7)</i>	
<i>Evil pursueth sinners: but to the righteous good shall be repayed. (Prov. 13:21)</i>	
<i>Fools make a mock at sin: but among the righteous there is favour. (Prov. 14:9)</i>	
<i>In the house of the righteous is much treasure: but in the revenues of the wicked is trouble. (Prov. 15:6)</i>	
<i>The way of the slothful man is as an hedge of thorns: but the way of the righteous is made plain. (Prov. 15:19)</i>	
<i>The LORD is far from the wicked: but he heareth the prayer of the righteous. (Prov. 15:29)</i>	
<i>In the transgression of an evil man there is a snare: but the righteous doth sing and rejoice. (Prov. 29:6)</i>	

**Note: Given the benefits of living righteously, it's obvious why we would want to make that a focus.**

## Day 26 (The Art of Bouncing Back): Going Deeper

When circumstances flood your life, don't let them carry you downstream. You need to grab on to a tree and hold on. Here are some verses to grasp hold of.

“Hang On!” verses	Highlight or note the hope you find in these verses
<i>I had fainted, unless I had believed to see the goodness of the LORD in the land of the living. (Psa. 27:13)</i>	
<i>Why art thou cast down, O my soul? and why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance. (Psa. 42:5)</i>	
<i>The LORD is my portion, saith my soul; therefore will I <u>hope</u> in him. The LORD is good unto them that <u>wait</u> for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD. (Lam. 3:24-26)</i>	<i>(Hope means “wait expectantly”. Wait means “look eagerly for.”)</i>
<i>For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. (2 Cor. 4:16-18)</i>	<i>(Remember, “This too shall pass.”)</i>
<i>We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh. (2 Cor. 4:8-11)</i>	

## Day 28 (Elijah Missed Emotional Support): Going Deeper

We all need close friends we can share and pray with. Not everyone can be that close friend. Read the following verses and pick one out to use as a guide to pray to find the right confidant and prayer warrior.

No Man is an Island Verses	Write a prayer to God to help you find the right friend next to any these verses... praying the verse to God.
<i>And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. (Gen. 2:18)</i>	
<i>Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel. (Prov. 27:9)</i>	
<i>And Jonathan Saul's son arose, and went to David into the wood, and strengthened his hand in God. (1Sam. 23:16)</i>	
<i>Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. (Ecc. 4:9-10)</i>	

## Day 29 (Abigail Diffused Evil): Going Deeper

<i>The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever. (Psa. 111:10)</i>	According to this verse, how do you get a good understanding?
<i>Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: So shalt thou find favour and good understanding in the sight of God and man. (Prov. 3:3-4)</i>	How does your good understanding show in these verses?
<i>Good understanding giveth favour: but the way of transgressors is hard. (Prov. 13:15)</i>	What is the benefit of good understanding, according to this verse?

## Day 30 (God Used Jonah Anyway): Going Deeper

**God is in control, even in spite of you. That should be encouraging all by itself. What is your overall impression from the verses below (as a whole)? How might they encourage a person who is depressed? Write or share your response after reading all these verses.**

*A man's heart deviseth his way: but the LORD directeth his steps. (Prov. 16:9)*

*There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand. (Prov. 19:21)*

*The king's heart is in the hand of the LORD, as the rivers of water: he turneth it whithersoever he will. (Prov. 21:1)*

*But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. (Gen. 50:20)*

*The LORD of hosts hath sworn, saying, Surely as I have thought, so shall it come to pass; and as I have purposed, so shall it stand: (Isa. 14:24)*

*Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure: (Isa. 46:10)*

*And all the inhabitants of the earth are reputed as nothing: and he doeth according to his will in the army of heaven, and among the inhabitants of the earth: and none can stay his hand, or say unto him, What doest thou? (Dan. 4:35)*