

St. Matthew AME Church
Orange, New Jersey
Rev. Melvin E. Wilson, Pastor/Teacher

Women's Bible Study
June 8, 2024

Spring Series: "Doing Life With God "

"For in Him, we live and move and have our being " Acts 17:28

Session III: " A Little Thing Makes a Big Difference."

"Finally, brothers, whatever is true, whatever is noble, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy -think about such things. Whatever you have learned or received or heard from me-put into practice. And the God of peace will be with you." Philippians 4:8-9

I. Review of Session I

Scripture Background Review

" For in Him we live and move and have our being " Acts 17:28

- Paul begins his famous speech about the unknown God by proclaiming that God made the world and therefore is the Lord of His creation, acknowledging that God is the originator of all things. God is the source, ruler, and sustainer of life. He neither dwells in temples nor depends on humans to serve Him because He is above, beyond, and independent of the physical universe that He made. God needs nothing. (Acts 17:25) God is also present within and interacts with the world He made. He exists outside of time and space yet is closer to us than our own breath.
- Since God is the sum total of all life, it is getting to know Him intimately that you truly come to know who you are and what you were created to be.

Session I: "This is the Day "

" This is the day the LORD has made; let us rejoice and be glad in it."
Psalm 118:24

"Be careful, then, how you live-not as unwise, but as wise making the most of every opportunity because the days are evil. " Ephesians 5:15-16

- We must make the most of the time that we have on this earth.
- You have only one life, on this ride of eternity, it would be a tragedy to waste it.
" Time is like a river. You cannot touch the same water twice because the flow that has passed will never pass again. Enjoy every moment of your life."

THIS IS WHAT WE SHOULD DO TODAY

- **Obey God Today**- When we learn to obey God's Word and the leading of His Holy Spirit, the very moment He instructs us to do something, you'll be amazed how much more enjoyable your life becomes. You will be more peaceful and fulfilled knowing that you are in the will of God.
- **Love Today**- For many people, their lives are ruined because of the way someone treated them. God will remind us that what someone may do to us that is unjust or unkind isn't nearly as important as how we respond to their actions Don't allow others stop us from showing love.
"The best revenge is, -NONE. Heal, move on and don't become like those who hurt you."

● **Enjoy Today**- Anybody can get sidetracked and focus on the problems or burdens of the day. We all have inconveniences and irritations we have to face on a regular basis.

" Don't start your day with the broken pieces of yesterday. Every day is a fresh start. Each day is a new beginning. Every morning, we wake up is the first day of our new life."

● **Count Your Blessings Today**- Sometimes we easily overlook the countless blessings we should enjoy. But this is why so many people live frustrated, joyless and disappointing lives.

" Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation."
Psalm 68:19

● Sometimes we don't realize the blessings we have until we no longer have them. Appreciate all the blessings in your life and take none for granted. There is always something to be grateful for.

II. Review of Session II: " Life is Hard."

" I have told you these things, so that in me, you may have peace. In this world you will have trouble. But take heart! I have overcome the world. "

John 16:33

- With these words, Jesus told His disciples to take courage. In spite of the inevitable struggles they would face, they would not be alone.
- We have to confront and deal with adversities we face; we cannot continue to keep trying to escape or avoid situations that are difficult.
- God knows we need the skills, strength and training you will gain from adversity.
- Jesus was tested in the wilderness. We too will also be tested.

"Then Jesus was led by the Spirit into the desert to be tempted by the devil. " Matthew 4:1

"When God wants to move you to bigger blessings. He'll allow a heavy storm to pour on you. Every plant grows after rain."

• Most of all, our struggles and weaknesses increase our capacity for sympathy and ministry. We are far more likely to be compassionate and considerate of the struggles, difficulties and weaknesses of others. Other people are going to find healing in your wounds.

" I'm not embarrassed about anything I went through, What maybe "tea" for you, is a testimony for me. If you're gonna talk about what broke me, invite me to the table so I can tell you what God did with the pieces."

II. Session III: "A Little Thing Makes a Big Difference."

" Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. Whatever you have learned or received or heard from me, or seen in me, put into practice. And the God of peace will be with you. Philippians 4:8-9

• In our world filled with so much negativity, these verses from Philippians encourage us to develop a positive attitude. Our attitude also shapes our character.

• One of the most important life-changing things is the importance of attitude. It may seem like a little thing, but it makes a huge difference in almost every area of our lives.

Attitude is a mental position or emotional feeling with regard to a fact or state. It is a settled way of thinking or feeling about someone or something typically one that is reflected in a person's behavior.

An Attitude Adjustment

- Sometimes the tiniest attitude adjustment can change an entire day or a lifetime.
- No one can make us have a bad attitude, if we don't want to, and no circumstance can make us have a bad attitude, if we don't want to.

- Your attitude belongs to you, and it is a determining factor in how much you will be able to love your life.
- God gives us peace, but we must hold onto it. We don't want to lose our peace. So, to prevent that, Paul says we're to dwell on whatever is true, honorable, just pure, lovely, commendable, and if there is any moral excellence and if there is anything praiseworthy, we're to focus our attention there.
- One of the reasons we do not keep our peace is because we tend to dwell on the things that are set in opposition to the peace we're asking for.
- If we mull over bad things that could happen, and if we continue to entertain messages that work against our peace, anxiety will soon return.
- We must, therefore, ask ourselves if we are able to praise God for the thing that we are dwelling on. If we can't, then we will soon lose the peace God has given us.
 - A negative, doubtful, complaining attitude is a quick way to lose your love for life. However, a positive, hope-filled, optimistic attitude can turn around any bad day!
- Many people live through life seeing the negative in every situation. When we live with negativity, it's almost impossible to love and enjoy your life.
- If all we see are the problems, the hassles and inconveniences in the world around us, we won't enjoy our lives, because we will focus on all that we think is wrong, and the negativity will act like a huge sponge, soaking up any joy and enjoyment we might have had.
- The right attitude can make any situation better. It really doesn't matter what is happening on the outside, what matters is what is happening on the inside. Joy and peace are the result of a Godly faith-filled attitude. A good attitude is not automatic in our lives. It must be chosen daily.

"Do all things without grumbling and fault finding and complaining and questioning and doubting." Philippians 2:14

- An attitude of grumbling and arguing hinders our obedience to God. If we want to see God at work, we shouldn't waste our time grumbling and arguing, especially about His will.
- Grumbling refers to any negative emotional response to something you don't like. We know what arguing is.
 - If all that people know about a church is that it's members constantly argue, complain and gossip, they get a false impression of Christ and the gospel.
 - Belief in Christ should unite those who trust Him.
 - If we are always complaining and arguing, we lack the unifying power of Christ.

III. "Attitude of Obedience"

- When we talk about attitude, some people immediately think of disposition- a smiling face, a cheerful person, or a positive outlook on life. These things are symptoms of a good attitude, but attitude goes even deeper than that. Our attitude is very often our decision on how we are going to live.
- An attitude of obedience to God is so very important if we are going to follow and enjoy the path God has laid out for us.
- Living in Godly Obedience is sometimes challenging, but God has empowered and equipped us for the job. When you develop an attitude of total obedience to God, you will find His good and perfect will.
- God guides us to change things in our lives that are blocking His blessings. When we are prompted to obey, our lives just get better and better.
- When we do the right things and are quick to obey God to the best of our ability, we may not see the benefits right away, but we will in due time.
- If we do the part that God asks us to do. He will never fail to do His part.
- Develop an attitude of obedience and God will bless you in ways you can't imagine. And while you are waiting, you will experience God's peace.

IV. "Attitude of Hope"

" For in this hope we were saved, but hope is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. " Romans 8:24-25

- Paul presents the idea that salvation is past, present, and future. It is past because we were saved the moment we believed in Jesus Christ as Savior; our new life (eternal life) begins at that moment. And it is present because we are being saved: this is the process.

of sanctification. But at the same time, we have not fully received all the benefits and blessings of salvation that will be ours when Christ's new kingdom is completely established. That's our future salvation. While we can be confident of our salvation, we still look ahead with hope and trust toward that complete change of body and personality that lies beyond this life when we will be like Christ. (I John 3:2-3)

- Hope is a favorable and confident expectation. It is an expectant attitude that something good is going to happen and things will work out, no matter what situation we are facing.
- Hope is an attitude that will inspire and empower you to love your life. God wants us to have an attitude that trusts Him no matter what-an attitude that believes He can change what needs to be changed and that all things are possible with God.
- Hope is a joyful expectation about the future, a trust that our tomorrows will be greater than our yesterdays.
- Real hope combines a radical trust in God with the candid admissions that we don't know the details about our own future. What we do know however outweighs what we do not. Our attitude toward life's difficulties is actually more important than the challenges themselves and it is a vital part of getting through successfully.
- Because hope is such a powerful force, the enemy goes after it with a vengeance. If he can steal your hope, he can set you on the path toward despair and depression-and that's his intention. He will plant negative thoughts in your mind.

" Now faith is being sure of what we hope for and certain of what we do not see." Hebrews 11:1

- Hope is a close relative of faith. Faith is "the assurance of the things we hope for. When we have hope, our outlook on life and the future is positive. We can have hope because we trust in God's love ,His power to provide for us, and His ability to lead us in every situation.
- Ask God to help you develop an attitude of hope.

"DOING LIFE WITH GOD"

- God is the sustainer of my life.
- In life many things don't go according to plan. If you fall, get back up. If you stumble, regain your balance. Never give up.
- It is only when you submit your plan to God that you can begin to love your life.
- Life is full of challenges beyond our control, but we have the power to choose how we respond.
- Don't close the book when bad things happen in your life, just turn the page and begin a new chapter.
- One day all pieces will connect, and you will understand that everything was designed to create who you were designed to be.

Continue to do life with God. Enjoy every day!

Looking forward to our

Fall Series starting September 14, 2024.