

ST. MATTHEW AME CHURCH
WOMEN'S BIBLE STUDY FELLOWSHIP
WINTER SERIES:

MY LIFE IS IN HIS HAND

*"In His Hand is the life
of every creature and
the breath of all
mandkind."*

JOB 12:10 NIV



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Winter Series "My Life Is In Your Hand "

"In His hand is the life of every living creature. And breath of all mankind. " Job 12:10

Session II: "Place It All In His Hands"

"Cast your burden on the Lord, and He shall sustain you; He shall not permit the righteous to be moved." Psalm 55:22

I. **Review of Session I:**

Winter Series Scripture – Job 12:10

In His hand is the life of every living creature. And the breath of all mankind." Job 12:10 NIV

- This verse is a reply from Job to Zophar (one of the three friends who come to visit Job during his test and trials.) Chapter 12 of Job opens with a sarcastic comment on the supposed wisdom of all three friends (Eliphaz, Bildad and Zophar).

Then Job replied: Doubtless you are the only people who matter and wisdom will die with you. But I have a mind as well as you; I am not inferior to you, Who does not know all these things? Job wanted them to know they didn't need to explain God to him- they were saying nothing he didn't already know. Job continued to maintain that his friends had completely misunderstood the reason for his suffering. Job did not know it either, but he was certain that his friends' reasons were both narrow-minded and incorrect.

- Job's friends had been berating him, telling him that he was suffering because he thought too highly of himself and that he was in sin.
- They believed suffering only happened because someone was in sin and God was punishing them. Job's straightforward answer was that he understood that every life is in God's hand. Therefore, he didn't need more theology and assumptions; he needed his friends' support.

"Your Life Got Started With God "

"Through Him all things were made, with God. " It is in Christ that we find out without Him nothing was made." John 1:3 NIV

- God has a reason for everything He creates.
- When God created, He made something from nothing. Because we are created beings, we have no basis for pride.

REMEMBER: You exist only because God made you, and you are who you are by the Grace of God.

"But by the grace of God, I am what I am and His grace which was bestowed upon me was not in vain."

We must humble ourselves, true humility is not convincing yourself that you are worthless, but recognizing God's work in you. It is having God's perspective on who you are and acknowledging His grace in developing your gifts and abilities.

- If you want to know why you were placed on this planet, you must begin with God. "It is in Christ that we find out who we are living for. Long before we first heard of Christ, He had His eye on us, had designs on us for glorious living, part of the overall purpose He is working out in everything and everyone." Ephesians 1:11 MSG

II. **Session II – "God Is Not Missing"**

God's hand is always moving, meaning He is always at work in our lives. God is really in control of our lives.

- God is in all the nooks, crannies and crevices of our lives.
- God knows where He wants to take us and how He wants to get us there.
- God wants us to know that He is intimately involved with us. Having a God who is everywhere and associated with everything means we have nothing we can't bring to His attention. He is acutely aware because He's intimately there.

III. **"Put It All In His Hand"**

- The more you try to take circumstances into your own hands, the more difficult it will be to achieve your goals. Let go and let God take care of the things He wants to help, so let him help.

"Cast your burden on the Lord, and He shall sustain you; He shall not permit the righteous to be moved." Psalm 55:22

"Casting all your care upon Him, for He cares for you." 1 Peter 5:7

- God wants us to cast our cares on Him, but often we continue to bear them ourselves, even when we say we are trusting Him. Trust the same strength that has sustained you in the past.
- It is so important to have a divine perspective, a divine connection. When fear or worry consumes you, compare your problem with the God who created you.
- Cry out to God for He hears, he cares and He is the one who can change your perspective.

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving let your requests be made known to God." Philippians 4:6-7

- Prayer seeks to draw resources from the invisible God into the visible physical reality. Every time we begin to worry, we should see that as a call from God telling us that it's time to pray.
- This is an important principle: the more you worry, the less you pray, the more you pray, the less you worry.
- We are to "petition God with thanksgiving". Our petitions must be specific. We need to tell God what we're worried about and ask for His help.
- To deal with anxiety, make sure your petitions are precise. GET REAL WITH GOD!
- In this scripture the Apostle Paul is telling us to give thanks, not for the problem itself, but for the God we are calling on (inviting) into our specific problem. Offering thanks is a demonstration of faith in God's goodness and provision despite what we see.

"Therefore, I say unto you, take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns;

yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature?" Matthew 6: 25-27

- Worry and anxiety over life are commonplace. Our heavenly Father – the true and living God knows what you need.

"But seek first His kingdom and His righteousness and all these things will be given unto you as well." Matthew 6:33

- Prioritizing God's kingdom in this way doesn't mean you won't experience challenges and suffering, but your life will be aligned under His Kingdom authority, so you can experience His provision.
 - God cannot be second.
 - Seek God's perspective first through His word and Godly counsel.
 - Align yourself with God's agenda, and He will take responsibility for meeting your needs.

"Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own troubles." Matthew 6:34

- Take care of today's concerns, and don't worry tomorrow, because tomorrow will worry about itself. "TODAY IS THE TOMORROW YOU WERE WORRIED ABOUT YESTERDAY."

"And which of you by worrying can add one cubit to his stature?" Luke 12:25

- Jesus explained to His disciples that it is foolish to be anxious about food and clothing.
- Worrying is foolish because it cannot bring about change in your situation.

IV. "The Precious Benefit"

- Peace is harmony on the inside always in every way – that is, regardless of your circumstances

"And let the peace of God rule in your hearts." Colossians 3:15a

- You need inner calm despite trying circumstances to help you make right decisions and confirm your decisions and the directions for your life with God.

"Peace I leave with you. My peace I give to you, not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:27

- Anyone can be at peace when nothing is wrong. Jesus promises peace in the midst of a storm. You will have experiences that will cause you to fear. We have a God who is sovereign, a God who rules the world, the peace of God ruling in your heart will help you overcome trouble and fear.

"Now may the LORD of Peace Himself give you peace always in every way. The Lord be with you." II Thessalonians 3:16

1. You can have God's peace when you read and meditate on God's word.
2. God is with us, God is everywhere; He has no limitations.

PUT IT ALL IN HIS HAND!