

FRUITFUL #4: WHAT DOES GOD THINK OF ME?

Take captive every thought to make it obedient to Christ.

2 Cor 10:5

Here are some ideas to help you get the most out of this printable Bible study. You might want to do one (or all!?) of the following:

- Find a friend to do the study with - perhaps someone you know from an online chronic illness support group, or someone from your church. Go slow! There are 5 points. You could do one point each week, for 5 weeks.
- Look up each verse and write a short note next to it, in the space provided. The note might summarise the verse's message and/or say what stands out to you.
- Write your favourite verses out on nice paper, and stick them up on the walls or the fridge. You could put your favourite one in a frame to display near your bed or couch (wherever you spend the bulk of your time when ill).
- Make artwork out of your favourite verses, and share photos of your creations in the comments section of Fruitful #4 (or elsewhere), to encourage other readers!
- Memorise and recite the verses out loud. Start with the one that speaks most to you in your situation. Try one per week for the next 3 weeks.
- Listen to songs that proclaim these truths.

Do whatever works for you to "preach" the truth to yourself! Let's use the word of God to renew our minds and sustain our weary spirits. (Rom 12:2, Psalm 119:105)

- I. We have difficulty accepting ourselves as we are, i.e. no longer independent and self-sufficient.

God's word says: God's plan for our lives was never about making us more independent and self-sufficient. God loves it when we rely on him, because he is the source of life, and he is the only one who can truly satisfy our needs!

2 Cor 12:9

Jeremiah 17:5-8

Psalm 147:10-11

Mark 10:14-15

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2. We may feel we've got nothing to offer, to God or to others, and this can be very disheartening.

God's word says: God has always chosen weak and unimpressive people to do his work. Those who are strong, healthy and capable live with the biggest handicap: they think they don't need God!

Exodus 4:10-11

I Samuel 16:7

Matt 5:3-4

3. We may not be able to serve at church like we used to - or even attend church at all.

God's word says: God will never abandon us, even if everyone else does. He will provide for all our needs. Remember, our idea of "needs" can be different to God's idea. Our biggest need is him! When our Christian brothers and sisters let us down, God asks us to forgive them, just as Christ forgave us.

Phil 4:11-13

Phil 4:19

Heb 13:5-6

Matt 6:33-34

Col 3:13



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4. We may be snappy and irritable due to medications, pain or fatigue. We can feel guilty about the way we've treated others.

God's word says: When we admit our wrongdoing, God has promised he'll forgive us.

I John 1:8-9

Luke 18:9-14

Rom 8:1

5. We spend so much time alone, just trying to make it through the day, that life starts to feel devoid of purpose.

God's word says: Life was never about achieving our personal ambitions. Life has always been about walking with our Creator. With our dreams and abilities stripped away, there are fewer distractions, and our relationship with God can flourish like never before.

Micah 6:8

I Peter 1:24-25

Matt 6:19-21

Mark 12:28-31

Matt 16:24-26

Phil 3:7-14

