

Resting On The Rock

Related Topical Bible Studies

Shorter Studies *possible summer titles



Rest and Release by Courtney Joseph – **4 week study**

Do you struggle to find rest for your soul, on the hamster wheel of life?

Do you feel like your load – your portion in life – is a bit too heavy and wonder what God is doing or why you must struggle and wrestle so much?

Do you wish you could just release it all? Me too.

If your calendar is full and you feel tense, rushed and even panicked at times – this study is for you. We must stop overbooking ourselves and slow down to meditate on God's Word and let the Psalms comfort us, the Proverbs counsel us, the Gospels draw us nearer to Jesus, and Revelation fill our hearts with hope.

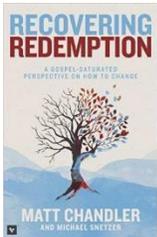
God wants you to talk with Him about your struggles, pains, and frustrations, and give Him all your cares in exchange for His peace.

Because we do not rest, we miss hearing God's voice.

Remember how the crowds pressed in on Jesus everywhere He went? Everywhere He turned, there was a need unmet, and though there was so much to do . . . He withdrew to rest.

Understanding the Land Of The Bible by O. Palmer Robertson

Why is it significant that life began in a garden, or that John called people into the wilderness, or that Jerusalem rests on a mountain? A great pastor/scholar gives us a guided tour of the Holy Land for understanding Bible history and redemption.



Recovering Redemption by Matt Chandler

Recovering Redemption, written with a pastor's bold intensity and a counselor's discerning insight, takes you deeply into Scripture to take you deeply inside yourself, discovering that the heart of all our problems is truly the problem of our hearts. But because of what God has done, and because of what God can do, the most confident, contented person you know could actually be you—redeemed through Jesus Christ.

None of us, really, can do what's required to change our lives for the better, taking what's persistently frustrating and making it perfectly satisfying. Yet as hopeless as that may sound, it is the flat-line truth in which good news comes to life . . . to your life. For just as what's lost can be found, what's wrong can—even now—be recovered.



Life / Explored by ceministries.org

What's the best gift God could give you?

We all want to be happy. Why is lasting happiness so hard to find? Life Explored is an exciting new way to share the gospel in today's highly visual culture. The seven interactive sessions are based on stunning films shot all over the globe.

Life Explored will help people uncover what they're really living for, and see how, in Christ, God meets their deepest desires for happiness. It can be run before or after Christianity Explored or Alpha, and is perfect for anyone looking for answers to life's big questions.

Session 1 The Good God

Session 5 The Fulfilling God

Session 2 The Trustworthy God

Session 6 The Life-Giving God

Session 3 The Generous God

Session 7 The Joyful God

Session 4 The Liberating God



Finding the Love of Jesus from Genesis to Revelation by Elyse Fitzpatrick

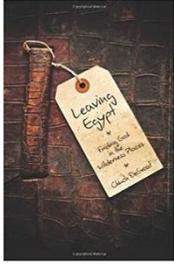
Sometimes reading the Bible feels like just another obligation, something else to check off your to-do list. But Scripture is so much more than a book of rules and regulations. The Bible is about Jesus and his love for you!

Elyse Fitzpatrick reveals how each section of the Bible--the Law, history, poetry, the epistles--points to God's eternal love and the good news of redemption through his Son. You'll find yourself drawn to the Bible like never before as you begin to see Jesus on every page.



From Garden to Glory: A Bible Study on the Bible's Story by Courtney Doctor

Have you ever . . . wondered what Exodus has to do with Ephesians? ...wanted to study your Bible but didn't know where to begin? ...thought of the Bible as nothing more than a set of rules to be followed? If so, this study was written for you! The Bible, from Genesis to Revelation, is a beautiful, epic, and cohesive story. It is the story of how our eternal God is on a grand mission to redeem and restore his rebellious and wayward children. But it is not a story meant to merely inform us. The story itself is meant to transform us and invite us to participate in this glorious redemption of all things! From Garden to Glory is a ten-week study that will take you through this amazing story. You will marvel at the steadfast love of our God who longs to dwell with his children again as he did in the Garden-and who will stop at nothing until he does.

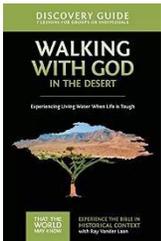


Leaving Egypt: Finding God in the Wilderness Places by Chuck DeGroat

The Exodus story is your story.

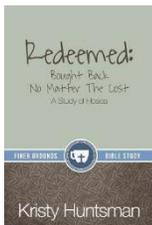
The Israelites' liberation from Egypt and journey to the promised land is one the Bible's most compelling stories a breathtaking account of competing wills, freedom and slavery, faith and doubt.

But the Exodus isn't just a long-ago Bible story. It's the overarching theme of every person's life. We each find ourselves enslaved: to work, to destructive relationships, to food, to spending . . . but beyond our personal Egypt lies God's promised land.



Walking With God In The Desert by Ray Vander Laan

This seven-session small group Bible study, Walking with God in the Desert, by noted teacher and historian, Ray Vander Laan, is volume twelve of the 12-part Faith Lessons series. Are you going through a difficult period of life? The loss of a loved one? Unemployment? A crisis of faith? During these desert times, it's easy to think God has disappeared. In Walking with God in the Desert you'll discover that it's only when we are totally dependent on him that we find God is closer than ever and can experience his amazing grace and provision. Filmed on location in Israel, Faith Lessons is a unique video series that brings God's Word to life with astounding relevance. By weaving together the Bible's fascinating historical, cultural, religious, and geographical contexts, teacher and historian Ray Vander Laan reveals unique insights into the Scriptures' significance for modern believers.



Redeemed : Bought Back No Matter the Cost: A Study of Hosea By Kristy Huntsman

Redeemed: Bought Back No Matter the Cost (A Study of Hosea) Do you ever feel complacency creeping into your life with Christ? Do you find yourself in worship services simply going through the motions? Join us as we embark on a journey to renew the heartfelt sincerity in our faith. Throughout the book of Hosea you will have front row seats to the greatest love story of all time: that of God and His people. Hosea was a simple man asked to do the unthinkable. God asked him to marry a prostitute so that through his marriage God could demonstrate the heartbreak the Israelite nation was causing Him. We will follow Hosea's tumultuous marriage to Gomer and examine how their relationship mirrors the relationship we share with Christ. We will see God as a loving husband who was willing to send His son to die for us so that we might be Redeemed: Bought Back No Matter The Cost.

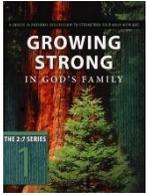


In His Image: 10 Ways God Calls Us to Reflect His Character by Jen Wilkin

Sometimes we ask What is God's will for my life? when we should really be asking Who should I be? The Bible has an answer: Be like the very image of God.

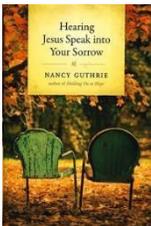
By exploring ten characteristics of who God is - holy, loving, just, good, merciful, gracious, faithful, patient, truthful, and wise - this book helps us understand who God intends for us to be. Through Christ, the perfect reflection of the image of God, we will discover

how God's own attributes impact how we live, leading to freedom and purpose as we follow his will and are conformed to his image.



Growing Strong in God's Family by Navigators

A classic discipleship course that covers the basics for new and seasoned believers--now updated. In 11 sessions based on Colossians 2:7, you'll learn about effectively memorizing Scripture, developing contacts with non-Christians, creating an evangelism list, practicing conversational prayer, and more. Includes leader's tips and completion record. The first book in the 2:7 series. 128 pages, softcover from NavPress.



Hearing Jesus Speak into Your Sorrow by Nancy Guthrie

In this paradigm-shifting book, Guthrie gently invites readers to lean in along with her to hear Jesus speak understanding and insight into the lingering questions many have about the hurts present in their lives.



Walking with God in the Season of Motherhood An Eleven-Week Devotional Bible Study by Melissa Kruger - PCA

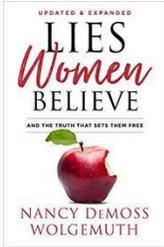
Being a mom usually means being busy. Really busy. Whether you're zipping from your children's piano lessons to their next ballgame or nursing a baby while comforting a toddler, life is brimming with activities. Yet one encounter can help shape every moment: time in the Word with Jesus. In *Walking with God in the Season of Motherhood*, you'll learn how to nourish your own heart, mind, and soul with the wisdom you need to become the mother you long to be.

As you spend time with God through this eleven-week Bible study, you'll gain life-shaping insights to help you...

- Understand and pursue your purpose as a mother
- Live out your true priorities
- Entrust your child to God
- Bear the fruit of the Spirit in your everyday interactions
- Recover from Perfect Mom Syndrome (PMS)

Each week offers four days of study geared specifically to a mother's concerns, with the Bible passages already printed out for your convenience. The fifth day is a warm-hearted devotional reading to help you reflect on and apply the truths you've learned.

As your relationship with God deepens through prayer and studying His Word, you'll discover how His imprint on your heart can make a lasting impression on your children.



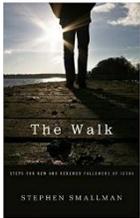
Lies Women Believe: And the Truth that Sets Them Free by Nancy DeMoss Wolgemuth and Elisabeth Elliot

Counter the lies that keep you from abundant living.

Satan is the master deceiver; his lies are endless. And the lies Christian women believe are at the root of most of their struggles.

"Many women live under a cloud of personal guilt and condemnation," says Nancy DeMoss Wolgemuth. "Many are in bondage to their past. Others are gripped by fear of rejection and a longing for approval. Still others are emotional prisoners."

In this bestseller, *Lies Women Believe*, Nancy exposes those areas of deception most commonly believed by Christian women—lies about God, sin, priorities, marriage and family, emotions, and more. She then sheds light on how we can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. Nancy offers the most effective weapon to counter and overcome Satan's deceptions: God's truth!

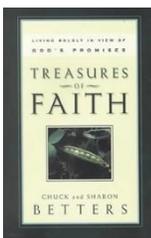


The Walk: Steps for New and Renewed Followers of Jesus by Stephen Smallman

The Walk is a book written to those who have expressed a desire to follow Christ as his disciple. It assumes no prior understanding of what that means, nor does it assume that the person has actually come to the point of professing faith. It uses as a starting point someone who is simply wondering, "What next?"

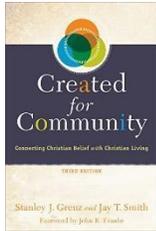
Stephen also addresses those who have grown up Christian and may be wondering how to step out in their own faith.

The Walk is designed to be used as much as read. It will be helpful to someone who wants to read on his own, but also includes readings and projects that will make it useful as a workbook for that individual, in a mentor relationship, or for use in groups.



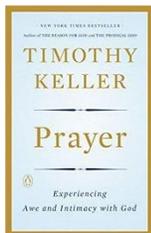
Treasures of Faith - Living Boldly in View of God's Promises by Sharon and Chuck Betters

The "cloud of witnesses" in Hebrews 11 saw in God's promises a reality beyond what meets the physical eye. Their hope for a better tomorrow enabled them to endure hardship and live bold, sacrificial lives in their day. Like them, Chuck and Sharon Betters have, through their own sadness and loss, learned to let go of attachments to this life and, in faith, serve God in a broken world. With passion and insight, they share that vision with us.



Created for Community: Connecting Christian Belief with Christian Living by Stanley J. Grenz and Jay T. Smith (Author)

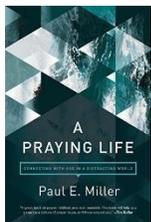
This revised edition of a classic college-level introduction to theology presents the core doctrines of the Christian faith, encouraging readers to connect belief with everyday life. Stanley Grenz, one of the leading evangelical scholars of his era, and Jay Smith, an expert on Grenz's theological legacy, construct a helpful theology that is biblical, historical, and contemporary. The third edition includes a foreword by John Franke, a new preface and afterword, resources for further study, and updated footnotes. The book's easy-to-use format includes end-of-chapter discussion questions and connects theological concepts with current cultural examples.



Prayer: Experiencing Awe and Intimacy with God by Tim Keller

Christians are taught in their churches and schools that prayer is the most powerful way to experience God. But few receive instruction or guidance in how to make prayer genuinely meaningful. In *Prayer*, renowned pastor Timothy Keller delves into the many facets of this everyday act.

With his trademark insights and energy, Keller offers biblical guidance as well as specific prayers for certain situations, such as dealing with grief, loss, love, and forgiveness. He discusses ways to make prayers more personal and powerful, and how to establish a practice of prayer that works for each reader.

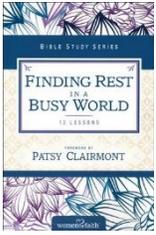


A Praying Life: Connecting with God in a Distracting World by Paul E. Miller

Prayer is so hard that unless circumstances demand it—an illness, or saying grace at a meal—most of us simply do not pray. We prize accomplishments and productivity over time in prayer. Even Christians experience this prayerlessness—a kind of practical unbelief that leaves us marked by fear, anxiety, joylessness, and spiritual lethargy.

Prayer is all about relationship. Based on the popular seminar by the same name, *A Praying Life* has discipled thousands of Christians to a vibrant prayer life full of joy and power. When Jesus describes the intimacy He seeks with us, He talks about joining us for dinner (Revelation 3:20). *A Praying Life* feels like having dinner with good friends. It is the way we experience and connect to God. In *A Praying Life*, author Paul Miller lays out a pattern for living in relationship with God and includes helpful habits and approaches to prayer that enable us to return to a childlike faith.

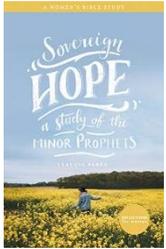
*** A Praying Life discussion Guide available also*



Opportunities in life abound, but if left unchecked our busy schedules can quickly consume us. Doing too much will strip our gears and empty our tanks. As we run hard and fast on the treadmill of life, we will find our souls growing weary, our bodies growing weak, and our spirits running dry.

In *Finding Rest in a Busy World*, you will explore what the Bible has to say about the importance and value of rest. You will learn ways to recognize if your schedule has gotten out of control and how you can apply the brakes to restore healthy boundaries in your life. Even more, you will discover how God promises you can rest in who He is, what He's done for you, and what He *will* do for you.

The Women of Faith® Bible Studies provide intriguing insights into topics that are relevant to women's lives today. Each guide includes twelve weeks of study, down-to-earth illustrations, and reflections to help you move the truth from your head to your heart. A leader's guide for use with small groups is also included.



Sovereign Hope: A Study in the Minor Prophets explores the lessons taught in the last twelve books of the Old Testament. Many of us are unfamiliar with what God has to teach us through the accounts of the Minor Prophets. The men chosen to share the Lord's message lived in times as turbulent as ours. In this study, the Minor Prophets show you how to trust a mysterious God in Habakkuk, to obey God no matter what in Jonah, and to confront pride, procrastination, and more in Obadiah and Haggai. As you work through the passages in the Minor Prophets, you will see the sovereign hope the Lord gives us.



Make Your Move Video Study is a six-session Bible study by author and Proverbs 31 Ministries speaker Lynn Cowell. Each week, she encourages women to dig deep into God's Word to discover they can find boldness to do great things based not on their own confidence, but the confidence they found in an unshakable God.

This *Make Your Move Study Guide* helps women digest the teachings from the video and apply them to their own lives.