



Unshaken

with guest speaker, Kendra Rock

To view the accompanying video, go to <http://ariseministries.net/>

All you must do is turn on the news and you'll see chaos, corruption and calamity around the world. Does it leave you feeling shaken? Can we really have peace in this messed up world? Psalm 16:8 says "I keep my eyes always on the Lord, with Him at my right hand, I will not be shaken." Discover how we can keep our eyes on the Lord and remain unshaken in a shaky world by praising Him.

1. As a single mother, what causes you to feel shaken? Is it children, finances, or relationships? All of those? Something else? Do you find it difficult to praise God in all situations? Explain your answer.
2. Read **Acts 16:25-34**. This is the account of two followers of Jesus who were imprisoned for living out their faith. Record your observations from the passage. (What happened? Who was present? What was the outcome?) Look closely at **vv. 25-26**.
3. Paul and Silas prayed from the jail and sang praises to God while in chains. Scripture doesn't record the exact nature of their praise, but we can assume they were praising God for His attributes, because being held captive was certainly not comfortable. Although they weren't "performing" for anyone, the other prisoners were nearby and heard them offering praise to God. As a result, God freed them from their prison, and Paul and Silas shared the gospel of Christ with those around them.

What do you think the other prisoners thought as they listened to the two men honor and adore their God, despite their dire circumstances?

Who is watching and listening to you when you face trials?

How does it encourage or challenge you to remember your children are always near and observing the way in which you respond to trials?

4. What does the Bible say about praising God? Read the following scriptures and write the main thought for each.

Psalm 150:1-2

Psalm 147:1

Psalm 106:1

Psalm 18:3

5. Scripture instructs us to praise God for who He is over what He can do for us. When we offer God our genuine praise, we acknowledge His sovereignty and surrender our will to Him. Our children see how we respond to difficult situations. Do you grumble and complain? Or do you face adversity head on and praise God for His goodness, His faithfulness and His provision? What do you think your children can learn from a mother who freely praises God under all conditions?

6. How can we praise God in all situations? Complete the table below and make note of the attributes of God for which we can offer praise in any situation. Add any other circumstances that you face. (The first one is done for you as an example.)

<i>Situation</i>	<i>Scripture</i>	<i>Praise</i>
When money seems tight	Matthew 6:31-32	God, I praise You because you know my every need before I can even speak of it. You are my provider.
When you experience fear	Isaiah 41:10	
When you feel lonely	Psalms 23:4	
When you experience heartache	Psalms 147:3	
When parenting is difficult	Proverbs 22:6	

7. Praise is the first step of prayer in standing unshaken in a shaky world. It turns the focus from a self-centered “I want...” list and shifts it to “God, You are...” Honest praise to God enables us to put aside our agenda and concerns and acknowledge God as the holy provider and sovereign Lord. Read the following and summarize the scriptures.

Hebrews 12:2

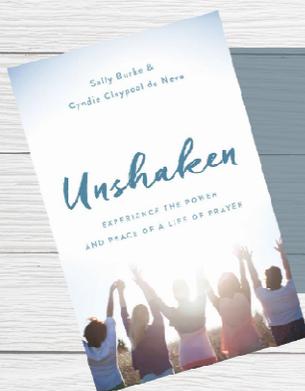
2 Corinthians 4:18

8. Write a prayer of praise to God. Focus on acknowledging His attributes rather than asking Him for anything. Praise Him for the good things in your life and the difficult as well.

9. What practical step can you take to teach the concept of praise to your children?

Father, You are the Almighty God, able to do immeasurably more than I can ask or imagine. I praise You for Your faithfulness as You are always near me even when I stray from You. I praise You for giving these children to me. Help me to model praise and adoration of You while they are in my home. I honor You for Your goodness and mercy to me when I fail. Father, may the praise of Your glory be ever on my lips. Amen.

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For more information on Moms In Prayer or to find a prayer group in your area, visit **MomsInPrayer.org**.

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Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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