



Saint James AME Church  
588 Dr. M.L. King, Jr. Blvd.  
Newark, NJ 07102  
www.experiencesaintjames.com  
Rev. Ronald L. Slaughter, Senior Pastor

### **Women's Bible Study**

Rev. Janelle Y. Greene, Minister to Women  
First Lady Kyla Slaughter, Women's Ministry Advisor  
Tuesdays at 6:30 PM

December 17, 2019  
Sis. Tracy Ottey, Facilitator

**Subject:** Strategy 8 – Your Pressures

**Scripture:**

**Book:** Fervent A Woman's Battle Plan for Serious, Specific and Strategic Prayer by Priscilla Shirer © 2015 B&H Publishing Group Nashville, Tennessee

---

### **Deuteronomy 5:15 (NIV)**

<sup>15</sup>Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

### **Isaiah 48:10 (MSG)**

<sup>10</sup>Do you see what I've done? I've refined you, but not without fire. I've tested you like silver in the furnace of affliction.

### **Psalm 61:2-4 (NIV)**

<sup>2</sup> From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. <sup>3</sup> For you have been my refuge, a strong tower against the foe. <sup>4</sup> I long to dwell in your tent forever and take refuge in the shelter of your wings.

### **Psalm 61:2-4 (MSG)**

<sup>2</sup>When I'm far from anywhere, down to my last gasp, I call out, "Guide me up High Rock Mountain!" You've always given me breathing room, a place to get away from it all, A lifetime pass to your safe-house, an open invitation as your guest.

### **Psalm 62:1-2 (NIV)**

<sup>1</sup>Truly my soul finds rest in God; my salvation comes from him. <sup>2</sup>Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

### **Psalm 71:5-6 (NIV)**

<sup>5</sup>For you have been my hope, Sovereign Lord, my confidence since my youth. <sup>6</sup>From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you.

### **Psalm 71:5-6 (MSG)**

<sup>5</sup> You keep me going when times are tough – my bedrock, God, since my childhood. <sup>6</sup> I've hung on you from the day of my birth, the day you took me from the cradle; I'll never run out of praise.

### **Matthew 6:33-34 (NIV)**

<sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### **Matthew 6:30-34 (MSG)**

<sup>30-33</sup>“If God gives such attention to the appearance of wildflowers – most of which are never even seen – don't you think he'll attend to you, take

pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over those things, but you know both God and how he works. Steep your life in God-reality, God initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. <sup>34</sup>“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow.” God will help you deal with whatever hard things come up when the time comes.

### **Hebrews 13:5b (NIV)**

<sup>5b</sup>...and be content with what you have, because God has said, “Never will I leave you; neither will I forsake you.”

### **Hebrews 13:5 (MSG)**

<sup>5</sup>Don't be obsessed with getting more material things. Be relaxed with what you have. Since God assured us, “I'll never let you down, never walk off and leave you,”

### **Matthew 11:28-30 (NIV)**

<sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you

and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

### **Matthew 11:28-30 (MSG)**

<sup>28-30</sup>“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a

real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

**The Book:** Fervent – A Woman’s Battle Plan for Serious, Specific, and Strategic Prayer by Priscilla Shirer © 2015 B&H Publishing Group Available online in e-reader, audio and hard copies and wherever books are sold.

### **Subject Consideration –“Your Pressures” – Reclaiming Peace, Rest and Contentment**

Unmanageable, incessant pressure, then is not just another nagging problem in your average day. It’s an attack against your full devotion to God as your one and only Lord. It’s a cosmic battle for your contentment, your peace, and your rest, your sense of balance, health, wholeness, your ability to worship attentively, to trust fully, to be free and satisfied in Christ, available to move at the invitation of His perfectly timed will. (Page 143)

We’ve been too tired and overwhelmed to see it. But now our eyes are open, and we can see the enemy’s strategy is exposed. So let’s use prayer, like a sharp pair of scissors, to help cut ourselves loose. (Page 143)

When we become strategic and focused in our prayer, God will not only begin the process of tearing us free, but He will weave new threads of peace, rest and contentment into their place. (Page 144)

Pressure and busyness seem so pervasive and universal, with so little we can actually do about them. But, oh, yes we can. And, oh, yes we must. Rest and contentment are not stand-alone experiences. They trickle down through everything else that comprises your life. Without them a lot of other things go wrong and lose hope.

But by the Spirit's power helping you gain control of your schedule, creating spaces within which to breathe, obeying the principles of God's Sabbath, and establishing boundaries based on the truth of His all-wise Word, your destiny comes into clearer focus. Your worship blossoms into brilliant colors. And your day amazingly brightens into joy.

The enemy's going to hate this. Let's do it. . .(Page 146)

**Questions:**

1. Why do you think it is hard for you to STOP, REST, SHUT OFF, STEP AWAY, PULL BACK, TAKE A DEEP BREATH as suggested by the author on page 137?

---

---

---

---

2. Do you think it is possible to be enslaved to "good" things such as your job, your ministry, or even your recreational hobbies?

---

---

---

---

3. On page 139, the author states "not every good thing is a God thing." Do you agree or disagree? Why?

---

---

---

