

What light guides your path?

As you walk through your day, what arrows do you follow? Where do you get your directions?

There are many paths, but only one leads to life and abundance. If you're like me, you're not always the best at following that path and sometimes strike out on your own path. But we need to pay attention because the path we walk determines where we go and the state of our soul.

What path are you on? Will you take a moment to walk with me today?

Thankful for the Light,
Jennifer

Where Does Your Path Lead?

I just went through a week of determining, lighting and following my own path and going my own direction. Nothing big happened; it was just an ordinary week. But it was empty and by Friday afternoon I was frustrated and life seemed hollow.

If I had followed the Lord's path this week, I doubt the outside of my life would have changed, but the internals would have been completely different. The path that led me to Friday started on Monday when I gave up on a 40-day fast only 13 days into it. I also stopped my intense prayer journaling. I guess I decided I needed to go my own way for a while and that I would be OK a few days on my own. I was wrong!!

What about you? Are you going your own way, or are you walking in God's way? Do you know how to tell the difference? Do you know how to listen for His voice? Have you ever heard it? Do you really want to?

If you've had enough – enough feeling empty, lost, aggravated, frustrated, confused or harassed - make a good decision. Decide to follow the Lord's path. Spend time with your Lord, Creator and Savior. Explore His word with me and find rest for your harassed soul.

Meditate and Study

Grab your notebook and Bible and get ready to explore! Before you start, ask God to open your eyes and heart to His truth.

Lesson 4-1

1. What did you learn or apply from the last lesson?
If you didn't do the lesson, you can print it at
<http://www.hopeinthelord.org/DownloadBibleStudy.html>

Read Psalm 62:1.

- 2a. Where is the only place your soul can find rest?
 - 2b. What things do you do to try and find rest?
 - 2c. Do these things give your soul true rest?
 - 2d. Do these things add to your life, or simply remove minutes?
 - 3a. What does it mean to you that the Lord is your rock?
 - 3b. That the Lord is your salvation?
 - 3c. That the Lord is your fortress?
4. What can you do this week to find rest for your soul?

Read all of Psalm 62.

5a. Take another look at Psalm 62:3-4. Describe a time when you have been treated this way.

5b. From Psalm 62:5-8, what should you do when others hurt you?

5c. From Psalm 62:9-12, why will that make a difference?

6. List at least 10 facts you learn about who God is and what He does in Psalm 62.

7. Using phrases from Psalm 62, write a prayer to the Lord, asking Him for the specific protections and defense you need now. Describe to Him how your soul needs rest.

8. Read Matthew 21:22. Still using phrases from Psalm 62, continue your prayer, thanking Him for what you *believe* He will do for you.

Lesson 4-2

1. What did you learn or apply from the last lesson?

Read Psalm 119:105. (The voice of Amy Grant might start running through your mind.)

2. What will light our path and guide our feet?

Read Jeremiah 6:16.

3. What is the result of walking the good path?

4a. According to this, is it enough to *know* the good way?

4b. Take time to consider your life. Do you know the good way? Are you walking in it?

Read Jeremiah 6:17-19.

This is the kind of teaching some people ignore. We like to think we can disobey God, ignore Him, and walk in our own way and, because God is good, we will not suffer consequences. It's simply not true. He loves us too much to let us go our own way on a path of destruction without an effort to turn us to Him. Does a good parent let their child do anything they want or do they teach and guide their child with training and discipline? If a child is reaching for a hot stove, what parent would not slap back their hand to protect them?

5. Why does God care if we listen to His words and follow His path? (see Proverbs 21:16 and Proverbs 22:5)

6. What do the following verses tell you about letting the Lord lead you and following His path?

a. Psalm 27:11

b. Matthew 6:13

c. Matthew 7:13-14

d. Romans 6:16

e. Romans 8:13-14

7. Considering Jeremiah 6:16-19, Psalm 62, and the verses above...

a. Which path are you walking?

b. Who is leading you on that path?

c. Where does that path lead?

d. What can you do to see the right path?

e. What can you do to be on the right path?

f. What do you need to change in your life to stay on the right path?

How do you get on and stay on the right path? You choose God every time. You make choices that honor and glorify God; that show you believe, trust and follow Christ.

You have to understand there is no neutral ground here. Everything we think, say, do, read or watch either glorifies God, or it doesn't. It does – or it doesn't. Choose what does. Choose to honor the Lord.

What lights the path so we can see the way? The Word of God.

If you haven't heard from God, it's because you're not reading your Bible and praying consistently. The Bible is the voice of God. Read it so you will know His voice when you hear it. His voice will always be consistent with His written word.

Don't just read His word, talk to Him also. As my Pastor pointed out, you would never spend all day with someone and not talk to them. The Lord is with us all day (and night), but some of us rarely talk to Him. When you start talking to Him, He'll start responding.

My friend, your path either leads you to the Lord Jesus Christ or it doesn't. Your walk is either in obedience to Christ or it isn't.

I'm not going to tell you the walk is easy or that you'll never step off His path – I was on a completely different trail system this week. I am simply reminding you that you are making choices every day, in all things. I encourage you to choose God. Determine to follow Christ. And when you find you haven't – ask God to help you turn back right away. Don't continue to walk the wrong path.

Remember that knowing the right path isn't enough. We must choose to walk it.

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Share Your Story

Thanks to Gena Christofferson for sharing this encouraging story of how God worked in her life.

I recently attend a weekend women's retreat. From the beginning God had his hand in getting me there. After broken down vehicles and worries about time, God made it possible for my mother and I to attend this life changing event.

I went to the retreat thinking "I have a great relationship with Jesus; I just want to learn more." God did not let me down! I learned I was carrying years of guilt, shame, and barriers in my heart that affected not only my relationship with God but also my family. I was able to let go of all that baggage I hadn't realized I still carried. I felt so free! I think I even looked skinnier when I got home since so much weight had been lifted from my heart.

I have shared my excitement and enthusiasm with friends who are struggling. I have renewed my devotion to studying God's word, which I now see as a living letter that speaks to me daily. Best of all, I feel deserving of the love not only God gives me but also the love of the wonderful man God has joined me with. He has seen a change in me it has been a great blessing to our family.

Even great relationships can get better. We will never know all the glories God has in store for us, but it is a wonderful adventure experiencing them.

Gena Christofferson and her husband, Andy, live in Tekamah, Nebraska with their children; Jaymi (18), Michaela (13), Trinity (5) and Nixon (1). They attend Country Bible Church in Blair.

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Walk in His ways. You will never regret it.

Praying for all of us to see the Light for our path,
Jennifer