

December 18

TODAY'S BIBLE STUDY & MEDITATION

KEY IDEAS: Do I see myself as a spiritual bungler and mess? Or, do I think of myself as protected through God's mercy and grace even if I mess up? Have I done all I need to in order to address the problems I'm facing? As a step to place my difficulties in the Lord's hands, what problems do I need to praise God for?

1 **God is our Sustainer** — *Psalm 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*

How do I know that God can, and will, help me even if I stumble?

How should I praise God for delivering me out of my troubles?

2 **I am strengthened by God and He is able to lighten my burden** — *Habakkuk 3:19 The LORD God [is] my strength, and he will make my feet like hinds' [feet], and he will make me to walk upon mine high places. To the chief singer on my stringed instruments.*

What times can I point to when things were shaky and God helped me out?

Why does the devil want me to ignore the times God helped me in the past?

3 **I am to discover that the Lord's burdens are light and know His strength by serving Him His way** — *Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.*

What burdens and problems are weighing me down right now?

What steps do I need to take in order to learn the ways of the Lord?

Spirit of Truth, how do you want to apply these verses in my life today?

OPTIONAL BIBLE READINGS

Morning: Revelation 9

Evening: Obadiah