

# March 15

## TODAY'S BIBLE STUDY & MEDITATION

**KEY IDEAS:** Do I believe that God will help me with my problems and struggles? Do I see myself as God sees me, as one He desires to help? Do I know He wants me to lean on Him? Do I recognize that my spiritual weakness is the result of failing to do good things?

**1** **God is my helper and I can lean on Him** — *Psalm 30:10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper.*

What things can I expect the Lord to help me with? What won't He do for me?

What examples of God's help can I praise Him for?

**2** **I am granted the Lord's abiding presence and He is my helper** — *Hebrews 13:5 [Let your] conversation [be] without covetousness; [and be] content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. 6 So that we may boldly say, The Lord [is] my helper, and I will not fear what man shall do unto me.*

In what ways do I need God's help? In what ways do I need to lean on Him?

Why does the devil want me to consider myself to be helpless and alone?

**3** **I am to follow God's way in order to protect my life from spiritual decline** — *Proverbs 10:29 The way of the LORD is strength to the upright: but destruction shall be to the workers of iniquity.*

What benefits can I expect from doing things that are right and good?

What consequences can I expect from doing what is evil and wrong?

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

## OPTIONAL BIBLE READINGS

Morning: Mark 14:27-53

Evening: Dueteronomy 26, 27