



## **Stand Unshaken**

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To view the accompanying video, go to  
<https://momsinprayer.org/stand-unshaken-bible-study/>

*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 stand unshaken in a shaky world by praising Him.*

1. What causes you to feel shaken? Is it children, finances, or relationships? All of those? Something else? List the situations that are making you feel shaken.
2. Do you find it difficult to praise God in all situations? Explain your answer.
3. Read **Acts 16:22-34**. 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 **vs. 25-26**.
4. 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 that others (children, loved ones and friends) are always near and observing the way in which you respond to trials?

5. 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**

6. Scripture instructs us in 1 Chronicles 16:28-29 to praise God for who He is. When we offer our genuine praise to God we acknowledge His sovereignty and surrender our will to Him. How do you respond to difficult situations?

How can I face adversity head on and praise God for His goodness, His faithfulness and His provision?

7. What do you think your children or loved ones can learn from you as a woman who freely praises God under all conditions?

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

9. Based on the situations you listed in question 1 what attribute/name of God will defeat the battles you are in today?

10. 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**

11. 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.

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*Father, You are 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 loved ones to me. Help me to model praise and adoration of You. 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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**Action Item**

***Purposefully stop and praise God for who He is this week.***

***If you see an incredible sunset praise Him as Creator or if you are lonely this week praise Him as Friend.***

**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.

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