

GOD Strong: **A Military Wife's Spiritual Survival Guide**

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Individual Guide

Welcome...

Thank you for downloading this free supplemental study guide! This guide is designed to be used with my book, *GOD Strong: A Military Wife's Spiritual Survival Guide*, and can be used with both the *Group Guide* (also available for download at godstrongbook.com) or by itself. It's been written to help military wives go even deeper into what it means to truly be GOD Strong – taking the spiritual truths we've discussed in the book and figuring out how to apply those truths to our everyday lives.

You will find the design of this guide pretty straightforward: Each chapter features five days of suggested scripture and journal prompts to help your own personal study and quiet time with God. For deeper discussion opportunities, check out the *Group Guide*.

There are two ways you can use the book with this guide. The first option is to read the book all the way through and then use this guide to reflect more deeply into what you've just read. The second option is to follow the reading prompts for each day. You will read a little bit of the book at a time and then combine that with additional scripture reading and time for your own personal reflection. Make sure you have your Bible and a notebook or a journal nearby.

May God bless your time in His Word and show you His incredible strength as you begin to uncover why none of us have to be Armies of One when we are GOD Strong!

Sara Horn

Week 1 – The Difference One Word Makes

Day One

- *God Strong* reading: pp 13-16 (stop before new section)
- Bible reading: Psalm 18:1, Psalm 22:19, Psalm 29:11
- Daily Journal Prompt: Think about a time you have felt the weakest emotionally, yet you were expected to be strong. What happened? Did you ultimately lean on God? Or did you try to handle it all by yourself?

Day Two

- *God Strong* reading: pp 16-21 (stop before new section)
- Bible reading: Psalm 62:11, 2 Corinthians 12:9, 1 Peter 4:11
- Daily Journal Prompt: What do you think about these misperceptions we've discussed? Have you found yourself believing God has left it all up to you? Does this mean we're not required to do anything? Write out your thoughts on what you think it means for God to want to help the helpless.

Day Three

- *God Strong* reading: pp 21-23
- Bible reading: Philippians 4:13, Isaiah 40:29
- Daily Journal Prompt: What do you think it feels like to be GOD Strong? How do you feel emotionally? How does it look in your interactions with others? With crisis?

Day Four

- *God Strong* reading: pp. 25-27
- Bible reading: Psalm 46:10, Isaiah 40:27
- Daily Journal Prompt: Have you ever felt the way Aprille did? Lonely? Unsure? What do you need to remember when you find yourself feeling this way? Write a prayer to God asking Him to help remind you of His strength.

Day Five

- *God Strong* reading: pp. 24, 28
- Bible reading: Matthew 11:28-30
- Daily Journal Prompt: Review the scripture above. This is a reoccurring theme throughout the book. What does it mean to give Jesus our burdens? How does Jesus give us rest? How does He give YOU rest?

Week 2 – My Strength Comes From God

Day One

- *God Strong* reading: pp. 33-38 (stop before new section)
- Bible reading: 2 Corinthians 3:4-6, 2 Corinthians 12:9
- Daily Journal Prompt: Is it hard to give up Me Strength for God's strength? Why or why not?

Day Two

- *God Strong* reading: pp. 38-40, 43 (stop before new section)
- Bible reading: Romans 10:11, Hebrews 12:2, Romans 10:9
- Daily Journal Prompt: "The strength we see in ourselves is usually a reflection of how much we're allowing God in or how much we're allowing ourselves to get in the way." Do you agree with this statement? Why or why not? Describe a time you let yourself get in the way from God working?

Day Three

- *God Strong* reading: pp. 41-42
- Bible reading: Hebrews 12:1-3
- Daily Journal Prompt: How often do you put God's desires before your own? What do you think would happen if you did it more often?

Day Four

- *God Strong* reading: pp. 43-48
- Bible reading: Jeremiah 18:15, Judges 6-7
- Daily Journal Prompt: What did Gideon learn about God? What has God sent you to do?

Day Five

- *God Strong* reading: pp. 49-55
- Bible reading: Matthew 24:13, Isaiah 50:11
- Daily Journal Prompt: Out of the four tools we find in PACE, which ones are you already doing? Which do you need to work on? How are you going to work on it?

Week 3 – Fear Blocks My Focus

Day One

- *God Strong* reading: pp. 61-66 (stop before new section)
- Bible reading: Mark 9:14-24
- Daily Journal Prompt: Do you believe God can help you you're your unbelief just as He did with the boy's father we just read about in the Bible reading? What is one fear you wrestle with today? Take a moment to pray and ask God to trade it for faith. Write your prayer down.

Day Two

- *God Strong* reading: pp. 66-69
- Bible reading: Matthew 25:14-30
- Daily Journal Prompt: In the Bible reading for today, which servant are you most like? Why? Ask God to help you grow in your faith.

Day Three

- *God Strong* reading: pp. 69, 71-73
- Bible reading: John 14:1, Hebrews 13:6
- Daily Journal Prompt: God never wants us to not trust Him. What is it you haven't been able to completely give over to Him and trust Him to handle?

Day Four

- *God Strong* reading: pp. 70
- Bible reading: Joshua 1:9
- Daily Journal Prompt: Melissa holds to Joshua 1:9 to help her when she's feeling afraid; what's a scripture you can hold on to? Write it down and write out what it means to you in your own words.

Day Five

- *God Strong* reading: pp.73-75
- Bible reading: Isaiah 41:10, Romans 4:18, John 14:11-14
- Daily Journal Prompt: Do you see what God wants to do to take away your fears? Strengthen your focus? What are some things you can do to keep your focus on God and off your fears?

Week 4 – I Am Not Alone

Day One

- *God Strong* reading: pp. 79-80, 82-84
- Bible reading: Genesis 2:18, Matthew 14:23, Psalm 62:1
- Daily Journal Prompt: What is the difference between being alone and lonely? What times are you most lonely?

Day Two

- *God Strong* reading: pp. 81
- Bible reading: John 10:27
- Daily Journal Prompt: Have you had a similar experience to Kristi's? Write about it.

Day Three

- *God Strong* reading: pp. 84-86
- Bible reading: Ruth 1-2
- Daily Journal Prompt: How often do you find yourself looking to your husband to fill your needs instead of God? How can you change this?

Day Four

- *God Strong* reading: pp. 86-90
- Bible reading: 2 Samuel 11
- Daily Journal Prompt: What temptations have you wrestled with? Write about it and ask God to help you overcome them with His help.

Day Five

- *God Strong* reading: pp. 90-95
- Bible reading: Psalm 25:16, Psalm 68:6
- Daily Journal Prompt: Look at p. 91 in *God Strong*. Choose one of the verses listed as a promise from God that you want to remember. Rewrite the verse but personalize it with your name. (example: "God said, 'My presence will go with Sara. I'll see the journey to the end.")

Week 5 – Superwomen Get Grace Too

Day One

- *God Strong* reading: pp. 101-105
- Bible reading: Ephesians 3:8, Isaiah 30:19
- Daily Journal Prompt: What do you think of Tara's question? How can you not be superwoman?

Day Two

- *God Strong* reading: pp. 105, 109-112
- Bible reading: Proverbs 31
- Daily Journal Prompt: Why do you think we look at other wives and assume they have it all together? Do you spend too much time comparing and not enough time seeking God's help?

Day Three

- *God Strong* reading: pp. 106-108
- Bible reading: John 1:16
- Daily Journal Prompt: Have you had things break or go wrong the way Pattie did? Did you fall apart or did you turn to God? What can you do better in the future when things go wrong?

Day Four

- *God Strong* reading: pp. 112-114
- Bible reading: Proverbs 31:30, Deuteronomy 6:13, Psalm 111:10
- Daily Journal Prompt: What does "unforced rhythms of grace" look like to you?

Day Five

- *God Strong* reading: pp. 114-117
- Bible reading: Matthew 6:31-33, Isaiah 30:19
- Daily Journal Prompt: In what ways can you focus on just *being*, instead of *doing* this week? Create a list of what God has done for you through His grace.

Week 6 – God Is in Control

Day One

- *God Strong* reading: pp 123-127
- Bible reading: Ezekiel 37:5-6, Isaiah 50:11
- Daily Journal Prompt: What is God in control over? Write a prayer to God acknowledging everything He is in control of in your life and be specific. Thank Him for being in control.

Day Two

- *God Strong* reading: pp. 128-132
- Bible reading: John 15:4
- Daily Journal Prompt: What does it mean to follow God?

Day Three

- *God Strong* reading: pp. 133-135
- Bible reading: John 16:23-24
- Daily Journal Prompt: What order does Jesus give us in the Bible reading for today? What can you ask Him for today?

Day Four

- *God Strong* reading: pp. 132, 136
- Bible reading: John 16:33
- Daily Journal Prompt: How can you live in the God Strong Zone today?

Day Five

- *God Strong* reading: pp. 136-140
- Bible reading: Psalm 27
- Daily Journal Prompt: What great thing is God calling you to do? What is keeping you from answering Him?

Week 7 – God Knows My Hurts

Day One

- *God Strong* reading: pp. 145-148
- Bible reading: 1 Peter 4:12-13
- Daily Journal Prompt: Do you believe hurt can be good for us? What makes it hard to believe that? What do you think about the statement “God’s love doesn’t leave us; it’s our understanding of his love that is wrong.”

Day Two

- *God Strong* reading: pp. 149-152
- Bible reading: Job 19:25-27
- Daily Journal Prompt: Do you ever feel like Shannon did, sending prayers to God but feeling like they’re not reaching Him?

Day Three

- *God Strong* reading: pp. 148, 153-156
- Bible reading: Luke 23:42-43, Psalm 116:8, James 1:2-4
- Daily Journal Prompt: What hard times have you had that, looking back, have you made you stronger in some way? How?

Day Four

- *God Strong* reading: pp. 156-160
- Bible reading: John 9:3, Matthew 8:22, Psalm 43:5
- Daily Journal Prompt: Is waiting through hurt the hardest? Can it be the most rewarding? Why or why not?

Day Five

- *God Strong* reading: pp. 160-163
- Bible reading: Luke 11:10, Romans 8:26-28
- Daily Journal Prompt: When we’re in the thick of something, we can often feel like God’s forgotten us. How do we know He hasn’t?

Week 8 — I Can Have Joy Despite My Circumstances

Day One

- *God Strong* reading: pp. 167-169
- Bible reading: Colossians 1:11-12
- Daily Journal Prompt: Where have you settled for comfortable? What could you be missing out on that God has for you?

Day Two

- *God Strong* reading: pp. 169-175
- Bible reading: Romans 8:31, Psalm 92:4
- Daily Journal Prompt: Which wall are you allowing today to block God's joy from your life? Why? What needs to be done for that wall to be torn down?

Day Three

- *God Strong* reading: pp. 175-177
- Bible reading: Genesis 39:2-4, 2 Peter 1:5-6
- Daily Journal Prompt: We've seen how God was with Joseph; take an honest look and write about some of the ways God has been with you – even if it's in ways you weren't expecting or different from what you wanted.

Day Four

- *God Strong* reading: pp. 177-179
- Bible reading: Hebrews 1:8
- Daily Journal Prompt: What does it look like to lose our joy? What areas of your life have you allowed your joy to be lost?

Day Five

- *God Strong* reading: pp. 179-182
- Bible reading: Psalm 28:7, Psalm 30:11
- Daily Journal Prompt: How can you live with joy, starting today?

Week 9 – Worship Lessens My Worries

Day One

- *God Strong* reading: pp. 187-190
- Bible reading: Romans 5:3-5, Luke 11:28
- Daily Journal Prompt: Why can't worry and worship coexist? What is your state of mind today? Worship? Or worry?

Day Two

- *God Strong* reading: pp. 191-193
- Bible reading: Isaiah 35:3-7
- Daily Journal Prompt: Kristen shares some of the worries and hurts she's experienced, and she talks about the results we see in scripture of what God does to accomplish the impossible. What has He accomplished in your life? What does He want to accomplish?

Day Three

- *God Strong* reading: pp. 190, 194-195
- Bible reading: Matthew 11:28
- Daily Journal Prompt: What are the worries on your heart today? Write them down and ask God to help remove them from your heart.

Day Four

- *God Strong* reading: pp. 196-205
- Bible reading: 1 Timothy 2:8-10, John 4:23
- Daily Journal Prompt: How can you grow in your worship of God?

Day Five

- *God Strong* reading: pp. 205-206
- Bible reading: Ephesians 6:17-18
- Daily Journal Prompt: How often do you take time to pray to God? Are they quick and short? Or longer and more focused on Him? What's your prayer life like and what are ways it can be better?

Week 10 – I Find My Hope in Christ

Day One

- *God Strong* reading: pp. 211-213
- Bible reading: 1 Timothy 1:1, Matthew 12:21
- Daily Journal Prompt: Are you hopeful today, or a little hopeless? Why? Ask God to help fill you with His hope.

Day Two

- *God Strong* reading: pp. 213-215
- Bible reading: Proverbs 1:33, John 16:22, 1 John 5:14
- Daily Journal Prompt: How long did Anna hope to see God's promise? What promises are you waiting for God to answer? Are you willing to wait as long as Anna? Do you have the hope?

Day Three

- *God Strong* reading: pp. 215-219
- Bible reading: John 4:9-26
- Daily Journal Prompt: How can you relate to the Samaritan woman? Do you have things in your past you regret? What can Jesus do for you, just as He did for her?

Day Four

- *God Strong* reading: pp. 220-221
- Bible reading: 2 Corinthians 12:9-10
- Daily Journal Prompt: What does the Bible reading for today mean to you? Spend some time thinking about the words and then write down what it means to you.

Day Five

- *God Strong* reading: pp. 219, 222-226
- Bible reading: Luke 1:28-33, John 20:10-18
- Daily Journal Prompt: Where is your hope? Is it with Christ? Or is it in something else?

Thank you...

It's been great to spend this time with you as we've gone through the book, *God Strong*, together. I would be honored and blessed to hear your thoughts on the book, stories of what happened while you were reading through it with the guide, or just your experiences as a military wife.

Please email me at sara@sarahorn.com and don't forget to check out Wives of Faith at www.wivesoffaith.org. Be sure to check out the Group Guide at godstrongbook.com that can be used for a small group!

Remember that we don't have to be Armies of One when we're GOD Strong.

May God give you strength as you spend your life serving Him!

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