

PBC Growing in Christ

Minister Patrick and Stephanie Burrage

November 22, 2020

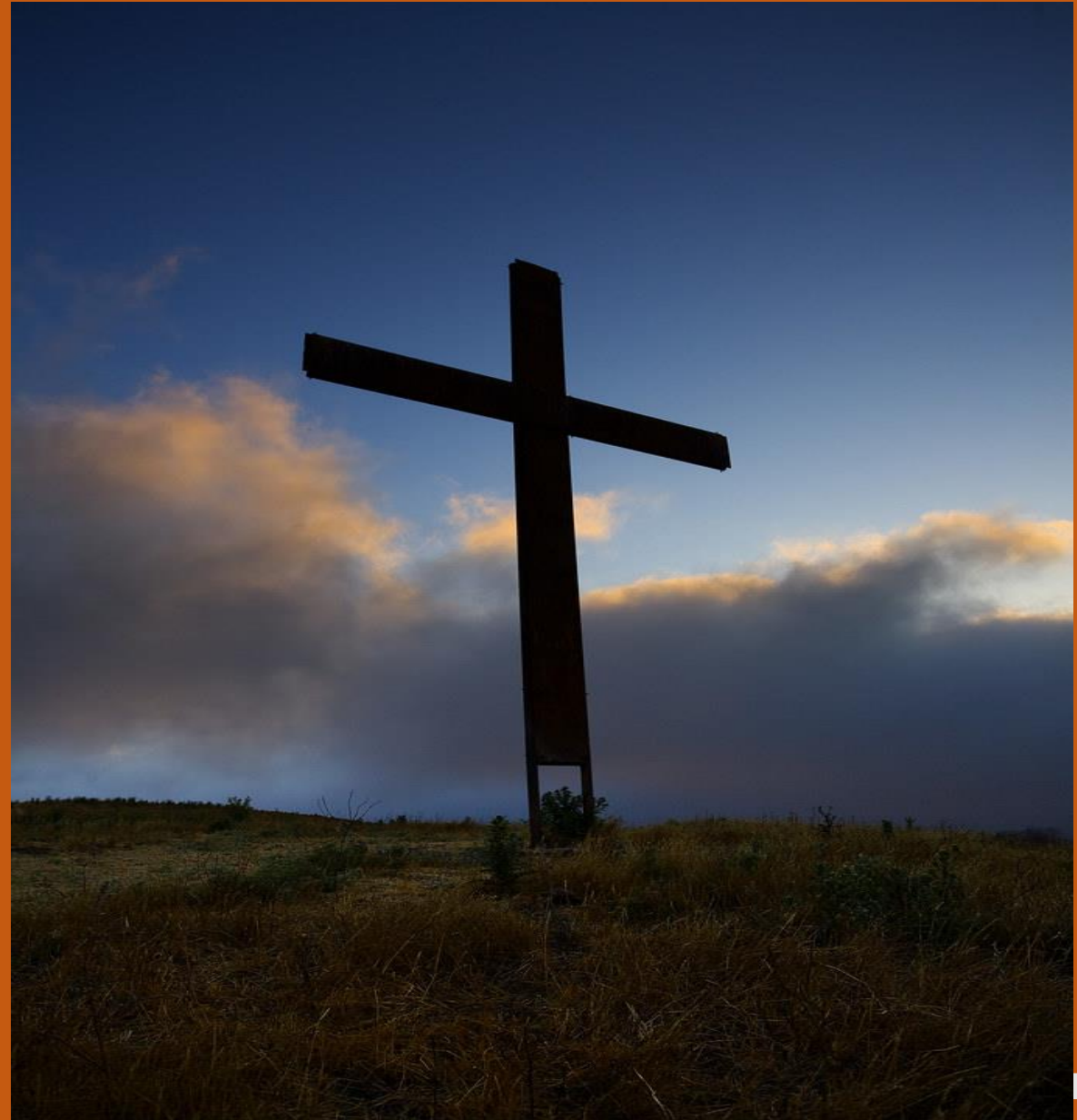
Class Norms

A large, dark wooden cross stands in a field of tall grass. The cross is silhouetted against a sky with soft, golden light from a setting or rising sun. The background shows a horizon line with some distant trees and a clear sky with a few wispy clouds.

- Place your microphone on mute.
- Use the chat room. Located in the upper right of the screen.
- Interact in the class just raise your hand. The instructor will take you off mute.
- Technology may not always work....please be patient.
- God is always in the midst
- Enjoy the class.

Growing in Christ

- Every day is an opportunity to grow in the word.
- Growing in Christ will tackle real life issues, while studying the bible for its answers.
- Examine challenges believers and non-believers face every day.
- Growing in Christ bible study will focus on how Christians face challenges and how the bible addresses these issues.



Growing in Christ

To equip his people for works of service, so that the body of Christ may be built up. Until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Ephesians 4:12-13 (NIV)





Weathering the Blues

Psalm 31:1-8

What are some things that lift your spirits when you're feeling down?

Scripture

Weathering the Blues

Psalm 31:1-2

1 LORD, I seek refuge in you; let me never be disgraced. Save me by your righteousness. 2 Listen closely to me; rescue me quickly. Be a rock of refuge for me, a mountain fortress to save me.





Weathering the Blues

Psalm 31:1-2

What are some issues or topics facing young adults and families that feel heaviest to you?

What do you like about David's words in these verses? Why?



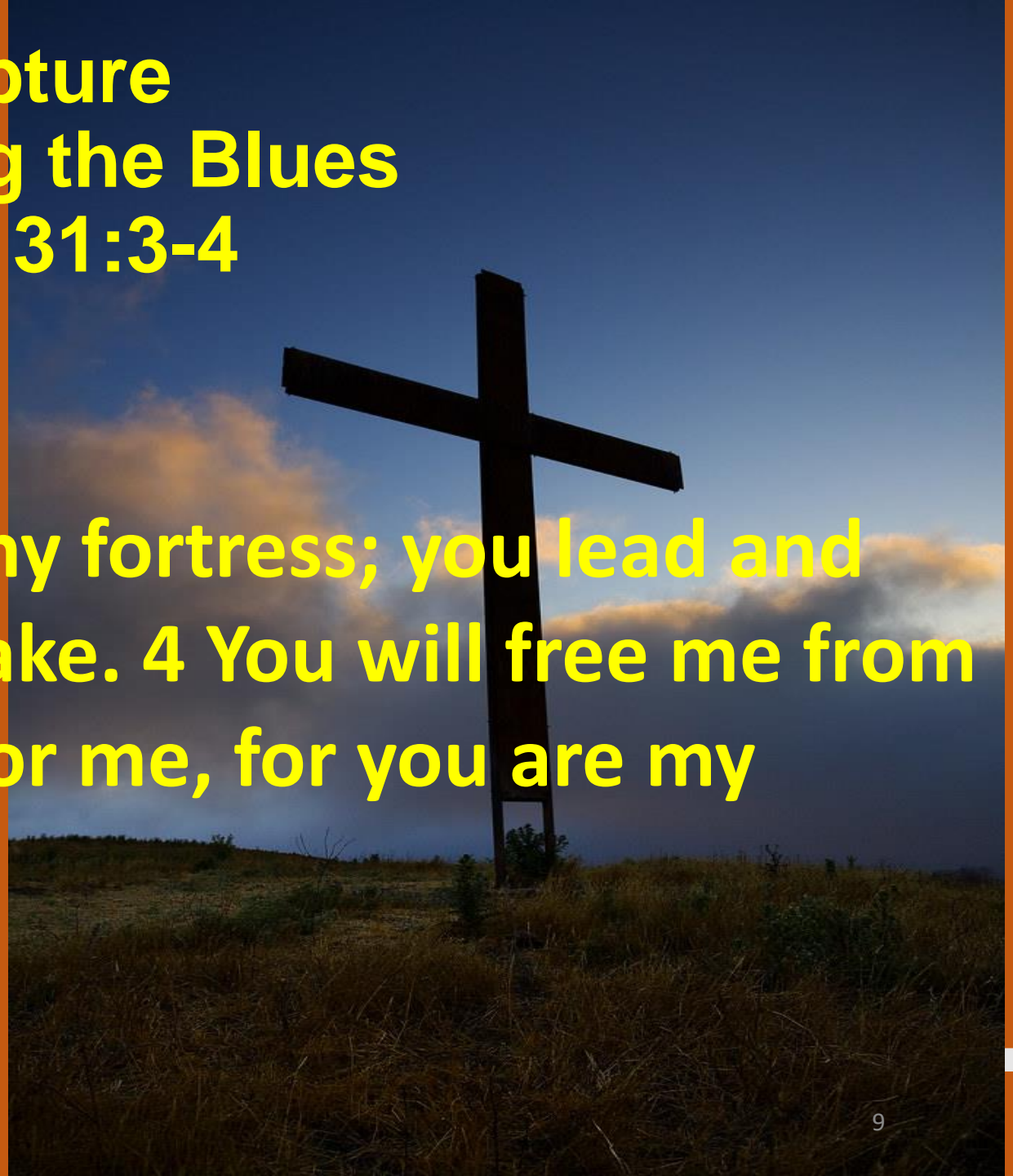
Weathering the Blues

Psalm 31:1-2

- David knew God would provide the only shelter he needed.
 - Like David's problems and concerns ours may have weighed heavily on us, but we look to the Lord God.
 - We must run into the refuge of the One who would protect us His righteousness. God brings His righteousness to all who choose to trust their lives to Jesus Christ.
 - Just as David cried to God for His help and righteous intervention, we can too.
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Scripture
Weathering the Blues
Psalm 31:3-4

3 For you are my rock and my fortress; you lead and guide me for your name's sake. 4 You will free me from the net that is secretly set for me, for you are my refuge.



Weathering the Blues

Psalm 31:3-4



When have you felt God's strength as your rock?

Given that God is our fortress and refuge, how do we access His protection?



Weathering the Blues

Psalm 31:3-4

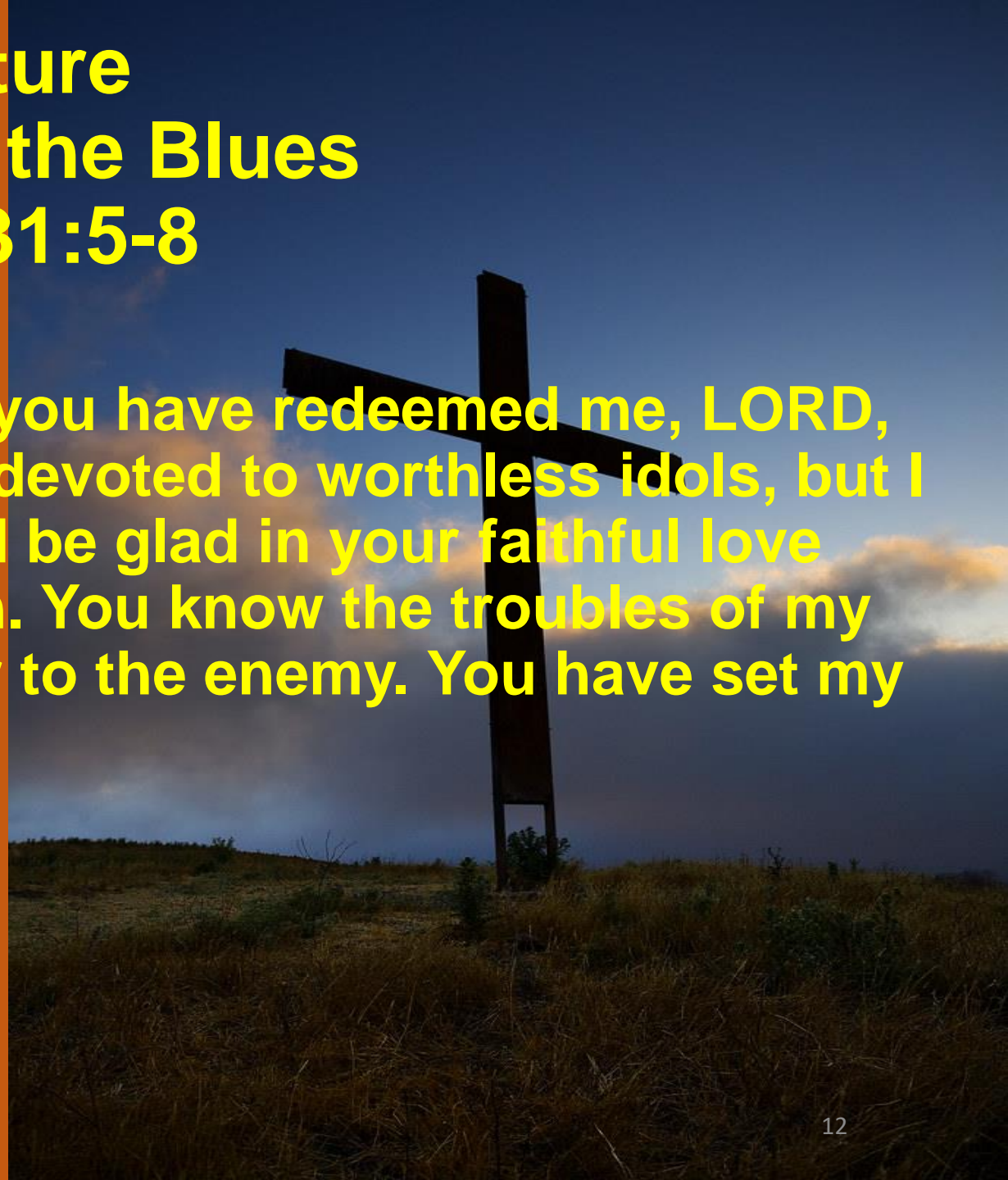
- Sometimes it's easy to be "prayed up" and trust God with the problems we see coming. But sometimes, we're struck unaware. When we experience those secret traps, we can feel defeated. A sense of depression comes over us as we face yet another challenge. In those moments, it's wise to remember that the God who loves us and has been our refuge and fortress in the past is still our refuge and fortress.

Scripture

Weathering the Blues

Psalm 31:5-8

5 Into your hand I entrust my spirit; you have redeemed me, LORD, God of truth. 6 I hate those who are devoted to worthless idols, but I trust in the LORD. 7 I will rejoice and be glad in your faithful love because you have seen my affliction. You know the troubles of my soul 8 and have not handed me over to the enemy. You have set my feet in a spacious place.





Weathering the Blues

Psalm 31:5-8

What are some ways God has proven to be trustworthy?

How does it make you feel to know that God sees your affliction and knows the troubles of your soul?



Weathering the Blues

Psalm 31:5-8

- In our moments of despair and depression, we may feel no one sees or cares, but even the most inconsequential issue doesn't escape His notice when it pulls us down.
- Faith is a sure confidence in God that we act as though we have what we seek from Him before we **actually** have it. This isn't blind faith. It's a sure confidence grounded in the nature and character of God.



GROWING IN CHRIST IN ACTION

NOVEMBER 22, 2020

- **Depend on God.** Our world praises self-sufficiency. However, God calls us to dependency on Him. Trust Him with your burdens. Tell Him about the peace and rest you desire. Ask for the relief only He can bring.
- **Share your burden.** The psalmist didn't hide his feelings. Do a serious personal evaluation about what causes depression in your life. Admit that it is real. Consider that it might be time to talk with a close friend, pastor, or counselor.
- **Celebrate God's faithfulness.** Think about the ways God has carried you through difficult times in the past. Look for opportunities to praise God's faithfulness and allow this to encourage you to trust Him in the present.



Final thoughts about Weathering the Blues

- Be “prayed up” and trust God with the problems we see coming.
- Our true joy should rise out of the reason and purpose behind Thanksgiving and Christmas. We can embrace joy year-round—even when life is hard. It’s a joy that rises out of life in Christ.
- In those moments when we’re surrounded by depressing thoughts and feelings, remember that God will always deliver those who choose to look to Him in spite of circumstances.



Growing in Christ Preparation for learning

Bible.com

- Daily reflection on the topic of joy
- Dates: November 29-December 5
- Bible Study link:
<https://bible.com/p/35593788/461d171824262c1f33822f90649f9ff1>

Resources

- **BIBLE-Basic Instruction Before Leaving Earth**
- **Bible.com**



Next Week: November 29, 2020
Overcoming Worry

Psalm 23:1-6

How would you describe a
worry-free life?



God Bless You!

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