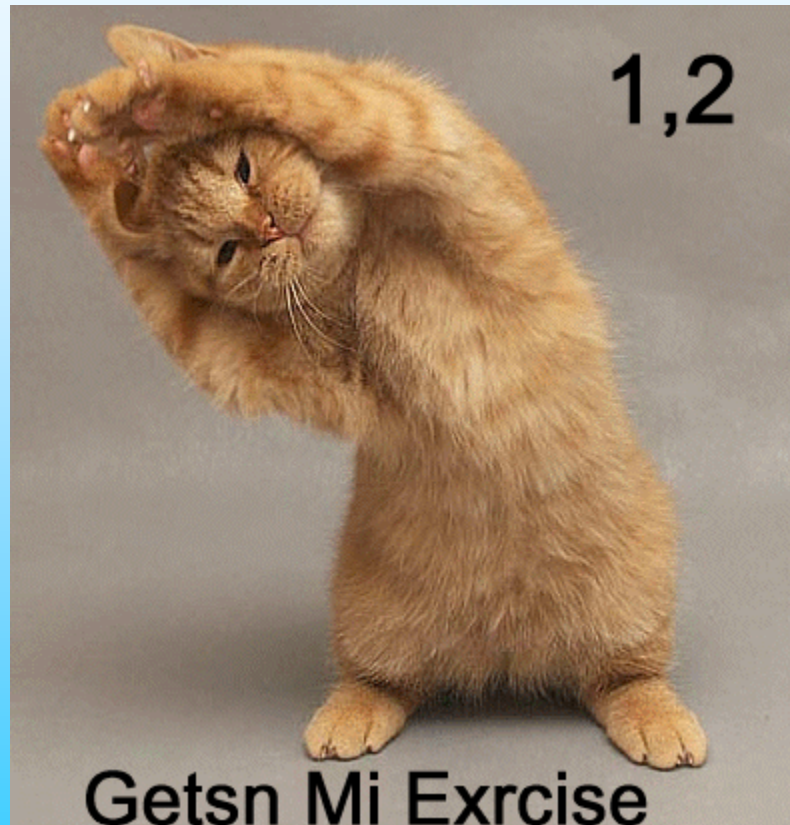


MIDWEEK BIBLE WORKOUT



Trivia

Which one of the following was not true concerning the death of Absalom

- 1. He had three spear thrust through his heart by Joab**
- 2. He was struck and killed by ten young men**
- 3. He was decapitated**
- 4. His head got caught in a tree, and he was suspended in air**
- 5. David had given an order to “deal gently” with Absalom**



2 Samuel 18:5-15



Trivia

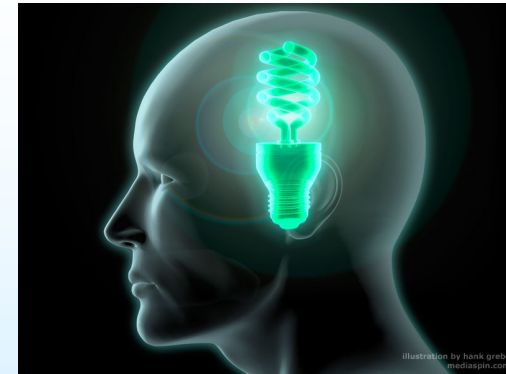
All of the following were part of Paul's instructions for marriage *except*:

- 1. A man should have no more wives than he can care for**
- 2. Husbands and wives should give each other the affection they are due**
- 3. The husband has authority over his wife's body**
- 4. The woman has authority over her husband's body**
- 5. If one spouse is not a believer and yet willing to remain with a believing spouse, the believing spouse should allow them to stay**



2 Corinthians

Mental floss



- 1. Does sin have a value or weight?**
- 2. There are so many different interpretations of the Bible – How do I know which one is right?**

Q: How must I cope with insults and people breaking down my self- esteem



Get Rambo

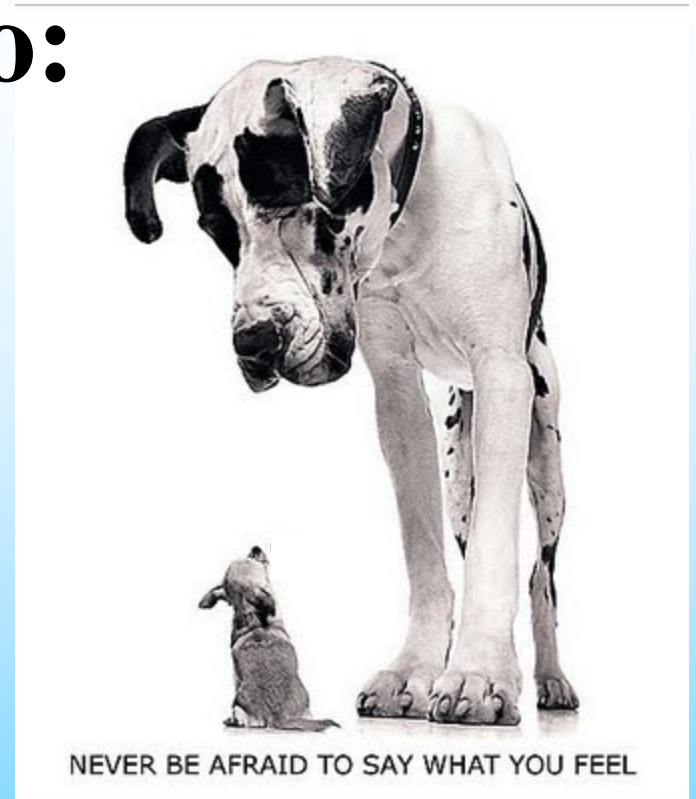


***23 When they
hurled their
insults at him, he
did not retaliate;
when he
suffered, he
made no threats.
Instead, he
entrusted himself
to him who
judges justly.
1 Peter 2:23***



What to do:

- **Pray**
- **Stay true to who you are**
- **Remember the sacrifice for you**
- **Deal with it in a Biblical way**
 - a. Calm**
 - b. Concise**
 - c. Focus on the issue not the emotion**
 - d. Be done with it**
- **The truth will always be victorious**



***Q: I was abused and still suffer –
Our ex son-in-law broke my child's
heart.***

**HOW CAN I
FORGIVE?**



What will satisfy the hurt?



Who can change?



- **Forces in us**
- **Will they see what I see?**
- **What is enough?**
- **Forgiveness:**



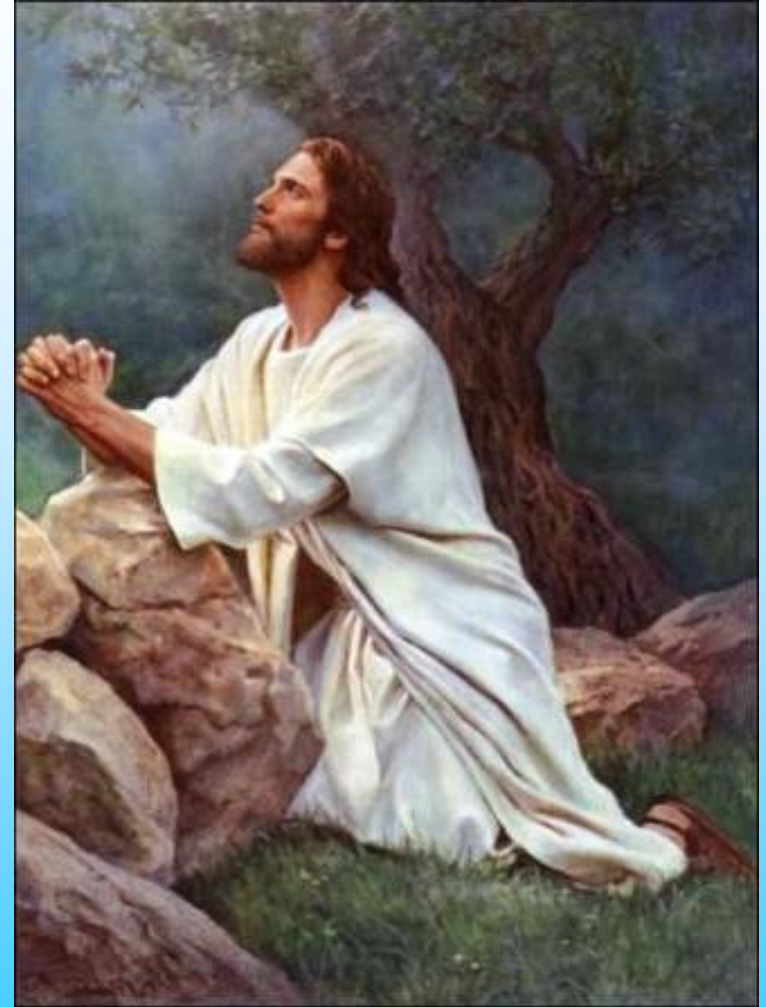
Resolves the past protect the future

***Q: My anxiety is affecting my health, family and work –
Where do I turn***



7 During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission

Hebrews 5



- 1. Pray about it**
- 2. Share it with others**
- 3. Pray about it**
- 4. Read the Word and seek God's promises**

- 5 Pray about it**
- 6. Worship and share**
- 7. Pray about it**



Q: WHAT IF???



6 You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come. 7 Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. 8 All these are the beginning of birth pains. 9 "Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me. 10 At that time many will turn away from the faith and will betray and hate each other, 11 and many false prophets will appear and deceive many people. 12 Because of the increase of wickedness, the love of most will grow cold, 13 but he who stands firm to the end will be saved. 14 And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

Matt. 24



15 "So when you see standing in the holy place 'the abomination that causes desolation,' spoken of through the prophet Daniel--let the reader understand-- 16 then let those who are in Judea flee to the mountains. 17 Let no one on the roof of his house go down to take anything out of the house. 18 Let no one in the field go back to get his cloak.



6 You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come

8 All these are the beginning of birth pains.



Something new !