

FRAZZLED

Week 3: Deficient El-Shaddai – The All-Sufficient One

To view the video for this lesson, go to http://ariseministries.net/frazzled

If you've lived long enough, you've said, "Lord, I can't do this!" It's easy as mothers to feel like we're lacking in "whatever" it takes for being a single parent. Pam Kanaly shows us how God is the "All-Sufficient One" when those mom lies surface.

1.	Describe a	situation	as a sir	ngle mother	when vo	ou expressed,	"1 (can't do	this!"

- 2. Underline the phrases that best describe your innermost I-can't-do-this thoughts that often feel bigger than both you and God.
 - I'm sick of wrestling with this problem that seems to never change.
 - I fully trust God. I'm just tired of the fight.
 - I want to give up.
 - I'm afraid of what could happen.
 - I can't do this, but I KNOW God can.
 - If God doesn't come through, I'll fail.
 - I feel helpless.
 - This is the perfect opportunity for God to show Himself strong on my behalf.
- 3. What lies have you heard from the enemy concerning your frustration or deficiency?



4. What do these verses have in common?2 Corinthians 12:9-10
Isaiah 40:31
Nahum 1:7
5. Waiting on God is a principle that's easily misunderstood. We are never busier than when we are "waiting" on God. Circle which "waiting" ideas would work for you.
• I will write on a post-it-note as a reminder, "El Shaddai is sufficient to see me through."
 I will lay down my own defenses in which I have placed my trust (a secure job, obedient children, another relationship) and turn to God as my sole protector and sustainer.
• I will drink from God daily by being in His Word, knowing that if I fail in this area, I will drift into the sea of feeling inadequate and fearful.
 I will walk in conscious dependence on Christ, confessing my sin and putting on His truth concerning my circumstances.
I will find a local church or community of believers for support.
How would these practices allow you to go from self-sufficiency to God-sufficiency?
6. From Abraham we learned that "Nothing – is – impossible – with – God." What is El Shaddai – the All-Sufficient One – telling you?

Father, I know Your Word says that "All things are possible with you." You have no limitations, but I struggle believing that You will act in **my** circumstance. Give me the courage to trust in Your all-abundant power and teach me valuable lessons about faith and Your character as I press into You. Forgive me for being like a yo-yo, and empower me to more consistently lean on You. Thank You that You are my All-Sufficient watch-guard and provider. In Jesus' name, amen.

Notes for Small Group Discussion:

- 1. Briefly share your thoughts on the video.
- 2. Briefly talk about spiritual concepts you learned.
- 3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
- 4. Share with your group a choice you need to make that will honor God.
- 5. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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