

## Captivated Book Study

(Captivated Book Study **Week 2 Day 1** Knowing God in my **Emotional Life**)

This week we have been discovering what God's Word has to say *when we are feeling...*

- *Afraid*
- *Confused*
- *Disappointed*
- *Worried*

### Psalm 139:1-5 (NLT)

O LORD, you have examined my heart  
and know everything about me.

**2**

You know when I sit down or stand up.  
You know my thoughts even when I'm far away.

**3**

You see me when I travel  
and when I rest at home.  
You know everything I do.

**4**

You know what I am going to say  
even before I say it, LORD.

**5**

You go before me and follow me.  
You place your hand of blessing on my head.

## Captivated Book Study

(Captivated Book Study **Week 2 Day 2** Exercise #1 Fear)

### Psalm 20:1-8 (NKJV)

- <sup>1</sup>May the LORD answer you in the day of trouble;  
May the name of the God of Jacob defend you;  
<sup>2</sup>May He send you help from the sanctuary,  
And strengthen you out of Zion;  
<sup>3</sup>May He remember all your offerings,  
And accept your burnt sacrifice. *Selah*  
<sup>4</sup>May He grant you according to your heart's *desire*,  
And fulfill all your purpose.  
<sup>5</sup>We will rejoice in your salvation,  
And in the name of our God we will set up *our* banners!  
May the LORD fulfill all your petitions.  
<sup>6</sup>Now I know that the LORD saves His anointed;  
He will answer him from His holy heaven  
With the saving strength of His right hand.  
<sup>7</sup>Some *trust* in chariots, and some in horses;  
But we will remember the name of the LORD our God.  
<sup>8</sup>They have bowed down and fallen;  
But we have risen and stand upright.

What are the things that we in our culture tend to put our trust in?  
(Discussion of where we default to if we are not careful)

So, it could be said, "Some trust in \_\_\_\_\_  
and some in \_\_\_\_\_";  
But we will remember the name of the Lord our God.

## **Captivated Book Study**

(**Week 2 Day 3** Additional Scriptures about **Confusion**)

### **Psalm 110:169 (NKJV)**

Let my cry come before You, O LORD; Give me understanding according to Your Word.

### **Jeremiah 33:3 (NKJV)**

‘Call to Me, and I will answer you, and show you great and mighty things, which you do not know.’

### **Matthew 7:7-8 (NKJV)**

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

## **Captivated Book Study**

(**Week 2 Day 4** Additional Scriptures about Hope during **Disappointment**)

### **Psalm 62:5-6 (NKJV)**

My soul, wait silently for God alone, For my expectation *is* from Him.  
He only *is* my rock and my salvation; *He is* my defense; I shall not be moved.

### **Jeremiah 29:11 (NKJV)**

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

### **Romans 12:12 (NKJV)**

Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;

### **Romans 15:13 (NKJV)**

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

## **Captivated Book Study**

(**Week 2 Day 5** Additional Scriptures about **Worry**)

### **Psalm 34:17 (NKJV)**

*The righteous cry out, and the LORD hears, And delivers them out of all their troubles.*

### **Matthew 6:25-26 (NKJV)**

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? **26** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

### **1 Peter 5:7 (NKJV)**

Casting all your care upon Him, for He cares for you.