

*“I wait for the LORD, my soul waits,
and in his word I put my hope.”*

PSALM 130:5

Words to Live By: One Word a Week provides a fresh way of activating and optimizing God’s Word in our thoughts, words, and actions. Each week, participants are encouraged to read five devotions related to one specific action word and consider how God may choose to use that word in conjunction with His Word for enhancing our understanding of His will and His work in our lives.

The *Words to Live By* Study Guide encourages participants to incorporate five steps into their daily devotions and weekly discussions: recognizing the need for each word; sharing examples of new understanding related to each word; recalling a specific devotion which helped them perceive the word in a different way; studying God’s Word to see how He reveals Himself through each word; and praying that God enables them to activate that word more fully in their lives.

Although the Study Guide provides a simple outline which provides consistency and invites interaction, it may be adapted easily to the preferences of each leader or participant.

It is our prayer that through each of these words God will speak to your heart and draw you closer to His.

LINDA GILDEN and DALENE PARKER,
Co-authors *Words to Live By: One Word a Week*

WEEK 1

WORD OF THE WEEK:

LISTEN

(Intro – page 6)

THIS WEEK'S CHALLENGE: Be intentional about listening this week, recognizing that listening is important to developing close relationships and meeting the needs of others.

How do you know you *need* to LISTEN?

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In what ways are you *learning* to LISTEN?

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Which devotion(s) from this week helped you consider LISTENING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to LISTEN?

The LORD came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.” (1 Samuel 3:10)

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How might you pray, asking God to help you LISTEN?

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WEEK 2

WORD OF THE WEEK:

CHOOSE

(pages 7–12)

THIS WEEK'S CHALLENGE: Be attentive to the number of times you must make a choice this week and ask God to guide you as you weigh one thing against another.

How do you know you *need* to CHOOSE?

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In what ways are you *learning* to CHOOSE?

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Which devotion(s) from this week helped you consider CHOOSING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to CHOOSE?

This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live. (Deuteronomy 30:19)

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How might you pray, asking God to help you CHOOSE?

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WEEK 3

WORD OF THE WEEK:

BELIEVE

(pages 13–18)

THIS WEEK'S CHALLENGE: Ask the Lord to strengthen your ability to believe His promises and to deepen your understanding of faith in Him.

How do you know you *need* to BELIEVE?

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In what ways are you *learning* to BELIEVE?

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Which devotion(s) from this week helped you consider BELIEVING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to BELIEVE?

But we are not of those who shrink back and are destroyed, but of those who believe and are saved. (Hebrews 10:39)

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How might you pray, asking God to help you BELIEVE?

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WEEK 4

WORD OF THE WEEK:

WAIT

(pages 19–24)

THIS WEEK'S CHALLENGE: Cling to God's promises while you wait for His provision for your needs and answers to your prayers.

How do you know you *need* to WAIT?

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In what ways are you *learning* to WAIT?

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Which devotion(s) from this week helped you consider WAITING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to WAIT?

But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me. (Micah 7:7)

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How might you pray, asking God to help you WAIT?

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WEEK 5

WORD OF THE WEEK:

ACCEPT

(pages 25–30)

THIS WEEK'S CHALLENGE: Practice accepting others, accepting situations or circumstances, and most importantly, God's grace.

How do you know you *need* to ACCEPT?

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In what ways are you *learning* to ACCEPT?

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Which devotion(s) from this week helped you consider ACCEPTING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to ACCEPT?

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. (Philippians 4:12)

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How might you pray, asking God to help you ACCEPT?

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WEEK 6

WORD OF THE WEEK:

TRUST

(pages 31–36)

THIS WEEK'S CHALLENGE: Regardless of how or when God answers your prayers, determine to trust His perfect timing and His perfect will.

How do you know you *need* to TRUST?

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In what ways are you *learning* to TRUST?

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Which devotion(s) from this week helped you consider TRUSTING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to TRUST?

The LORD will fulfill his purpose for me; your love, O LORD, endures forever—do not abandon the works of your hands.
(Psalm 138:8)

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How might you pray, asking God to help you TRUST?

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WEEK 7

WORD OF THE WEEK:

APPRECIATE

(pages 37–42)

THIS WEEK'S CHALLENGE: This week, take note of all the blessings in your life. Make sure to express your appreciation to God and others.

How do you know you *need* to APPRECIATE?

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In what ways are you *learning* to APPRECIATE?

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Which devotion(s) from this week helped you consider APPRECIATING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to APPRECIATE?

I thank my God every time I remember you. (Philippians 1:3)

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How might you pray, asking God to help you APPRECIATE?

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WEEK 8

WORD OF THE WEEK:

REJOICE

(pages 43–48)

THIS WEEK'S CHALLENGE: Refuse to allow negative or critical thoughts any lodging in your mind or heart. Purpose to ponder and speak only that which brings joy.

How do you know you *need* to REJOICE?

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In what ways are you *learning* to REJOICE?

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Which devotion(s) from this week helped you consider REJOICING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to REJOICE?

Then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. (Philippians 2:2)

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How might you pray, asking God to help you REJOICE?

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WEEK 9

WORD OF THE WEEK:

CHANGE

(pages 49–54)

THIS WEEK'S CHALLENGE: Be willing to embrace and learn from the changes which come into your life; consider change as an opportunity to experience something new and fresh.

How do you know you *need* to CHANGE?

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In what ways are you *learning* to CHANGE?

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Which devotion(s) from this week helped you consider CHANGE in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to CHANGE?

There is a time for everything, and a season for every activity under heaven. (Ecclesiastes 3:1)

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How might you pray, asking God to help you CHANGE?

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WEEK 10

WORD OF THE WEEK:

CHERISH

(pages 55–60)

THIS WEEK'S CHALLENGE: Cherish not only the things and people which bring you joy, but also those which bring you pain, for they may help draw you closer to Christ.

How do you know you *need* to CHERISH?

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In what ways are you *learning* to CHERISH?

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Which devotion(s) from this week helped you consider CHERISHING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to CHERISH?

For where your treasure is, there your heart will be also.
(Matthew 6:21)

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How might you pray, asking God to help you CHERISH?

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WEEK 11

WORD OF THE WEEK:

THINK

(pages 61–66)

THIS WEEK'S CHALLENGE: Think about how God provides direction in your life—sometimes through an open door, sometimes through a barricade. Ask Him to help you have the mind of Christ, so you will think things through His way!

How do you know you *need* to THINK?

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In what ways are you *learning* to THINK?

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Which devotion(s) from this week helped you consider THINKING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to THINK?

*Finally, brother, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
(Philippians 4:8)*

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How might you pray, asking God to help you THINK?

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WEEK 12

WORD OF THE WEEK:

GIVE

(pages 67–72)

THIS WEEK'S CHALLENGE: What is God asking you to give of your time, talent, or resources? What gift(s) do you need to ask of Him?

How do you know you *need* to GIVE?

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In what ways are you *learning* to GIVE?

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Which devotion(s) from this week helped you consider GIVING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you of what the Lord longs to GIVE?

I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. (1 Kings 3:12)

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How might you pray, asking God to help you GIVE and/or asking for what pleases Him to GIVE?

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WEEK 13

WORD OF THE WEEK:

EXERCISE

(pages 73–78)

THIS WEEK'S CHALLENGE: Find a way each day to exercise your mind and your body in order to keep His temple fit. Also, exercise the gifts God has given you to benefit others and glorify Him.

How do you know you *need* to EXERCISE?

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In what ways are you *learning* to EXERCISE?

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Which devotion(s) from this week helped you consider EXERCISING in a different or deeper way?

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How does the following scripture (and/or other passage) remind you to EXERCISE?

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (I Timothy 4:8)

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How might you pray, asking God to help you EXERCISE?

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*A*s you close out this quarter of study, consider which of the *Words to Live By* had the greatest impact on your life. Ask the Lord to help you continue to optimize and activate that word in your life.

Thank you for the privilege of sharing in your spiritual journey.

We would love to hear from you.

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