



Welcome to Week 1, Lesson 2 of Faith & Fit! Jane and I pray that you are establishing healthier spiritual and physical practices. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed, please sign your initials on the line: \_\_\_\_\_

**Please read Deuteronomy 28:2-7 in two different versions. The NKJV is written below.**

*2 And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God:*

*3 "Blessed shall you be in the city, and blessed shall you be in the country.*

*4 "Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks.*

*5 "Blessed shall be your basket and your kneading bowl.*

*6 "Blessed shall you be when you come in, and blessed shall you be when you go out.*

*7 "The LORD will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways.*

**Why do we receive certain blessings from the Lord?**

**Describe how these blessing come to us (verse 2).**

God's Word says they will *come upon us* and *overtake us*.

**What is the difference between *coming upon* and *overtaking*?**

**List the ways that God will bless us if us obey Him.**

From the blessings you listed above, you can infer God longs to bless you in every area of your lives. Go back and highlight the blessing that means the most to you.

## **What do you think it means to be *blessed in the city and in the country?***

Wherever God calls us to live, from an urban highrise or a pastoral farmhouse, God is able to care for us and bless us. We are no more or less safe in either location. Neither are our children.

Please fill in the missing words from the blanks below.

*“Blessed shall be your \_\_\_\_\_ and your \_\_\_\_\_.”*

The word for *basket* simply means *basket*. In Bible times baskets were used to transport or store things. The word for *kneading bowl*, *mish'ereh*, is very interesting. *Mish'ereh* descends from the root word *sha'ar*, which means *to remain, to be left over, to survive*. If we are obedient, God will bless our food and ensure that we will always have a little left over to share with someone in greater need than ourselves. Remember the five loaves and two fish?

## **What blessing is stated in verse 7?**

## **What enemy is in your face right now?**

Remain obedient to the end and God will cause your enemies to flee before your face.  
Reread the blessing list.

## **What blessing means the most to you during this season of life and why?**

Thank you for joining us today! See you next week!

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