

Wounded Lives. Healed Hearts.

Week 5: Worry or Peace?

Jane and I welcome you to Lesson Five of *Wounded Lives. Healed Hearts*. We are very excited to join you during this journey into encouragement and healing. Jane and I are praying this week that you will come to Jesus and lay down your burdens. It is His will that we find rest and peace in Him.

Weekly Homework

Each week we will add your assignments to a password-protected post. Look for the password every Tuesday evening in your email. Below you will find homework for each level of study. Feel free to change from Level 1, Level 2, or Level 3 as your schedule allows! **Remember, there is no pressure to complete every activity. These are just options for your growth. They can be accessed at any time, even after the study ends.**



Level 1, Study: Weekly Goals

- For Week 5, watch the video posted below: *Endless Distractions*
- Complete pages 71-84 in *Luke: Discovering Healing in Jesus' Words to Women*.
- Feel free to do any of the other activities from Levels 2 and 3 as your time allows.

Level 2, Community: Weekly Goals

- *For Week 5, watch the video posted below: Endless Distractions*
- *Complete pages 71-84 in Luke: Discovering Healing in Jesus' Words to Women.*
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Join the *Community Call*, Wednesday night at 7:00 p.m. EST on *Talk Shoe* (Information on *TalkShoe* is in your weekly email.)

Level 3, Opportunity: Weekly Goals

- *For Week 5, watch the video posted below: Endless Distractions*
- *Complete pages 71-84 in Luke: Discovering Healing in Jesus' Words to Women.*
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post, join the *Community Call* on Wednesday night on *TalkShoe*, and listen to the *Podcast* at the link provided up above.
- Complete the *Digging Deeper* questions in the margins of each lesson.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Take advantage of the Help for Healing resources by clicking on the links below:

My Peace I Give You Blog

Joyce Meyer Moving Beyond Worry

Week Five Video

We pray that God, the author of peace will use this music to help you rest in Him:

Questions of the Week (Please respond in the *Speak Your Mind* section at the very bottom of this page).

What specific action will you take this week to show that you are resting in Christ concerning a present challenge?