

Lord, Why am I Crying?  
Bible Study

**Chapters 1 – 3**

Scripture Reading

Monday – Isaiah 43:2

Tuesday – I Peter 4:12, 13

Wednesday – Rom. 8:38, 39

Thursday – Isaiah 41:10

Friday – Philippians 4:13

Saturday – Psalm 31:24

Sunday – Philippians 4:8

**Chapter 1**

As you read the chapter what were you feeling?

What memories did it bring back?

**Chapter 2**

What are some of the negative thoughts that the little girl started having at an early age?

What caused her to think this way?

### **Chapter 3**

As the daughter and mother ran through the streets trying to find refuge what were your emotions?

### **Chapters 4 – 7**

Scripture Reading

Monday – II Timothy 1:7

Tuesday – James 3:16-18

Wednesday – Psalm 55:22

Thursday – II Corinthians 1:3, 4

Friday – Philippians 4:6, 7

Saturday – John 15:7

Sunday – Philippians 4:8

### **Chapter 4**

(pg. 50) Who is the only one truly capable of fixing us when things go wrong?

(pg. 52) What causes depression?

(pg. 55) Is it a sin to be angry?

Does how we think determine how we feel?

Guilt – What is your definition and what can we do to get rid of it?

(pg. 61) Should we deal with our feelings and emotions or just push them down and cover them up?

## **Chapter 5**

(pg. 68) Do you believe that God has a purpose for you life?

What is it?

## **Chapter 6**

Should we rely on God's method of healing us or mans?

## **Chapter 7**

How do you deal with anger?

How did the story at the end of the chapter make you feel?

## **Chapters 8 – 10**

Scripture Reading

Monday – II Cor. 5:17

Tuesday – Psalm 103:12

Wednesday – I John 2:1

Thursday – I John 1:9

Friday – Colossians 3:13

Saturday – Heb. 8:12

Sunday – Philippians 4:8

## **Chapter 8**

Who in your life have you been unable to forgive?

How can we forgive through the Lord?

## **Chapter 9**

How do we encourage ourselves in the Lord?

(pg. 99) What is one principal we need to apply to start changing our life?

How do you handle disappointments?

## **Chapter 10**

List some things in your life that you have **no control** over, that you need to change your way of thinking about?

How do you need to change your thinking?

## **Chapters 11 – 13**

Scripture Reading

Monday – II Peter 3:18  
Tuesday – I Peter 2:2, 3  
Wednesday – II Peter 1:5-8  
Thursday – Ephesians 3:14-19  
Friday – Colossians 1:9-11  
Saturday – Ephesians 4:14, 15  
Sunday – Philippians 4:8

## Chapter 11

List some things in your life that you **have control** over, that you need to change your way of thinking about?

List some antidotes to negative thinking?

- 1.
- 2.
- 3.
- 4.

## Chapter 12

(pg. 130) Which of these goals do you apply to your life?

Which of these goals are you going to work on to improve your walk with the Lord?

## **Chapter 13**

Should we ask for help?

How can we help ourselves?