

MONTHLY BIBLE STUDY



LISTEN UP!

Read: Psalms 19:7-11

NOTE: Please feel free to substitute your own story.

Some time ago I decided to try a new health supplement that supposedly would aid in blood flow and slightly lower blood pressure over time. At the time, as a result of having the West Nile virus, I had 18 months of continuous headaches. One of the causes or side effects of headaches is higher blood pressure. High pressure can cause headaches but headaches (any kind of pain) can cause elevated blood pressure.

So I thought I'd give this "natural remedy" a try. The product also claimed to boost natural energy. Sounds good, right? Now I must say, Debbie warns me pretty often not to take these supplements. I don't listen, thinking my five minutes of focused research yields better knowledge than her thirty plus years in the medical field.

So I took this stuff and felt great for about an hour. I actually felt good, but then I started feeling a little flushed. An hour or so later I looked in a mirror and my face was red! It went downhill from there. My energy level dropped to zero and the flushed feeling stayed. I think it did lower my blood pressure. In fact, I'm fairly sure both numbers were in the single digit range. A night's sleep and I'm back to normal.

The next morning I was looking at my Bible, thinking. That's right, I had it open to read but I was just staring at it thinking about the day before. I was reminded that not everything that 'looks' good, is good. Perhaps I should have listened to my wife.

Life is the same. God's Word is full of instructions and warnings. God is still speaking, maybe we should listen. – Kerry

Take a few minutes and discuss some of your own experiences; both positive and negative. Talk about when you listened to God and benefitted, and when you should have but didn't and suffered.

Read and discuss the following verses.

Proverbs 16:3

- What does this verse say to you?

Acts 16:9-10

- How did God speak to Paul?
- What was the result?

Take a minute and list some ways God can speak to us?