A BIBLE STUDY FOR TEEN GIRLS

Dwell
RESTING IN THE SHADOW OF THE ALMIGHTY

AMY BYRD + BECKY DEDGE

LifeWay
Biblical Solutions for Life
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LifeWay Press®
Nashville, Tennessee
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Special Thanks

WE ARE ESPECIALLY GRATEFUL TO...

Our husbands for loving and encouraging us through this season full of late night writing. We love you!

Our dear friends for praying for us, reading through drafts, and keeping us laughing. We love you!

Our families for supporting us and pointing us to Jesus, our true dwelling place! We love you!

Our friends at LifeWay who embraced our vision and partnered with us to bring this study to life! We love you!

Our One True joy and satisfaction...Jesus! You are so good to us! We agape you!

Soli Deo Gloria

Amy & Becky
About the Authors

Amy has a desire to make much of Jesus and loves all things student ministry. She has the joy to serve as the Director of Girls Ministry at Hunter Street Baptist Church in Birmingham, AL. Amy loves spending time with her husband, William, and her family and dear friends. In addition to her role at HSBC, Amy also serves on the leadership team for LifeWay Girls Ministry. Her ultimate desire is to see girls know their worth as daughters of the Most High and know Him as their Savior.

AMY BYRD

Becky longs to see girls love Jesus and know their identity and satisfaction is in Christ, not the world. The Lord has allowed her to serve in student ministry for a little over 10 years. Becky is currently on staff with Hunter Street Baptist Church Student Ministry in Birmingham, AL. It is here that she lives with her husband and 2 year old son. God has been so gracious, and she is thankful to be a part of His work.

BECKY DEDGE
How to Use

In the first four sessions of this study, we will examine what it means to dwell on the Word of God, in the presence of God, and with the people of God. We will learn how to move past the distractions that hinder an intimate relationship with the Father and focus on the delight found only in Him. Through the last four sessions, we will dwell on Psalm 91 and experience the joy of resting in the shadow of the Almighty.

WHAT TO EXPECT:

◆ **Personal Study Pages...** The majority of each session consists of content to help you dig into Scripture and discover truths during your personal time with the Lord throughout the week. As you move through these pages, highlight what you are learning and make note of any questions you want to ask during the weekly small group gathering.

◆ **Journal Space...** Throughout each session, you will find places to journal your thoughts and answer questions. We encourage you to be open and honest with what you write, even in the places where it’s hard to admit the truth. These journal entries will help you see how God is working in and through you as you grow spiritually.

◆ **Consider This...** Each session includes several shaded areas labeled **Consider This** with additional context or definitions to help you better understand what you are studying.

◆ **Common Dweller...** Each session includes a section called **Common Dweller** where we will share stories from our own experiences as well as from others who have inspired us.

◆ **Pause & Dwell...** At different points in each session, we encourage you to **Pause & Dwell** on what you are learning. Don’t rush through these pages—take your time and really let God’s Word sink deep into your mind and heart.

◆ **Dwelling Together...** Each session ends with a page called **Dwelling Together**. This page will be used in your weekly small group gathering.
I AM THE VINE; YOU ARE THE BRANCHES. THE ONE WHO REMAINS IN ME AND I IN HIM PRODUCES MUCH FRUIT, BECAUSE YOU CAN DO NOTHING WITHOUT ME.

JOHN 15:5
HERE'S NO PLACE LIKE HOME.

In the midst of our daily routines, through the noise of culture and ambition, there’s a restlessness that we can’t seem to shake. We chase dreams and pursue relationships yet still feel the ache of loneliness. We crave independence and success but desperately desire to feel safe and protected. So, where do we turn? Where do we go to find peace and rest for our souls?

Where is your refuge? Who do you turn to when you are excited, afraid, angry, hurt, etc.? Use the space provided to journal your thoughts.

>> CONSIDER THIS...

Refuge is defined as a person, place, or thing that offers comfort, protection, or relief.

We all need a refuge. A place for our hearts to dwell that makes us feel safe and at home. A place where we can catch our breath and find rest. The aching in our souls is proof that we were created for so much more than what we often settle for. Let’s dive into this study and discover what it means to dwell, to linger, in a place where healing and hope await.

Define “dwell” in your own words.
In the midst of our daily routines, through the noise of culture and ambition, there's a restlessness that we can't seem to shake. We chase dreams and pursue relationships yet still feel the ache of loneliness. We crave independence and success but desperately desire to feel safe and protected. So, where do we turn? Where do we go to find peace and rest for our souls?

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**Define “dwell” in your own words.**

Why do you choose to dwell in certain places or with certain people?

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In the list below, circle the words that best describe your emotions when you are in the place where you feel the most at home.

Safe                         Calm                             Joyful
Secure                    Accepted                     Other___________

**Who are the people in your life that make you feel safe and accepted?**

---

No matter our circumstances, there are people and places in our lives that become like a refuge to us. We long for the security and affection we experience when we dwell in their midst. This longing points to something planted deep in our souls. We were made to dwell, but God has created us for a dwelling far greater than any earthly refuge.

Our desire to feel safe, secure, and loved unconditionally can only be met in the One who created us and knows us inside and out. In order to more fully grasp the reality that we were made to dwell, let’s start at the beginning and let the story unfold from there.

**READ GENESIS 1.**

Most of us have probably heard this passage many times. Even still, do we really understand the incredible miracle of creation? In God's perfect plan and timing, He created light, land, water, sky, plants, trees, fruit, stars, the moon, the sun, and the animals. Then, in His final work of creation, He formed man and woman in His own image.
So who is this God, this Creator, we are talking about? Describe God in your own words.

The world is filled with different perspectives of who God is. Let’s be clear that the God we are talking about is the one true living God! There is no one stronger, there is no one more beautiful, there is no one like Him in all the universe. The more you learn about His character, the deeper your trust in Him will be. The more you understand about the relationship He desires to have with you, the sweeter your journey with Him will be.

WRITE THE WORDS OF GENESIS 1:27 IN THE SPACE PROVIDED.

What would it have been like to live in perfect harmony and relationship with God?
When you think about being made in God’s image, how does that change the way you see yourself?

Think about the fact that this God who is greater than we could ever imagine or understand loves you deeply and desires to have a relationship with you! How does that impact the way you see your value and worth? How does it impact the way you live on a daily basis?

>> CONSIDER THIS...

God did not create us because He was lonely. He was perfectly content with the Trinity: God the Father, Jesus the Son, and the Holy Spirit. However we see what an incredibly good God we have because He created all things to share in the worship of Himself! Creation is a display of His majesty, His wonder, His goodness, and His relational nature.

Pause & Dwell on This...

Mediate on the words of Genesis 1:27. Let the awe of your Creator wash over you. Spend some time in prayer right now. Thank God for making you in His image and allowing you to discover more about Him through the pages of Scripture.

Consider stopping here for the day and letting what you have read really sink in. Learn how to sit still in His presence and dwell in His Word.