WEEK

OBSESSED GROUP



INSTRUCTION CARD

WEEK 04: SCRIPTURE FOR THE SOLE

SCRIPTURE FOR THE SOLE



HOST, READ OUT LOUD:



- **1.** Everyone will take off one shoe and close your eyes. I promise I won't do anything weird.
- **2.** I have a bunch of cards with words from the Bible. Each one is different, so we all get our own unique verse.
- **3.** Without reading them, I'm going to slip a random card into every shoe, including mine. (Host, fold them in half.)
- **4.** We will open our eyes and read the Scripture we received. When you look at your card, think about why God might have these words for you.
- **5.** At least two people in the group should share your initial reaction to the card you got.
- **6.** Keep this card in your shoe ALL WEEK LONG. Because no better way to get grounded in God's words for you then walking in them every day.
- 7. Before we take off our shoes, I'm going to say a quick prayer: "God, I ask that you guide these cards to the person who needs to hear them. Guide my hands. Amen."

Take off a shoe and close your eyes. Party's on.

THE NAME OF THE LORD IS **A FORTIFIED** TOWER. THE RIGHTEOUS **RUN TO IT AND** ARE SAFE.

MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY **OVERFLOW WITH HOPE BY THE POWER OF THE** HOLY SPIRIT.

FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE. NEITHER ANGELS NOR **DEMONS, NEITHER THE** PRESENT NOR THE **FUTURE. NOR ANY POWERS. NEITHER HEIGHT NOR DEPTH, NOR ANYTHING** ELSE IN ALL CREATION. **WILL BE ABLE TO** SEPARATE US FROM THE LOVE OF GOD THAT IS IN CHRIST JESUS OUR LORD.

SO DO NOT FEAR, FOR I AM WITH YOU; DO NOT BE DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU; I WILL UPHOLD YOU **WITH MY RIGHTEOUS** RIGHT HAND.

FOR IN THE DAY OF TROUBLE HE **WILL KEEP ME** SAFE IN HIS **DWELLING: HE** WILL HIDE ME IN THE SHELTER OF HIS SACRED TENT AND SET ME HIGH UPON A ROCK.

IT IS THE LORD WHO GOES **BEFORE YOU. HE** WILL BE WITH YOU; HE WILL **NOT LEAVE YOU** OR FORSAKE YOU. DO NOT FEAR OR BE DISMAYED.

FOR WHO IS GOD, BUT THE LORD? AND WHO IS A ROCK, EXCEPT OUR GOD?—THE GOD WHO EQUIPPED ME WITH STRENGTH AND MADE MY WAY **BLAMELESS. HE MADE MY FEET** LIKE THE FEET OF A DEER AND SET ME SECURE ON THE HEIGHTS. HE TRAINS MY HANDS FOR WAR, SO THAT MY ARMS CAN BEND A BOW OF BRONZE. YOU HAVE GIVEN ME THE SHIELD OF YOUR SALVATION, AND YOUR RIGHT HAND SUPPORTED ME. AND YOUR GENTLENESS MADE ME **GREAT. YOU GAVE A WIDE PLACE** FOR MY STEPS UNDER ME, AND MY FEET DID NOT SLIP.

PEACE I LEAVE WITH YOU; MY PEACE I GIVE YOU. I DO NOT GIVE TO YOU **AS THE WORLD** GIVES. DO NOT LET YOUR HEARTS BE TROUBLED AND DO NOT BE AFRAID.

I KNOW WHAT IT IS TO BE IN NEED, AND I KNOW WHAT IT IS TO HAVE PLENTY. I HAVE LEARNED THE SECRET OF BEING **CONTENT IN ANY AND EVERY SITUATION.** WHETHER WELL FED OR **HUNGRY. WHETHER LIVING** IN PLENTY OR IN WANT. I CAN DO ALL THINGS THROUGH HIM WHO GIVES ME STRENGTH.

THE LORD IS MY ROCK, MY FORTRESS AND MY DELIVERER; MY GOD IS MY ROCK, IN WHOM I TAKE REFUGE. MY SHIELD AND THE HORN OF MY SALVATION. HE IS MY STRONGHOLD, MY REFUGE AND MY SAVIOR— FROM VIOLENT PEOPLE YOU SAVE ME. I CALLED TO THE LORD, WHO IS **WORTHY OF PRAISE.** AND HAVE BEEN SAVED FROM MY ENEMIES.

BE STRONG AND COURAGEOUS. DO NOT BE AFRAID OR TERRIFIED BECAUSE OF THEM, FOR THE LORD YOUR GOD GOES WITH YOU; HE WILL **NEVER LEAVE YOU** NOR FORSAKE YOU.

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN **EVERYTHING BY PRAYER** AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF GOD. WHICH **SURPASSES ALL UNDERSTANDING. WILL GUARD YOUR HEARTS** AND YOUR MINDS IN CHRIST JESUS.