

1. Think about the theme for this year's study: *Potential Pitfalls – God's instruction for life's personal challenges.*

- How was *pitfalls* defined in the teaching?

2. Consider how *pitfalls* was defined.

- What are some areas of potential pitfalls in your life?
- What does *potential* mean?
- How can biblical and practical instruction protect you from these *potential* pitfalls becoming a *reality* in your life?
- In what ways have you avoided potential pitfalls in the past?
- In what ways have you been "tripped up" by these pitfalls in the past? The Lord desires to redeem everything in our lives (see Romans 8:28-29). What did you learn from these times? How did the Lord use them for good? How did these experiences change you?

3. The first topic for this year's study is *Neglecting the Source*. Write down specific points from the teaching that spoke to you.

4. Briefly describe your quiet time with the Lord.

- In what specific ways does this time bring you into a place of increased intimacy with the Lord?
 - Are there any ways this time seems lacking to you? In what ways would you like to change the way you spend your time with Him?
5. List some *pitfalls* that keep Christian women from a meaningful daily quiet time with the Lord. Put an asterisk by ones that can be a problem for you.
6. Read Luke 5:16, Mark 1:35, and Isaiah 50:4. Answer this question about each one: What can you learn from Jesus' quiet time with His Father that will increase your intimacy with Him during your quiet time?

Luke 5:16

Mark 1:35

Isaiah 50:4

7. Schedule some undistracted time this week to sit with the Lord. Consider it as important as an appointment for a job interview or with your child's pediatrician. Begin by prayer. Review this week's lesson. What is/are the most important lesson(s) the Lord has taught you?
- What changes are you asking Him to make in your life?
 - How might these changes impact victory over the pitfalls in your life and, specifically your quiet time and intimacy with the Lover of your soul?