



DWELLING RICHLY BIBLE STUDY

Chill

RETHINKING REST & STRESS



Chill: Rethinking Rest & Stress

Studies in the Psalms

A Dwelling Richly Bible Study



Written by
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Welcome...

I started writing Bible studies so I could have focused time in God's Word. First, I wrote for my own personal time, then began to share them with others, and now, here you are! So, welcome!

In 1993 inspired to by the words from Colossians 3:16 to "Let the Word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs." I began writing songs from Scripture and now have written over 30 Scripture-based songs and two dozen Bible studies that help us all to fulfill this verse. My desire is to help others engage in God's word through reading, writing, memorizing, sharing, singing, and of course, studying its truths. I want to live out what it means to truly let the Word dwell in me deeply and to help others do the same by encouraging women to love God and His Word with heart, soul, mind, and strength.

This study is designed to offer daily time and structure through the Word of God for the purpose of understanding better who God is and in so doing knowing ourselves and our purpose better. We'll read, think, pray, write, consider, and apply the truths and concepts we find in the Word of God. But here's the big goal, it's great to grow personally, but we need to do more than grow...we must go!

My prayer is to help equip you to be "able to teach" so you can in turn equip others. Join the online Bible study community, or study on your own. Amazing rewards await those who take the time to read and study God's Word. You can complete the study on your own through these pages, or join the community and study together with a friend - either way, welcome!

Let's dive in and let God's Word dwell in us richly!

In Christ,

Jennifer Richmond

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... Dwelling Richly Bible Study...

Who we are...

...real women in every stage of life who are finding true hope in Jesus Christ

What we do...

...**encourage** one another to seek God for wisdom and hope

...**support** one another in life's challenges and blessings

...**share** our strengths and weaknesses

...**provide** a haven of hope and encouragement, fun and friendship, and real answers based on the truths of God's Word

What to Expect...



Casual and encouraging atmosphere...place to make friends and deepen friendships...Bible-based teaching...real and honest relationships from women like you who have found lasting hope and peace in Jesus...faith-building Bible study



Daily 15 minute sessions to help you read the Bible, think about spiritual things, grow deeper in your faith, and most importantly – point you to God as the only true source of hope.



Optional home study...suggested studies at your pace, in your time, and come to each session whether or not you've completed anything.

Dwelling Richly Meets...

June-August at La Mirada Christian Church
Every other Wednesday, 6-8pm



June 14, 28



July 12, 26



August 9

...Chill Bible Study Introduction...

There comes a time in our lives when we realize that we just need to “chill out”, right? I mean, haven’t you felt the tension rise and in spite of your best efforts you snapped at someone – maybe even someone you love? You have been running full steam ahead and now, your calendar is more full than ever, your appointments are not easing up, and life just feels like it’s spinning all around you. You wish you could just walk away onto the sandy shores of a soothing beach, feel the pebbly sand between your toes, the fresh breeze, take a big dose of vitamin sea...and chill.

There’s something almost magic in the way that getting away and breathing a deep breath can revive your soul. The thing is, going away to the beach, or the lake, or the river – as soothing and wonderful as that can be – only means that you will need to come back to life again. What if you could take the soothing with you? What if you could put into practice some habits that could help you chill like you were on a lounge chair with a drink in one hand and a romantic novel in the other. What if you could take that chill with you anywhere?

God has designed us for rest, renewal, reviving – chilling out! He literally put it into the design of the creation when he breathed mankind into existence. But, we continue to miss that rest, struggle to renew, feel trapped, stuck, and often overwhelmed. This study will help you rediscover the rest that God intended.

Each lesson is designed to focus on an aspect that will help us find our chill even when life won’t let us stop. We can be busy and still chill. We can be pushed to the limit...and still chill. We can rush, and plan, and do and go and still in the middle of it all find the rest and anchor in the God who created us for chilling.

We’ll use the word “chill” as an acronym to help us in five ways...

C– Come to Him...being willing to come to God in every circumstance

H– Hide in Him...let him envelop you even while you’re surrounded by hectic life

I– “I Am” – Know the God who made you

L– Let go – release your need for control and...

L– Let God – open your hands, your heart, your calendar and plans and let God work in every area of your life, heart, soul, mind and strength.

I know that if you will enter in to this study with an open and willing heart, and maybe just a little nudge to make some changes in your schedule, you’ll come away with a fresh perspective and tools to help you not only live a more calm, confident, and peaceful life – but a life that will in turn be a witness and encouragement to others.



...Chill Summer Study ...

Come, Hide in the “I am,” Let go, and Let God.



Session One— June 14, **Welcome and Introduction** led by Jennifer Richmond

- **Lesson Focus:** Psalm 34
- **Key Verse:** “Taste and see that the Lord is good; blessed is the one who takes refuge in him.” Psalm 34:8
- **Key Point:** Come to God in times of hurt, stress, and trouble. Come to God when you are blessed and happy. Come to God.



Session Two— June 28, **Review** Psalm 34 led by Sandi Rund

- **Lesson Focus:** Psalm 27
- **Key Verse:** “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.” Psalm 27:5
- **Key Point:** Hide in God, he is your safe shelter.



Session Three— July 11, **Review** Psalm 27 led by Ruth Carter

- **Lesson Focus:** Psalm 145
- **Key Verse:** “The Lord is near to all who call on him to all who call on him in truth.” Psalm 145:18
- **Key Point:** Know the “I Am,” He’s the one we can hide in.



Session Four— July 26, **Review** Psalm 145 led by Hannah Sovilla

- **Lesson Focus:** Psalm 46
- **Key Verse:** “He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10
- **Key Point:** **Let go** and **let God** work in your life.



Session Four - August 9, **Review** Psalm 46 led by Jenette Sovilla

...Bible Study Tips...

1. Read and take notes in a Bible, not a paraphrase (The Message, Living Bible, etc.). I recommend the New English Translation (NET), New International (NIV), English Standard (ESV), or Christian Standard (CSB) versions – each of these are written at about a 6th grade reading level.
2. Use colored pencils to mark in your Bible – **yellow & orange** for key ideas, **blue** for God/Holy Spirit, **brown** for people, **green** for places, **pink** for prophecy, **red** for Jesus.
3. Pray before you read the Bible. Ask God to help you understand what you are reading.
4. Do your own thinking before looking to a commentary or study notes in your Bible. Try to just use the cross-reference verses if you’re not sure what something means or you want more information.





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Lesson One - Come to Him

*"Taste and see that the Lord is good;
blessed is the one who takes refuge in him."*

Psalms 34:8



...Lesson One Welcome...

Let's get to know one another...



What's your name and one or more of the following...

"Hi, my name is, _____ and..."

- Favorite candy bar...Yum
- Dream vacation...oooooh, fun!
- Unusual skill you have!...unless you're a spy. Shhhhh.... 🤫



What's your favorite beach spot? Lake spot? Maybe a river?



What are you hoping to gain from Bible study this summer?



Describe a time in your life when you got stuck – in the mud, at an airport, in a project, etc.



What's is the best advice you ever got when you felt like you were in a rut in your life?



Hey, we're glad you're here!

Take a minute to check in on Instagram or Facebook, share a photo of your group, tag a friend, and let others know you're at La Mirada Church with LMCC Women



... Notes ...

You can also listen to the recording of each talk on the Dwelling Richly podcast.

Lesson One... Day One

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

Our focus chapter for this lesson is Psalm 34. Put a check in each life preserver when you complete a step.

- 🕒 Read and write Psalm 34 – There’s a page in the *back of this lesson* for you to write, or write in a journal of your own...Oooh...maybe you have a really neat beach-themed journal? Either way, part of our lessons will be to write the focus passage for that session.
- 🕒 Write any thoughts below that come to you as you read. What emotions expressed in this Psalm do you relate to?
- 🕒 Did you read the Welcome and Introductions pages to this study? Today’s a good day to do that. I think you’ll find it helpful 😊

...Thoughts about Psalm 34...



Lesson One... Day Two

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

1. **Notice** that your Bible records some details about who wrote Psalm 34 and under what circumstances:

Who wrote this Psalm? _____
Why?

2. **SKIM** 1 Samuel. Note the chapter headings and get a feel for what leads up to chapter twenty-one. Read [1 Samuel 21:10-22:2](#). Paraphrase this interesting account. Use the Bible Tips from the introduction (pg 6) to help you as you read.

3. **CONNECT:** What can you learn about David's character from this account? Does his behavior seem odd to you? Why or why not?

4. **THINK:** What was the result of David's actions? Note especially 1 Samuel 22:2.

5. **REFLECT:** Write a verse from Psalm 34 that speaks to you today about the character of God. Also note why you selected this verse:



Lesson One ... Day Three

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

1. **Re-read** Psalm 34. Consider the story behind this Psalm as you read, but not only this encounter before Abimelech...consider the times before that in which David was in conflict with King Saul. As you re-read Psalm 34 today, consider what these verses reveal about David's relationship with God. Write your observations below:

2. **Consider** Psalm 34:4 in light of the actions David took before King Achish. What do you think this implies about David's crazy behavior?

3. **CONNECT:** How does David share the pain and struggle of his life in Psalm 34? List specific verses and phrases:

4. **REFLECT:** Write a verse from Psalm 34 that reminds you of being willing to do anything – if it seems crazy – for God.



Lesson One ... Day Four

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

1. **Find** references to the “five senses” (sight, taste, touch, smell, hear) in Psalm 34. What does this tell you about how David comes to God and connects with Him?
2. **Compare** Psalm 34 with [1 Thessalonians 5:16-18](#). What heart attitude and actions do you see in common?
3. **THINK:** How would you describe the emotional tone of this Psalm?
4. **CONNECT:** What advice does David offer in this Psalm? Why can he so confident in his advice?
5. **REFLECT:** Write a verse from Psalm 34 that captures how you feel today:



Lesson One... Day Five

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

1. **THINK:** What supernatural cause and effect does David remind us of in Psalm 34:7?
ear the Lord – Leads to encamped angels who deliver.
2. **REFLECT:** Wow! Do you live in this kind of confidence today? Why or why not?
3. **CONSIDER:** Based on David's description, how does a person who fears God live? Consider specific wording in Psalm 34.
4. **APPLY:** What changes could you make in your relationship with God to live in the truth that the angel of the Lord encamps around those who fear God?
5. **MEDITATE:** Write and meditate on a verse from Psalm 34 that will remind you of God's willingness to deliver you.



Lesson One ... Day Six

Write & Memorize the Word

Psalm 34:8

...Dwell in the Word...

1. **List** the verses in Psalm 34 that mention God's deliverance or saving power.
2. **THINK:** What is a common connection between God and the kinds of people He delivers?
3. **THINK:** What kind of people is David describing in Psalm 34:19, and what happens to them – two things.
4. **REFLECT:** What hinders you from finding peace in difficult times?
5. **CONNECT:** Write a verse from Psalm 34 that speaks to your heart today.



Lesson One ... Day Seven

Write & Memorize the Word

Psalm 34:8

...Create and Share...

At the close of each lesson in this study you'll have time to reflect on what you have learned and how you have grown. Enjoy that growth and the confidence in God you are gaining, but don't keep it to yourself...share it! That's what this day of the study is for.

Consider how studying this Psalm is impacting your life – spiritually, emotionally, relationally.

The first step in our CHILL approach to living with confidence and peace is to come to God. David danced, and cried out to God. He got close enough to "taste" God in a sense.

Create an image to express how you see yourself coming to God. You can use the space below to draw or create a collage. Maybe you can take a photo and write about it. Some people find it easy to express themselves creatively others find it challenging.

Don't feel pressured to create something...but do allow yourself to grow in this area even if it's not the most natural thing to you.

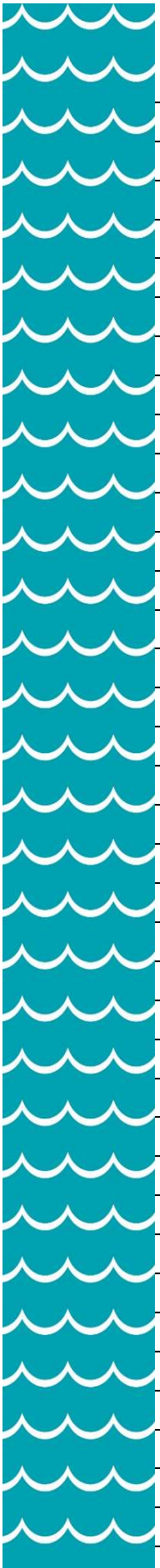
This isn't school...no one will grade you! Enjoy it and let your creative juices flow.

Then share what you created. You can just text it to a friend to give them some encouragement. You could share it on social media, or you can just connect with a friend who is also in this study and share what you both came up with over a cup of coffee.

I'd love to see it too! Feel free to share it with me. My contact information is in the introduction.

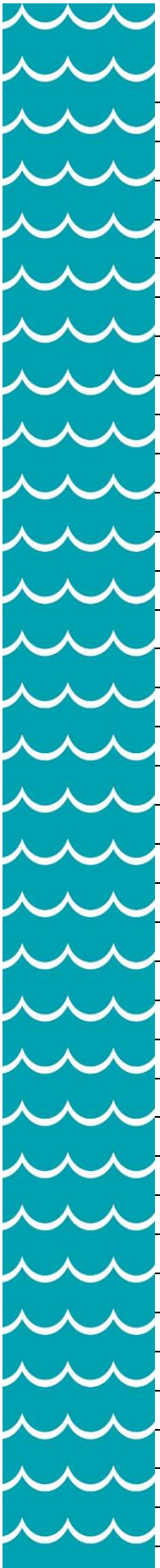


Psalm 34



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Psalm 34



A series of horizontal lines for writing, starting below the title and extending to the bottom of the page.

Prayer Requests - Praises - Connections



*Taste and see that the Lord is good;
blessed is the one who takes refuge in Him.
Psalm 34:8*

