

STILL STANDING WORKBOOK



HOW TO LIVE IN GOD'S LIGHT
WHILE WRESTLING WITH THE DARK

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WomenLivingWell.org

PART 1

WHEN GOD SEEMS SILENT

1 | Where Are You, God?

REFLECTION QUESTIONS

1. Read Psalm 77 again starting on page 15. Notice how the psalmist goes from feeling forgotten by God to praising God for his greatness and strength. What happened in verses 10, 11, and 12 that changed his perspective?
2. Now think back and remember the ways God has worked in your life in the past. Write down a few things he has done for you. Meditate on these things for a moment. How does remembering and meditating strengthen your faith as you face today's troubles?
3. Jesus made it clear in Matthew 6:25 that we are not to worry about food, drink, body, or clothing. Which of these do you think about the most and why? Has the enemy gotten a foothold in your life in any of these areas and caused you to worry?
4. In what ways can you combat your worry by seeking God first in your life?
5. Are there any other areas where you feel the enemy is attacking you? List them. Now commit this list to the Lord in prayer, asking specifically for more faith today.

God is holding you with his hand. He will strengthen you!

Fear not, for I am with you; be not dismayed, for I am your God;
I will strengthen you, I will help you, I will uphold you with my righteous right hand.

ISAIAH 41:10

2 | Does God Hear My Prayers?

REFLECTION QUESTIONS

1. What is something you have been praying for a very long time? How can you guard yourself from the lie of the enemy that tempts you to believe that God is not listening?
2. Read Psalm 56:8–9. How does it comfort you to know that God does in fact see every tear that falls on your pillow, and he is surely for you?
3. Praying God’s Word is a powerful way to change your prayer life. Have you ever used this method of prayer? How could you implement this more in your life?
4. Let’s practice this method of prayer right now using Psalm 56:8–9. You could pray something like this: “Lord, I know you keep count of my tossing and turning at night. Your Word says you see my tears. Help me when I am weak to keep trusting in you and believing you are for me.” Now go back to Psalm 56:3–4 and pray these verses over your life as well.
5. Romans 8:26–27 tells us we can pray without words and let the Holy Spirit intercede for us. Do you ever pray in this way? Why or why not? When you are overwhelmed with emotion, how would remembering to be still and silent in prayer help you?

God is with you wherever you go.

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

JOSHUA 1:9

3 | How Can Someone I Can't See Help Me?

REFLECTION QUESTIONS

1. God uses people to help us. Has a stranger ever helped you? Think back to a time when God used a friend or stranger to help. How were they God's hands and feet to you?
2. God wants to use you! Is there someone in your life right now who needs help? How can you be used by God in their situation? If not, I challenge you to keep your eyes open when you are out this week and watch for ways that you can be a blessing to someone else in need.
3. How does it make you feel to know that God knows your every thought, all your habits, your words, your past, your present, and your future? Does it scare you or make you feel more loved?
4. Look at Psalm 139:17–18. What does David compare God's thoughts to? Have you ever been to the beach and had sand stuck all over your feet, towel, and in your beach bag? How many grains would you say were stuck all over your things? Now imagine how many more grains of sand are on every beach. How do these compare to the number of God's thoughts of you?
5. As sinners, our greatest need is salvation. How did God show up for you in the flesh when he died on the cross? Give him thanks and praise him today for his work in your life.

God has given us a spirit of power, love, and self-control, not fear.

For God gave us a spirit not of fear but of power and love and self-control.

4 | Why Is Being Still Not Working?

REFLECTION QUESTIONS

1. What happens when you are still? Are you filled with negative emotions, or are you at peace?
2. When life is chaotic and hard, who or what do you tend to turn to first? Look at Psalm 46:1. God is not distant. How does remembering the nearness of God as a refuge and strength calm your fears?
3. God speaks in Psalm 46:10, and he says to be still and know that he is God. The stillness he speaks of is not one of just sitting still but rather being still in our souls. How does knowing he is God still your anxious soul?
4. Jacob grew closer to God through wrestling with him. His wrestling match led to resting. Have you experienced this? When was the last time you wrestled with God and found peace on the other side?
5. Is there an area in your life where you are wrestling with God right now? God initiated his wrestling match with Jacob. Do you think God may be inviting you in deeper with him? Go into his presence in prayer and his Word, and don't be afraid to wrestle it out so you can truly be at rest.

Pray continually to God. His peace will guard 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.

PHILIPPIANS 4:6-7

5 | Do All Things Really Work Together for Good?

REFLECTION QUESTIONS

1. Romans 8:28 says that “for those who love God all things work together for good.” Tell of a time when something not good in your life worked out to be good for you. How does remembering how God worked in your life encourage you as you face some of the hard things in your life right now?
2. John 8:44 says the devil is “the father of lies.” What lies are you being bombarded with right now? Are there any negative emotions like anger, fear, or insecurity that play on repeat in your mind?
3. Use Philippians 4:8 as a filter for your emotions and thoughts. Run the lies you wrote down from the previous question through the list of things we are to be thinking about as believers. Are they true, honorable, just, pure, lovely, commendable, or excellent? If not, you must get rid of these thoughts!
4. According to 1 Thessalonians 5:16–18, what is God’s will for you? How does obeying God’s Word and practicing these things in your life help rid your mind of negative thought patterns?
5. You are meant to be more than a conqueror. How can you use prayer, Scripture, worship, or a gratitude list to be more intentional this week with fighting the lies of the enemy?

God’s peace is above anything that the world can give us.

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you.
Let not your hearts be troubled, neither let them be afraid.

JOHN 14:27

1 | Video Notes: Week 1

(go to [WomenLivingWell.org](https://www.WomenLivingWell.org) for Week 1's video)



PART 2

OVERCOMING THE DARKNESS

6 | I'm So Scared

REFLECTION QUESTIONS

1. What are you fearful or anxious about today?
2. Take a moment to read Psalm 139 on pages 67–68. Record all the times, places, and ways that God is with you.
3. Look back over the list you just wrote above. How does remembering these truths calm your fears and anxious thoughts?
4. In Mark 4:38, the disciples were in a boat in the midst of a huge storm, and Jesus was sleeping. The disciples woke Jesus and asked him, “Do you not care?” Have you ever felt like the disciples? Do you wonder where God is in the midst of life’s storms and if he really cares? Why or why not?
5. Which one of the “Ten Verses for When You Are Scared” most resonates with you? Write that verse down on a sticky note or a piece of paper and keep it near you in your car, by your bed, in your bathroom, or in the kitchen. Read it over and over and let God and his Word be a comfort to you this week.

No matter what you are walking through, allow his presence to comfort you.

Even though I walk through the valley of the shadow of death, I will fear no evil,
for you are with me; your rod and your staff, they comfort me.

PSALM 23:4

7 | I'm So Angry

REFLECTION QUESTIONS

1. When was the last time you felt very angry? What did you say or do? Was this righteous anger or unrighteous anger?
2. Are you still angry right now because of a wound from the past? Who or what is the enemy using in your life to keep you stuck in bitterness?
3. Look at Matthew 6:14–15. Why should we forgive others who have wronged us?
4. Is there someone in your life you need to forgive? In what ways do you find this statement to be true: “Forgiveness is a choice, an active, intentional choice”?
5. Which one of the “Ten Verses for When You Feel Angry” most resonates with you? Write the verse below and on a slip of paper. Consider committing this verse to memory this week.

Remember that all things are possible with God!

But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.

MATTHEW 19:26

8 | I'm So Embarrassed

REFLECTION QUESTIONS

1. Think back over your life. Are there any regrets or wounds that the enemy has used to make you feel shame? What happened? In what ways did the enemy lie to you during that time?
2. Alone time is not bad. It is needed to refresh and restore our souls. But if we are isolating ourselves because we are hiding from shame, the enemy can use that isolation to keep us trapped in darkness. Some of us hide in our work, our kids, our homes, our food, our busy schedules, reading books, bingeing on movies, or continually scrolling online. In what unhealthy ways do you tend to hide?
3. Look at the story of the woman at the well. Note that the woman at the well is unnamed. She was a social outcast. How was her life transformed by her encounter with Jesus?
4. How has your life been transformed by your encounter with Jesus?
5. Turn to Hebrews 12:2–3 and read it slowly and out loud if you can. How could really believing the words of these verses transform your life?

**Spiritual warfare is real. Use your shield of faith!
There is power in believing and trusting God.**

Spiritual warfare is real. Use your shield of faith! There is power in believing and trusting God.

EPHESIANS 6:16

9 | I'm So Worried

REFLECTION QUESTIONS

1. Look at the definition of worry again on page 100. List the ways that it says worry affects you.
2. Take inventory of your life. What are you worried about right now?
3. Read Matthew 6:34. What does Jesus say about worry, and how can you apply this to the things you are currently worried about?
4. Ruth had an assignment that required a warrior spirit. What assignment has God given you that requires a warrior spirit, and how can you live that out more today?
5. Worry begins in the mind and is often battled out in prayer. Look over the “Ten Verses for Battling Worry.” Choose the verse that most speaks to you and write it out in prayer form, then pray it over your life.

When you fully trust in God, you will bear fruit and not be consumed by fear.

Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.

JEREMIAH 17:7-8

10 | I'm So Sad

REFLECTION QUESTIONS

1. When was the last time you cried or felt very overwhelmed with sadness?
2. Did your sadness cause you to doubt that God cares for you or cause you to question why God would allow you to suffer in this way? Why or why not?
3. Look at God's response to Job's suffering in Job chapters 38 and 39. What do you learn about God from these chapters in Scripture?
4. In what ways does God's response to Job bring you comfort?
5. Look at the "Ten Verses for When You Feel Sad." Second Corinthians 1:3-4 is on the list. How does God say he wants to use our sadness? Is there someone in your life today who you can be a comfort to? Name them, say a prayer for them now, and write down one way you can encourage them this week.

**Be self-controlled. Walk in the Spirit so you do not give in to your fears.
Spend quality time with God in his Word and in prayer.**

I sought the Lord, and he answered me and delivered me from all my fears.

PSALM 34:4

2 | Video Notes: Week 2

(go to WomenLivingWell.org for Week 2's video)



PART 3

STANDING IN THE LIGHT

11 | Finding Peace When There Is None

REFLECTION QUESTIONS

1. What does your baggage look like? Do you struggle with baggage from the past? What burdens are you carrying right now?
2. Saul had everything going for him. He was young, tall, and handsome, and yet he was scared to step into his anointing as king. In what ways has the enemy used some of your baggage to make you fear or hide?
3. Read Matthew 11:28–30. What does Jesus say you will find when you take your burdens to him?
4. Go to Jesus now in prayer and give him your burdens. Write your prayer out as you exchange your weariness for his peace and rest.
5. Who do you know who has similar baggage to you? How can you be an encouragement to them as they try to carry their heavy bags?

Prayer leads to peace.

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.

PHILIPPIANS 4:6–7

12 | Finding Strength When You Feel Tired

REFLECTION QUESTIONS

1. All of us, whether we are married or single, can be clothed like the Proverbs 31 woman. Look at her three pieces of clothing: strength, dignity, and laughter. Which one of these describes you most, and why? Which one of these describes you least, and why?
2. In what area of your life do you feel broken? In what ways has the enemy used your brokenness to get in the way of you living your life with strength, dignity, and laughter?
3. Read John 16:33. What does Jesus say we will all face in our lives? As a result, what is his instruction to us?
4. Look at Isaiah 40:31. What is the key to renewing our strength in the Lord? How can you live this out in your life this week to help you overcome your weariness?
5. Pray Proverbs 31:25 over your life. Write your prayer out. Now think of a family member or friend who needs prayer, and pray this verse over their life as well. Let them know you are praying for them today.

**God is with us. No matter what we face,
we have a future hope that does not disappoint.**

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil,
to give you a future and a hope.

JEREMIAH 29:11

13 | Finding Contentment with the Woman in the Mirror

REFLECTION QUESTIONS

1. In what areas do you struggle with contentment with the woman in the mirror? Think back. At what age did this begin?
2. Do you have a problem with comparing yourself to the old version of yourself or with others? How has the enemy used your insecurities to trip you up in life?
3. Tell of a time when God used one of your weaknesses or flaws to be a blessing to you or others?
4. Contentment is being satisfied and at peace with what you have. Read 1 Timothy 6:6. What should you pursue alongside contentment? What do these two qualities put together give you?
5. Write a prayer thanking God specifically for the ways he made me you. List both some of your good qualities and some of the ones you struggle with in your prayer. Now go and be kinder to the woman in the mirror this week.

Throw your burdens on God.

Cast your burden on the Lord, and he will sustain you;
he will never permit the righteous to be moved.

PSALM 55:22

14 | Finding Your Way Forward When You Feel Stuck

REFLECTION QUESTIONS

1. Is there any area in your life where you feel stuck?
2. Look carefully at your life. We all have the same number of hours in a day. Where is all your time going? Like money, once our time is gone, it is gone. So we need to budget our time like we budget our money—wisely. Reflect on this past week. In what ways did you live wisely? Was there anything you did that was unwise?
3. What changes do you need to make in your life with how you spend your time? Are you staying up too late? Is technology on your phone or television stealing your time? Do you need to work a little harder and more diligently so you can get things done faster and have time left for other priorities in your life? Where is all of your time going?
4. Are you putting your relationship with God first and seeking his will for your life? If not, what needs to change so you can seek God more?
5. Consider, are you waiting on God or is God waiting on you? Read Revelation 12:10–12. How does this passage of Scripture encourage you?

Trust that God is leading you on the path that is best for you.

Trust in the Lord with all your heart, and do not lean on your own understanding.
In all your ways acknowledge him, and he will make straight your paths.

PROVERBS 3:5–6

15 | Finding Joy When Life Is Not Enjoyable

REFLECTION QUESTIONS

1. In what area of your life do you need God to do a new thing? Satan wants us to feel trapped and like change will never come. What changes can you implement today so you can experience more joy tomorrow?
2. Is your heart heavy right now? Perhaps you need a praise session with God. Think back and tell of a time when your heart was heavy and praise lifted your spirits.
3. Look in your Bible at Psalm 65. List all the things that the psalmist praised God for.
4. Do you struggle with destination thinking? John 10:10 says that the thief comes to steal, kill, and destroy. We must be aware of his schemes. What joy thief do you need to rid your thoughts of today so you can experience the abundant life that God has for you?
5. Psalm 16:11 says in God's presence there is fullness of joy. How often do you just sit in God's presence and enjoy him? Look out the window or go outside into his creation, and go into his presence now in prayer and pray Psalm 65 back to God.

When you feel fear welling up inside of you, stop and put your trust in God.

When I am afraid, I put my trust in you.

PSALM 56:3

3 | Video Notes: Week 3

(go to [WomenLivingWell.org](https://www.WomenLivingWell.org) for Week 3's video)



PART 4

WOUNDED WARRIOR

16 | Church Wounds

REFLECTION QUESTIONS

1. In what ways have you been wounded by the church? How does remembering that we are all just sinners, saved by grace, encourage you?
2. Read Ephesians 4:31. Has anything on this list tripped you up? Now read Ephesians 4:2-3. Which of these character qualities do you need help on developing more in your life?
3. Think for a moment. Name a person who irritates you or simply rubs you the wrong way. Ephesians 4:2-3 says to bear with one another in love and maintain unity. How can you live this out?
4. Is there someone in your church you need to forgive? Read Matthew 18:21-22. What does Jesus say to do?
5. Second Corinthians 1:3-4 says God comforts us so that we can be a comfort to others. How have your wounds made you a more compassionate person?

You are not alone. God is with you.

Fear not, for I am with you; be not dismayed, for I am your God;
I will strengthen you, I will help you, I will uphold you with my righteous right hand.

ISAIAH 41:10

17 | Friendship Wounds

REFLECTION QUESTIONS

1. Who hurt you? What was said or done that feels almost unforgiveable?
2. Why is it important that we seek healing from the wounds others have inflicted upon us?
3. Read Hebrews 12:14–15. What does bitterness cause? How can we avoid bitterness from developing in our lives?
4. Our enemies are not usually at the top of our prayer lists, but Jesus tells us to pray for our enemies and to pray for those who mistreat us. Write a prayer for your enemy.
5. Forgiveness is not a feeling. It is a choice. It is a matter of our will and of trusting that God knows what is best for us. Who do you need to release feelings of resentment toward and forgive? I'm so sorry for the way they have hurt you. God sees and he cares. Choose to forgive them today. Now write the date that you made this decision.

Have faith. God will take care of you.

Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

MATTHEW 6:25–30

18 | Letting Go of Your Hurts

REFLECTION QUESTIONS

1. What are you holding on to?
2. Is the thing you are holding on to more like a water bottle or a knife?
3. Determine your why. Why are you holding on to this thing?
4. Read Psalm 121:1–5. Make a list. What do these verses teach you about God, and how are they a comfort to you?
5. Now look at the list you just made. Pray these verses and this list over your life, and surrender the burdens you have been carrying to God right now.

**Each day has enough trouble, so stay focused on today
and do not worry about tomorrow.**

Do not be anxious about tomorrow, for tomorrow will be anxious for itself.
Sufficient for the day is its own trouble.

MATTHEW 6:34

19 | Recovering from Loss

REFLECTION QUESTIONS

1. Have you ever felt like your life has been derailed? Like you were headed one direction and then suddenly you were forced to go a different direction? What happened?
2. Is there something in your life you have grieved or need to grieve? Look over the five stages of grief. What stage are you in right now?
3. How does grief in the Bible look similar or different to how you have experienced grief?
4. Read Isaiah 53:3–5. How do these verses describe Jesus?
5. Read Revelation 21:4. What hope does this verse give you?

**Worry will weigh you down. Words have power.
Speak words of truth and encouragement to others and yourself.**

Anxiety in a man's heart weighs him down, but a good word makes him glad.

PROVERBS 12:25

20 | Still Standing

REFLECTION QUESTIONS

1. You are strong and you are still standing! How has God been the rock at the bottom when the bottom falls out?
2. Read 1 John 4:4. How is this an encouragement to you in the midst of life's challenges?
3. Look at the future we have in heaven described in Revelation 22:1-5. Write a list of the amazing attributes of heaven.
4. Matthew 5:14-16 says we are the light of the world. In what ways are you shining your light in this dark world?
5. Write out 1 Corinthians 15:58. Take time to memorize it and then pray it over your life.

Call on the Lord. He is on your side!

Out of my distress I called on the Lord; the Lord answered me and set me free.
The Lord is on my side; I will not fear. What can man do to me?

PSALM 118:5-6

4 | Video Notes: Week 4

(go to [WomenLivingWell.org](https://www.WomenLivingWell.org) for Week 4's video)

