

STUDY GUIDE AND  
PERSONAL REFLECTIONS

# Unshaken

Sally Burke &  
Cyndie Claypool de Neve





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## UNSHAKEN STUDY GUIDE AND PERSONAL REFLECTIONS

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# Contents

His Strength to Remain Unshaken .....	5
1. Living Unshaken in a Shaken World .....	7
2. Experiencing the Power of Praise .....	21
3. Enabling God's Power Through Confession .....	33
4. Transforming the Dark Through Thanksgiving .....	47
5. Wielding the Secret Weapon of Intercession .....	59
6. Praying God's Words Back to Him .....	69
7. Petitioning on Your Own Behalf .....	81
8. Turning Your Fears into Prayers .....	93
9. Waiting on God's Perfect Timing .....	105
10. Unleashing God's Power to Do More Than We Can Imagine .....	117
Tips for Leading a Group .....	131
Group Prayer Time .....	135
Praying in One Accord .....	137
About Sally Burke .....	138
About Cyndie Claypool de Neve .....	139
Join Moms in Prayer .....	141

I keep my eyes  
*always on the Lord.*  
With him at my right hand,  
*I will not be shaken.*

Psalm 16:8

## His Strength to Remain Unshaken

We're excited to journey with you as we learn to stand unshaken in this shaken world. The news is dotted with terrorist attacks, school shootings, crime, horrific accidents, economic woes—so many reasons to make us frightened, worried, and filled with anxiety. Yet God didn't intend for us to live that way. He promises us His perfect peace when we hand over our worries to Him (Philippians 4:6-7).

As we travel this ten-week journey together, our guiding principle is found in Psalm 16:8: "I keep my eyes always on the LORD. With him at my right hand, I will not be shaken." This study guide is a companion to the book *Unshaken* and is designed to allow these prayer principles to burrow deep into your heart.

We've created lessons you can complete in a group study—or even alone—followed by five days of personal quiet-time prompts to deepen your prayer life and strengthen your relationship with the Lord. Sometimes studies can fill us with wonderful head knowledge from the Bible. But our goal is to help the truths of Scripture so penetrate our hearts and minds that we keep our eyes on the Lord and stand unshaken no matter what craziness tumbles around us.

You'll see in both the lessons and the quiet times that we've created expressive arts opportunities to help ensure the verses and important biblical truths don't stay only in our minds but also take root in our hearts. Sometimes you'll be asked to draw a picture; other times to artistically write a verse. In any case, please remember this is not about artistic abilities. Stick figures are great! The purpose is to help ingest God's truths in a way that can deeply affect our lives.

If you are journeying through this material with a group, you'll find resources in the last sections of this study guide to enrich that experience: Tips for Leading a Group; Group Prayer Time, which includes a sample schedule; and Praying in One Accord.

This study was created using the New International Version of the Holy Bible. If you aren't sure what an answer for a fill-in space should be, please refer to an NIV version. In addition, sometimes the answers are indicated just below the question.

# 7

## Living Unshaken in a Shaken World

If we turn on the news—even for a couple of minutes—we have reason to feel shaken. Yet Philippians 4:4-7 tells us, “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Can we really have peace in this crazy world? Can we really be unshaken, standing firm on Christ Jesus, the rock of our salvation? Join us as we look at how we can use the four steps of prayer to help us stand unshaken, despite the craziness tumbling around us.

For each lesson, we encourage you to read the corresponding chapter in *Unshaken* first, before diving into the questions in this study guide. If you're going through the study with at least one other person, then after reading the chapter in the book, review the study guide lesson together, reading the text and sharing answers to the questions. Then, at the end of each lesson, are short reflection questions for five days a week. These are for you to use individually. To get the most out of each lesson, spend daily quiet time with God, asking, “Search me, God, and know my heart; test me and know my anxious thoughts” (Psalm 139:23).

Psalm 16:8 says, “I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.” To be able to really embrace this, we need to allow God to examine our hearts and show us our anxieties.

Let's start by looking at what causes us to be shaken, fearful, and anxious.

1. When do you feel the most stressed? Write or draw it.

If you're going through this study in a group, share what you wrote or drew with at least one other person. (You might be surprised to find others have similar answers!)

2. Read Psalm 16:8-11 aloud.

<sup>8</sup>I keep my eyes always on the LORD.  
With him at my right hand, I will not be shaken.  
<sup>9</sup>Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,  
<sup>10</sup>because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.  
<sup>11</sup>You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

3. According to Psalm 16:8, whom do we need to focus on to be unshaken?

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4. To stand unshaken, how often do we need to keep our eyes on the Lord?

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5. What are some specific choices or activities that can help you keep your eyes on the Lord? Note the ones you want to try this week.

- Read Scripture every day.
- Do the *Unshaken* quiet time for each of the five days.
- Take time to quietly pray throughout the day.
- Praise God often.
- Thank God specifically for His blessings throughout the day.
- Memorize scriptures.
- Listen to the Bible on CD during my commute.
- Listen to worship music.
- \_\_\_\_\_ (your own idea)

6. In verse 9, what are the benefits of keeping our eyes on the Lord, besides being unshaken?

“My heart is \_\_\_\_\_ and my tongue \_\_\_\_\_; my body also will \_\_\_\_\_ secure.”

7. Isn't verse 9 a perfect example of God's peace? Illustrate that verse. It doesn't need to be a nice piece of artwork. Stick figures are totally acceptable! The purpose of drawing is to help God's truths get deep into your heart and mind.

8. Now look at Philippians 4:4-9, which offers these commands with a promise:

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

These words were written by Paul, whom God called from a life passionate about killing Christians to a life passionate about telling people about Christ and encouraging Christians in their personal walk with the Lord.

9. Share what you remember about Paul's life.

Even when he was shipwrecked, thrown in jail, or his life was threatened, Paul wasn't anxious or worried. He continued to rejoice, to be gentle, to pray, and to strive to maintain the mind of Christ. He poured out his heart to God in both petitions and thanksgiving. And what was the result? A peace mere humans cannot comprehend. Placing our faith and trust in our heavenly Father, allowing Him to be the blessed controller of our lives, results in a peaceful heart, free of worry: a heart that can stand resolute and unshaken.

10. What is your go-to stress reliever? Chocolate? Ice Cream? Exercise? Crafts? A girls' night out? Your favorite TV show? Your pet? Prayer? Re-reading a favorite Bible passage? List your top three.

11. Draw a picture of how you feel when you are *stressed*. (Again, stick figures are totally acceptable!)

12. Now draw a picture of yourself being *unshaken*, even with chaos swirling around you.

13. Think about the last stressful situation you endured (or maybe one you are in now). Which picture did you most look like—stressed or unshaken?

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14. Now think back to a time when you felt completely overwhelmed and stressed. Do you think you would have reacted differently if you had been spending time praying and in the Word? Would you have felt unshaken? Why or why not?

15. Write a prayer to God, asking Him to help you in the area that feels the most stressful.

If you're in a group, depending on how much time you have left, break into twos and threes and spend time praying for each other using Psalm 16:8: "I keep my eyes always on the LORD. With him at my right hand, I will not be shaken." For example, "Lord, help Lisa set You before her, giving You the highest priority in her life so she will not be shaken."

Here's the verse with blanks for your prayer partner's name:

Lord, help \_\_\_\_\_ keep her eyes on You and have You at her right hand above all else, so \_\_\_\_\_ will not be shaken.

As time allows, stay in those small groups to pray for each other's biggest stressors.

## Personal Reflections

**T**his first week, you'll use Psalm 16:8-11 to focus your time of prayer, marinating in and meditating on it. On the following pages you'll be guided through the four steps of prayer for five days.

A prayer on behalf of those pursuing a life unshaken in Christ:

Dear Lord, we praise You that You are powerful and strong, as well as loving and compassionate. You are infinitely wise and sovereign, while also being a personal God. Forgive us for the times we take our eyes off You and begin to worry and fear, focusing more on our problems and not on You, our Problem Solver. We are so thankful for each one who has decided to embark on this life-changing study on prayer. You know what struggle each one is facing. Help us lift our eyes off our circumstances and focus instead on You so we can stand unshaken. Help these truths go deep into our hearts and minds. In the power of Your name, amen.

### *Day One*

Read Psalm 16:8-11 and then pray through the four steps of prayer as guided below.

#### PRAISE

What attributes or descriptions of God's character stand out to you? Choose a different attribute each day.