A picture containing fog, screenshot, pc game, outdoor

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***Verse:*** “Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths” (Proverbs 3:5-6, NKJV).

Bohuw:

Tohuw:

Instances in the Bible where we see Tohuw/Bohu:

1. Chaos
2. Water signifies a barrier
3. Enter the Spirit of God
4. He speaks
5. God brings order out of chaos
6. Order is tested.

(Creation, Flood, Red Sea, Crossing the Jordan, Jesus Baptism) Can you find others?

Marty points out in BEMA podcast #92, season 3 that chaos was overcome when Jesus enters the wilderness for the testing and rather than failing the test Jesus has victory over the testing**.**

*Interesting note: Jesus was in the wilderness for 40 days and the Israelites were in the wilderness for 40 years.*

How was Jesus able to overcome the test?

Read Philippians 2. What does it say about Jesus divine nature?

Jesus was ready when the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ led him into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be tested because He knew the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Spirit, wilderness, Word)

**Compare Matthew 4:6 with Psalm 91:11-12. What part of Scripture did Satan leave out?**

Satan tempted Jesus with what he could have ***here and now***. Jesus had to trust the story—as God had designed it.  God had an even greater plan. When have you been tested in the area of the “here and now?”

**Trust** (be bold, secure, feel safe, have confidence in)

**in the Lord** (hie: go quickly to His refuge)

**With all your heart:** Strong's: inner man, mind, will, heart, understanding, mind, knowledge, thinking, reflection, memory, inclination, resolution, determination (of will))

**Lean not on your own understanding** - as in an agreement.

**In all your ways acknowledge him** – as in everything you do. Satan and Jesus both acknowledged God in the testing. So, who do you acknowledge in the test - who’s voice will you listen to?

**Let him direct (make smooth, straight, right) your path.**

Trust is never about believing in our emotions. How would you explain this verse?

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you” (Isaiah 26:3, NKJV).

How well do you dwell? Where do you run when trust is shaken?

Broken trust can be difficult to navigate. Is there someone you need to change the lens you currently view them through? Rather than the filter of broken trust can you allow God to change to His lens rather than your own?

Where/with whom is your lack of trust?

**Activ8tion Plan:**

When was the time you found yourself in the cycle of bohuw/tohuw, tested in the wilderness? Use the attached Wheel of Wellness to create your own cycle of pattern.

Memorize Proverbs 3:5-6: “Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths” (Proverbs 3:5-6, NKJV).

Write an essay about a time when you did not trust in the Lord, but rather trusted in yourself. What was the chaos happening in your life at the time? What did you believe about the situation? Was this before you knew Christ or after? How did it work out?

Trust is allowing God to decide what is best for me and others. There are some who feel they allowed fear to keep them from walking the path - if God had it for you, he is able to bring it to you. The same is true if you grabbed something that wasn’t intended, God can work that out too.

*Thank you to Abundant Life Church for the Wheel of Wellness*

***Stage 4 - Abad***  
This is the place where you identify and plan a course of action to resolve the chaos in your life. This is the moment where you reclaim ownership over your life.  
Abad is the place where you’ll create action steps to move forward in bringing the chaos and loss of structure in your life back to Shamar, peace and renewal.

***Stage 3 - Bohuw***  
Often a product of Tohuw. Bohuw is when the lack of structure results in chaos. This can cause internal feelings of panic, shame, and being overwhelmed.  
Usually people want to skip right over this step and move straight to Abad (creating an action plan). But what you actually need to do at this step is hover and assess.  
You need to hover over the chaos in your life and take ownership of it. If you can’t own the chaos, then you won’t be able to own the plan to fix it. This is an opportunity for you to take ownership over your life.

***Stage 2 - Tohuw***  
This is when a loss of structure has occurred. For example, the habits, routines, or structure that you put in place to achieve your goal(s) is no longer present. A loss of structure typically occurs because the actions that were associated with achieving, are different than those of maintaining. Just because you have something doesn’t mean you’re guaranteed to keep it.

***Stage 1 – Shamar***

The biblical law of stewardship shows us that peace is a product of order. One of your goals is to create structure and habits to maintain and/or create renewal in your life.