

DARK LENSES

TAKE HOME STUDY GUIDE—SESSION THREE

Based upon the Celebration Worship series at The Church
@ 434 called “Shades”

HABAKKUK 3:17-19

9.7.25


This study guide is designed to help you reflect on the themes of Habakkuk 3:17-19 and apply the insights from the sermon to your life. Each day provides a journaling question to deepen your understanding and encourage a shift in perspective. The goal is to change your lenses in life...remember, you can't always change what you see, but you can change how you see it!

**Grab your Bible and your journal and get ready...
Let's go...**

First read the passage

Yes, I know that sometimes we put the verses on this guide for you. Today however, it is probably good that you can go digging for a book in the Bible that you might not usually go to – Habakkuk.

So start by finding Habbakuk. What book is in front of it? What book is behind it? Now you know where it is...read chapter 3, verses 17-19

Find some time, some space, and create some moments between you and God as you tackle the following

7 DAYS OF JOURNALING ASSIGNMENTS

**BREAK OUT YOUR JOURNAL AND SET ASIDE SOME TIME EACH DAY TO
DIG DEEPER**

DAY 1: ACKNOWLEDGING CIRCUMSTANCES

What are the current circumstances in your life that feel overwhelming or discouraging?

Write them down and express how they make you feel.

Remember your feelings matter – that is why you are jotting them down.

But also remember your feelings are not facts – never have been, never will be, facts are very different that feelings

DAY 2: SHIFTING PERSPECTIVES

Reflect on Habakkuk's declaration in verse 18: “Yet I will rejoice in the Lord.”

What does this statement mean to you? How can you shift your focus from your circumstances to your faith?

DAY 3: IDENTIFYING GOD'S FAITHFULNESS

Recall a time when you saw God's faithfulness in your life, even amidst challenging circumstances.
What did you learn from that experience?

DAY 4: THE POWER OF PRAISE

Habakkuk chooses to praise God despite his circumstances.
How can you incorporate more praise and gratitude into your daily life?

List three specific things you're grateful for today.

DAY 5: STRENGTH IN THE STRUGGLE

What does it mean to you to have the Lord as your strength (verse 19)?

How can you lean on Him in your current struggles?

Write a prayer asking for strength in a specific area.

DAY 6: PERSPECTIVE SHIFTS

Identify an area in your life where you need to change your "lenses."

How might viewing this situation from a spiritual perspective alter your feelings or actions?

DAY 7: ACTION STEPS

Based on your reflections this week, what is one specific action you can take to keep your focus on God despite your circumstances?

Write it down and commit to taking that step this week.

At the end of the week, take some time to review your journal entries.

What common themes do you see?

How has your perspective changed?

Consider sharing your insights with a friend or in a small group to encourage others in their journeys.

Throughout the week, spend a few moments each day in prayer. Ask God to help you see your circumstances through His eyes and to fill you with joy and strength in every situation.

This study guide is designed to deepen your understanding and application of Habakkuk 3:17-19.

May your journey through the dark lenses lead you to a brighter view of God's goodness and grace!

Lose the Dark Lenses and enjoy the world God has placed you in today!