



Study Guide—Episode 6, *Greater Happiness, Peace, & Rest, Abraham & Sarah*

Genesis 12-17; Abraham 1-2

“Come Follow Me” Old Testament Manual

0:00-11:46	“The Lord will deliver you”
11:47-18:00	“Seeking greater happiness, peace & rest”
18:01-22:12	“Set up a regular practice for self-awareness & evaluation”
22:13-27:57	“The Abrahamic (New & Everlasting) Covenant is for ALL who receive His Gospel”
27:58-34:17	“The Lord keeps His covenants; the power of God is greater...”
34:18-37:06	“The 3 P’s & the blessings of the Abrahamic Covenant”
37:07-End	“Take upon you His name, & be a covenant-keeper”

Study Questions/Exercises

1. In your times of heartache, pain, trauma, do you turn to the Lord and ask for deliverance? If so, what does he say/do? If not, why not?
2. Do you trust the Lord, even when life seems to be beating you up? Do you trust that He WILL deliver you, in His time? That He will even prosper you, eventually? That you are in His hands? Why or why not? What does this look/feel like for you?
3. Are you seeking “greater happiness, peace and rest” for you? Do you ask for these things from the Lord? Why or why not? What might asking for these do for you?
4. Are you seeking the “blessings of the fathers?” What does that mean to you? What prevents you, if not?
5. Are you seeking to be a “follower of righteousness” and one who “possesses great knowledge and wisdom?” How do you seek these things, if so? What might you do to better seek these things?
6. Are you seeking to be more like your Savior? To be “a prince/princess of peace?” To become more full of His grace and peace and light and love? And share it with those around you? How does this look in your life, if so? If not, what might you do to begin?

7. Do you “desire instructions” of the Lord? Are you asking Him to tell you what to do, who to be, according to His plan? Why or why not?
8. Are you seeking the power of the Priesthood in your life? In what ways? If not, what stands in your way? How do you use the power of the Priesthood in your life?
9. Do you have a practice for regular self-evaluation? If so, how is it working for you? What might you do to improve your practice? If not, what do you need to do to begin to establish a regular practice for self-awareness and evaluation?
10. **Exercise:** Set up a regular day/time for self-awareness & self-evaluation. Use the ideas in the podcast, or set up one of your own.
11. **Skill-building Exercise: Self-Awareness**—Use the “Days of Creation” mini-episodes, use the questions above, &/or use the exercise below to practice, daily the skill of self-awareness.

→ Seek to be more aware of ALL aspects of you—your body, mind, spirit, relationships, emotions, goals, desires, sins, weaknesses, and strengths—and use that awareness to set SMART goals to help you grow closer to your Heavenly Father. (See SMART Goal-Setting Worksheet, below this study guide on www.likeawateredgarden.com, “study guides.”)
12. What covenants have you made with the Lord? How do you seek to keep those covenants? What might you do to make sacred covenants you have not yet made? What might you do to better keep your covenants?

Resources

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