



Study Guide, Episode 40: How to Be Comforted by the Lord

with Kay West, Isaiah 40-49

00:00-13:21	"QOTW: "How can I find comfort even when life is uncomfortable?"
13:22-26:25	"Words of comfort from Isaiah 40-42: We can be renewed"
26:26-39:33	"We've already chosen Him and He's already chosen us"
39:34-46:04	"Being comforted vs. being comfortable"
46:05-54:13	"Being a 'witness of the Lord'"
54:14-1:00:38	"'Chosen IN the furnace of affliction,' He refines us, He is with us in the fire"
1:00:39-END	"You may have 'peace as a river' and 'righteousness as the waves of the sea'"

1. When in your life have you needed comfort? What does "comfort" look like for you? How have you received the comfort you need? What might you do to use the scriptures, prayer, and the love of the Lord to receive greater comfort today?
2. Think of uncomfortable times in your life. What did you feel, experience, need, want? What helped you find "comfort"? Have you been able to receive comfort/ be comforted even in uncomfortable experiences/times? What might you do to turn to and bring your uncomfortable times to the Lord and receive His comfort?
3. What does the idea that "I've already chosen Him and He's already chosen me" mean to you? How might this impact your ability to fulfill the things God asks of you?
4. What would your current "comfort zone" look/be like? What feels outside your comfort zone? What areas of your life might you want/need to GROW in? What are one or two goals you might set this week to begin to move from the comfort zone to the "growth zone," as discussed in 39:34- ?
5. What does it mean to you to, as President Russell M. Nelson and Eliza R. Snow told the women, "Speak up and speak out!"? How are you seeking to be a voice for good in the world today? What is one thing you can do to amplify and share your voice?

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)
[Like a Watered Garden Website](#)
[Come Follow Me, Old Testament, Manual](#)
[Dr. Christina Hibbert Website](#)
Email me: christina@drchristinahibbert.com
Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)
Facebook: [Dr. Christina Hibbert](#)
["Grow With Scriptures" YouTube Channel](#)