

# HANDS FREE

January 18, 2026



*"If you want to know what God wants you to do, ask him, and he will gladly tell you, for he is always ready to give a bountiful supply of wisdom to all who ask him; he will not resent it."*

James 1:5 (TLB)

*"The LORD directs the steps of the godly. He delights in every detail of their lives."*

Psalm 37:23 (NLT)

*“Your words are a flashlight to light the path ahead of me and keep me from stumbling.”*

Psalm 119:105 (TLE)

# THE DANCE OF DISCERNMENT

1. Scripture sets a \_\_\_\_\_; it's not a \_\_\_\_\_.

Romans 12:2 (NLT) – “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Hebrews 5:14 (GNT) – “Solid food, on the other hand, is for adults, who through practice are able to distinguish between good and evil.”

Colossians 3:15 (NLT) – “Let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”

2. God's \_\_\_\_\_ keeps our \_\_\_\_\_.

Malachi 3:6 (NLT) – “I am the LORD, and I do not change.”

Isaiah 26:3-4 (NLT) – “You will keep in perfect peace all who trust in you, all whose thoughts are **fixed** on you! Trust in the LORD always, for the LORD GOD is the eternal Rock.”

Proverbs 12:15 (TLB) – “A fool thinks he needs no advice, but a wise man listens to others.”

Hebrews 3:13 (NLT) – “You must warn each other every day, while it is still “today,” so that none of you will be deceived by sin and hardened against God.”

Proverbs 27:6 (NKJV) – “Faithful are the wounds of a friend, But the kisses of an enemy are deceitful.”

*“I still belong to you; you hold my right hand. You guide me with your counsel, leading me to a glorious destiny. Whom have I in heaven but you? I desire you more than anything on earth.”*

### Psalm 73:23-25 (NLT)

#### NOTES.\*