



Weatherproof Your Home...  
Against the Storms  
of Life

by

Donna Best

Women's 12 Week Bible Study Guide

*Weatherproof Your Home...Against the Storms of Life*  
Bible Study Guide

Copyright © 2008 by Donna Best  
All rights reserved.

*All Scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.*

*Scripture quotations marked "NASB" are taken from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by Lockman Foundation. Used by permission.*

*Scripture quotations marked "KJV" are taken from THE HOLY BIBLE, AUTHORIZED KING JAMES VERSION, THE NEW SCOFIELD REFERENCE EDITION. Copyright © 1967 Oxford University Press, Inc. Used by permission.*

*Unless otherwise indicated, all Greek words and their meanings are taken from the Greek Lexicon, based on Thayer and Smith's Bible Dictionary plus others; this is keyed to the large Kittel and the "Theological Dictionary of the New Testament." These files are public domain.*

*Unless otherwise indicated, all Hebrew words and their meanings are taken from Brown, Driver, Briggs and Gesenius Hebrew Lexicon, keyed to the "Theological Word Book of the Old Testament." These files are public domain.*

For more information on the *Weatherproof* course, please contact:

Donna Best  
P.O. Box 42  
Connoquenessing, PA 16027

[www.wproof.org](http://www.wproof.org)  
Email: [donna@wproof.org](mailto:donna@wproof.org)

# Weatherproof Your Home... Against the Storms of Life

This course is based on Psalm 127:1~

*“Unless the Lord builds the house, its builders labor in vain.”*

We actually build two “houses:” our lives and our families. God is not in the remodeling business, and He will not fix our self-centered lives to make them look good – or make them function better. He will tear down the lives we have built on faulty beliefs (strongholds) and will construct a new life for us. That new life is “Christ in you, the hope of glory” (Colossians 1:27), and is built on a foundation of TRUTH.

Before we can walk in spiritual authority, we must come under God-ordained authority. Then, and only then, can we wage effective spiritual warfare on behalf of our families. If we are willing to embrace God’s design for marriage, we can walk in the spiritual authority that influences our families for generations ~ to walk in the ways of the Lord, to know Him through a loving relationship, and to bring Him glory.

This course is intended for women of all ages ~ from teenagers to grandmothers, for those who want to prepare for their future families or undo the damage of the past. “They will rebuild the ancient ruins and restore the places long devastated” (Isaiah 61:4).

God speaks to us out of the storehouse of His Word in us. Therefore, you are encouraged to study and meditate on the Scripture passages in this course, as well as memorize the key verses. May this study develop in you a passion for God’s Word that you’ve never before known.

In Christ’s Love,  
*Donna*

***Suggested Weatherproof Class Format***  
***(90 minutes)***

*Please adapt to your situation. If your group is able to meet for two hours, you can extend the discussion time. Sunday school classes, which typically meet for one hour, may want to take two weeks to complete each lesson (24 weeks total), in order to allow for more discussion.*

***Please adjust the following for the first week, when spending time getting to know one another will be more important than discussion of the lesson. An ice breaker will be very helpful.***

*10 minutes: Welcome/Opening Prayer*

*30 minutes: Teaching on DVD*

*40 minutes: Small Group Discussion. The discussion questions are included at the end of each lesson outline.*

*10 minutes: Prayer*

***Transformation does not occur without reflection. In order to get the most out of this course:***

- 1) Each chapter includes a memorization verse. It is vitally important that you make the effort to memorize Scripture so that you can replace your thinking with the Mind of Christ.*
- 2) If possible, find an accountability partner from your class with whom you can share confidentially, as you work through the repentance and restoration process.*

# Weatherproof Your Home . . . Against the Storms of Life

## PART ONE: OUR LIVES

INTRODUCTION .....	4
Lesson 1: The Lives We Construct.....	4
Lesson 2: The Destruction Caused by Bitterness .....	7
Lesson 3: Experiencing the Mercy of God Through Forgiveness.....	11
Lesson 4: Tearing Down a Stronghold of Self-Deception (Part 1) .....	15
Lesson 5: Tearing Down a Stronghold of Self-Deception (Part 2) .....	19
Lesson 6: A Solid Foundation ~ Our Identity in Christ (Part 1).....	23
Lesson 7: A Solid Foundation ~ Our Identity in Christ (Part 2).....	26
Lesson 8: The Person and Work of the Holy Spirit.....	29

## PART TWO: OUR FAMILIES

Lesson 9: Families in Crisis ~ A Home Out of Order .....	32
Lesson 10: God's Design for Marriage.....	35
Lesson 11: Ministry Begins at Home .....	43
Lesson 12: It's Not About Us.....	48

## I. Introduction

A. This course is based on Psalm 127:1

*“Unless the Lord builds the house, its builders labor in vain.”*

B. “By wisdom a house is built”: Proverbs 24: 3-4

1. Scripture speaks of two houses that we build.

2. NIV notes: “Symbolic of the life of an individual or a family.”<sup>1</sup>

### **Lesson 1:**

### **The Lives We Construct**

II. From childhood, we construct our lives one choice at a time.

A. We are all self-centered from birth.

B. Children need more than food and shelter; they need a stable environment where they feel safe.

C. Self-reliance often develops when childhood needs are unmet.

1. All sin is meeting our own needs in our own way, independently of God.<sup>2</sup>

2. Fear produces an exaggerated sense of SELF-preservation.

*We struggle to preserve a life that is not worth preserving.*

*The Lord has not built it - we have.*

*That struggle causes us to manipulate and control our circumstances and other people, instead of surrendering control to God.*

---

<sup>1</sup> International Bible Society, *The NIV Study Bible*, (Grand Rapids: Zondervan, 1995), 971.

<sup>2</sup> Neil Anderson, *Victory Over the Darkness* (Ventura, CA: Regal Books, 1990), 28.

III. Who do you trust?

- A. Proverbs 3:5-6 We are not to rely on human reasoning, but to trust God to lead us.
- B. Isaiah 53:6 “We ALL, like sheep, have gone astray, each of us has turned to his own way; and the Lord has laid upon Him the iniquity of us all.”

***God is not in the remodeling business. He will not fix up our self-centered life to make it look good – or to function better.***

1. Psalm 84:5-10 A pilgrimage is “a journey to a sacred place,”<sup>3</sup> from the house we have built to the one God is building.
2. The lives we build are based on wrong beliefs about God.

NOTE: A stronghold is a strongly held belief or attitude that is contrary to the Word of God, which Satan uses to enslave us to sin. Strongholds warp our perception of reality because they are not based on truth.

IV. As we surrender our lives to God, forsaking our own ways, God will tear down those strongholds and construct a new life for us built on the truth of His Word. 2 Cor. 10:3-5; Romans 12:1-2

**This Week’s Memorization Verse: 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 will make your paths straight.”*

---

<sup>3</sup> “By permission. From *The Merriam-Webster Dictionary* ©2004 by Merriam-Webster, Incorporated. (<http://www.merriam-webster.com/>).

*“The Lives We Construct”*

*Small Group Discussion Questions*

Note to Discussion Leaders: It is helpful to begin by asking the women if there was some point in the lesson that they identified with, or that was new to them, before turning to the following discussion questions.

1. We always behave consistently with what we believe. What does your pattern of behavior over the years reveal about your ability to trust God? Do you see yourself as SELF-reliant or GOD-dependent?
  
2. Does your view of God as Father affect your closeness with Him? What is your relationship with your dad? Do you see any parallel in your view of your earthly father and your Heavenly Father?
  
3. Control is one of the hardest things for us to give up. We often deceive ourselves into thinking that we are helping others. How do you describe “control”? Do you think you are depending on God if you feel a need to control your circumstances or other people?