

# THE FALLEN STONE ©

## Study Guide

### CHAPTER 2 - ROCK BOTTOM

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#### Chapter 2 ROCK BOTTOM

Rock bottom is not only an actual place, it is a state of mind. In the midst of a fall it's hard to recognize that *all things are working together for good*. Especially when you have feelings of anger and hopelessness. But in our darkest hour, the Lord always sends a ray of hope. It may come though encouraging words or a small miracle, but God will let us know that He is near. Our greatest challenge is to trust in His faithfulness no matter what we are facing. (Proverbs 3:5-6)

## LESSON 2

### THEME - HELP FOR HURTING PEOPLE



#### 1. TAME YOUR EMOTIONS

**James 1:2-3 (NLT)** *When troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.*

A fall of any kind stirs up a beehive of emotions. Anger, fear, hurt and shame are just a few of emotions that will attempt to cloud your judgment and block out the voice of God. Anger, fear and hurt can cause you to do things that you may regret. Pray for self-control. You will need it to get through the dark days. When Peak (the main character of THE FALLEN STONE) landed at rock bottom, he was angry with everyone, including God. In times of trouble, some of the Lord's most faithful servants voiced their anger toward God.

**Jeremiah 20:9 (ISV)** *When I said, "I won't remember the LORD, nor will I speak in his name anymore,* \_\_\_\_\_

It's okay to be angry, fearful, or to express hurt, but you can't allow your emotions to rule your judgment. Take time to grieve – it's necessary. If possible, find someone to pray with you. Please know that praise and worship music are powerful weapons to help you regain your strength.

**Psalms 59:17 (NIV)** *You are my strength, I sing praises to you* \_\_\_\_\_

**Philippians 4:6-7 (NIV)** *Don't be anxious for anything* \_\_\_\_\_



## 2. EXAMINE YOURSELF

**2 Corinthians 13:5a (NIV)** *Examine yourselves to see if you are in the faith. Test yourselves. Do you not realize that Christ is in you – unless you fail the test?*

There is a big difference between condemning yourself for a fall and examining yourself to discover the possible cause. **John 3:17 (NIV)** *For God did not send His Son into the world to condemn the world, but to save the world through him.* Condemnation comes from Satan. He is the one that accuses and condemns us, but Jesus came to rescue and defend us. He came to help us grow and to correct our paths. Remember a fall is not always the result of sin. A call on your life can often begin with a fall. The “rock bottom” experience will cause you to seek God more deeply. It is also a place of repentance and gaining new levels of endurance and wisdom.

The psalmist David prayed the following prayers to the Lord:

**Psalms 26:2** *Test me, Lord and try me* \_\_\_\_\_

**Psalms 139:23-24** *Search me, God, and know my heart;* \_\_\_\_\_



### 3. HOPE IN GOD

**Psalm 42:11 (NLT)** *Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again--my Savior and my God!*

Rock bottom can be a place of deep discouragement. It may even seem as though your troubles are irreversible, but the phrase “it came to pass,” appears more than one hundred times in the Bible. It means that whatever you’re going through will eventually *pass*. The lifeboat that will keep you afloat is called HOPE. To HOPE means to look beyond your circumstances and trust and believe in God’s faithfulness. To keep hope alive your spirit must feed on the word of God. Find scriptures that give you hope and repeat them over and over again until you are free from discouragement. **Psalm 130:5 says:** *With all my heart I wait for the LORD to help me. I put my hope in His word.* Prayer is the flare that lights up the heavens so God can come to your rescue. As long as you continue to keep hope alive you will rise from “rock bottom.”

**Psalm 25:3a** *No one whose hope in you* \_\_\_\_\_

**Psalm 25:20** *Guard my life and rescue me; rescue me;* \_\_\_\_\_

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### PERSONAL REFLECTIONS:

In chapter two of THE FALLEN STONE, the Lord sends someone to comfort Peak after his fall. Please consider the following questions regarding a “rock bottom” experience.

If you have ever experienced a fall in your life, describe your emotional state.

Did the Lord send someone to encourage you? If so, how did it help?

What would you do to help or encourage someone that has hit “rock bottom?”

**Please email your comments or prayer requests to: [TMcfaddomsolomon@gmail.com](mailto:TMcfaddomsolomon@gmail.com)**