

# FILLING THE EMPTY PLACES STUDY GUIDE

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All Scripture is quoted from the Authorized King James Version.

*Filling the Empty Places Study Guide*

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D. Psalm 119:105

E. Psalm 119:162

# THE NATURE OF EMPTINESS

## THINKING THROUGH

1. What is the origin of emptiness?
2. Briefly describe the story of Eve and the serpent in the Garden of Eden.
3. What is our human tendency when we find an empty place in our lives?
4. Name some “winds of want” that women have. Do you have any of these? Explain.





# MENTAL EMPTINESS

## THINKING THROUGH

1. Mental emptiness begins early in life with what three little words?
2. As we mature, the “questions” we don’t understand become much more complicated. List some of the questions you have struggled with over the years.
3. What should be our main Source as we struggle with life’s questions and our inability to “answer for God”? Can we really “answer for God”? Explain.
4. According to 2 Timothy 2:15, what should be the chief aim of our studies?
5. From 2 Timothy 3:16–17, list the four ways the Bible profits Christians that leads to our spiritual maturity. How will others know we are maturing spiritually?

6. The Bible draws many distinctions between a wise man and a fool. In the following verses, what are some qualities of a fool?
- A. Psalm 14:1
  - B. Proverbs 1:7
  - C. Proverbs 14:9
  - D. Proverbs 18:6
  - E. Proverbs 29:11
7. In this next set of verses, what are some qualities of a wise man?
- A. Proverbs 9:10
  - B. Proverbs 11:30
  - C. Matthew 7:24–27
  - D. Matthew 25:1–13
  - E. James 3:13–18





# REMEASURING MENTAL EMPTINESS

## THINKING THROUGH

1. What do you think the author means by the words “kneeling stone”?
2. Isaiah comes onto the scene during a time of emptiness in his own life. What had happened to bring about that emptiness (Isaiah 6:1)? Why would that occasion bring special concern to Isaiah?
3. What “sight” completely filled Isaiah’s intellectual empty places? What was Isaiah’s immediate response to the Lord? To where should we turn to gain that sight ourselves?



2. Job 42:1–6 is Job’s response to his omniscient God. Our human comprehension and our finite thoughts cannot fathom our God. What does the Bible say about our thoughts and God’s thoughts?
  - A. Job 42:2–3
  - B. Psalm 139:2
  - C. Isaiah 55:8–9
  - D. Daniel 2:29–30
  - E. Micah 4:12
3. Philippians 4:8 talks about our thought life. According to this verse, what qualities should characterize our thought life?
4. Pray Psalm 139:23, “Search me, O God, and know my heart: try me, and know my thoughts.” Ask the Lord to help you obey 2 Corinthians 10:5, “bringing into captivity every thought to the obedience of Christ.”

# NATURAL EMPTINESS

## THINKING THROUGH

1. What are the three avenues of natural emptiness?
  - A. Psalm 119:73
  - B. Psalm 139:14–16
  - C. John 9:1–3
  - D. Matthew 6:27
  - E. Luke 12:7
2. In 1 Samuel 16:7, God tells Samuel that we tend to look on the outward appearance of people; therefore, it should not surprise us that the world promotes “self-image” and perceived physical beauty to the extreme. What do these verses tell us about our physical being?
  - A. Psalm 119:73
  - B. Psalm 139:14–16
  - C. John 9:1–3
  - D. Matthew 6:27
  - E. Luke 12:7
3. Physical limitations can often lead to feelings of physical emptiness. However, God is able and so desires to be our fulfillment. Paul wrote Philippians from jail; read what he said in 4:11. Rather than complaining that leads to bitterness, what should be our response to our limitations?



## DELVING DEEP

1. Psalm 94:19 states that “thy [God’s] comforts delight my soul.” What are some ways that God has comforted you lately? Think of special promises you have found in His Word, things He has taught you, demonstrations of His love and power, and even His chastening love.
  
  
  
  
  
  
  
  
  
  
2. God is described as having great emotion as He deals with His creation. He truly is our “role model” as we look to have a balanced emotional life. List the emotions attributed to God in these verses.
  - A. Psalm 86:15
  
  
  
  
  
  
  
  
  
  
  - B. Psalm 145:8
  
  
  
  
  
  
  
  
  
  
3. God’s greatest emotion is love. What is the most significant manifestation of His love toward us (John 3:16; Romans 5:8)?
  
  
  
  
  
  
  
  
  
  
4. Love proves us to be followers of Christ. Read 1 Corinthians 13. What are some of the characteristics of Christ-like love and how have you shown that love in your interactions with family and friends?

# EMPTINESS IN PREPARATION

## THINKING THROUGH

1. What three areas of preparation emptiness are discussed in this chapter?
2. Each woman's childhood home life certainly contributed to her current character and personality. However, Psalm 138:3 shows how to overcome those perceived background limitations. What is that?
3. Instead of self-focus, where should our focus be? Why?
4. How should a Christian woman seek to overcome her insecurities? Where should her confidence be (Psalm 118:8; Proverbs 3:26)?
5. Where does negativism come from? Can a negative spirit be overcome? Explain. Are you or do you know people who are negative? What is your reaction to them?



3. Ephesians 4:17–32 describes the differences between the saved and the unsaved and then tells us to “be renewed in the spirit of your mind” and to “put on the new man.” What are the differences that should characterize the Christian woman, according to these verses?

# EXPERIENTIAL EMPTINESS

## THINKING THROUGH

1. What are the three areas of experience in which women tend to feel emptiness?
2. What are the two biggest contributors to feelings of insignificance?
3. When you struggle with feelings of self-pity (the “I don’t matter” syndrome), where should you really direct those feelings of pity?
4. Read Jeremiah 9:23–24. What do these verses say should be our significance?
5. What does success mean to you?

6. Answer the following: I will feel successful when I have . . .
  
  
  
  
  
  
  
  
  
  
7. In discussing satisfaction, the author contrasts expectations with actual experiences. What are some things that you “idealized” and set as life expectations as a child that you have brought into your adult life?
  
  
  
  
  
  
  
  
  
  
8. How should we deal with these unfulfilled yearnings (Romans 8:28)?
  
  
  
  
  
  
  
  
  
  
9. Proverbs 10:28 tells us what the result of our spiritual expectation should be. What is that?

## DELVING DEEP

1. Read 1 Samuel 1. Hannah faced the emptiness of a barren womb. Ultimately, how did Hannah face her emptiness, and how did God respond to her heart’s cry?



# THE EMPTINESS OF LOSS

## THINKING THROUGH

1. What are the three areas of loss discussed in this chapter?
2. What are some position losses one may face? Often the adjustments that must be made due to a position loss cause extra pressure on an individual or a family. What insight does James 4:8 give us on handling that pressure?
3. The loss of place moving from Mom and Dad into adulthood—either through marriage or singlehood—or relocation due to a job or family need can often be difficult for a woman. What comfort does Jeremiah 23:23 give us for some of the emptiness of place?







E. Ephesians 6:5–7

F. Colossians 3:22–23

G. 1 Timothy 6:1–2

4. How does Proverbs 18:24*a* instruct us to behave if we are to have friends?
  
  
  
  
  
  
  
  
  
  
5. As you reflect on your friendships, how would you best characterize your relationships? Have you experienced the emptiness of a lost relationship with a friend? Who is the friend that “sticketh closer than a brother” (Proverbs 18:24*b*)?

## DELVING DEEP

1. The author gives a barometer with which to gauge the health of our friendships. Evaluate your three to five closest friendships based on this barometer.
  - A. This friendship encourages my and her spiritual growth.

- B. This friendship makes me tolerate unbecoming speech and behavior in myself and her.
  
  - C. This friendship is so important to me that I ignore ethical considerations and biblical principles.
2. The Bible has much to say about friendship. What aspect of friendship is described in each of the following verses?
- A. Proverbs 16:28
  
  - B. Proverbs 17:9
  
  - C. Proverbs 17:17
  
  - D. Proverbs 18:24
  
  - E. Proverbs 22:11
  
  - F. Proverbs 22:24
  
  - G. Proverbs 27:6

H. Proverbs 27:9

I. Proverbs 27:17

J. John 15:13

# EMPTINESS WITHIN FAMILIES

## THINKING THROUGH

1. The author deals with three types of family relationships. What are they?
2. Sibling rivalry is often stereotyped and laughed at in television situation comedies, but the reality of broken family relationships is no laughing matter. What does Proverbs 18:19 say about siblings?
3. As we mature, what are some ways we can “live peaceably” with our siblings when there are disagreements?
4. The empty places left by broken relationships between parent(s) and child(ren) are some of the most difficult to deal with. You cannot change or control your past, but you can forgive. Is there any exception to the “forgiveness clause” found in Mark 11:25–26? Explain.





E. Matthew 18:21–22

F. Mark 11:25–26

G. Luke 6:37

H. Luke 17:3–4

I. Ephesians 4:31–32

J. 1 John 1:9

3. Write briefly anything on your heart dealing with family relationships. Ask the Lord to help you overcome areas of longing and hurt and to give you the spirit of forgiveness.

# ROMANTIC EMPTINESS

## THINKING THROUGH

1. This chapter deals extensively with singleness and the emptiness that often results. What are the six areas of emptiness the author discusses?
2. What are some of the common misconceptions about single women and singleness in general?
3. As parents and as a church, we often encourage some of those misconceptions. How can we adjust our attitudes to rightly mold our daughters (Psalm 144:12*b*)?



## DELVING DEEP

1. Luke 2:36–38 briefly shares the testimony of Anna. Anna was single through widowhood. She was honored with seeing the infant Messiah. What was her testimony? How did she serve the Lord?
2. Read the book of Ruth. We first meet Ruth as a widow whose response in her grief put her in the Bible and in the line of Christ as the great-grandmother of King David. What were the attributes of Ruth that gave her such a great testimony?
3. Whether you are single or married, this chapter is important for you. What are some changes to your thoughts, attitudes, and practices you may incorporate based on misconceptions of singleness you may have?
4. What are some specific things you can do to provide encouragement to a single woman in the near future?

# EMPTINESS IN MARRIAGE

## THINKING THROUGH

1. What are the seven areas of emptiness in marriage discussed in this chapter?
2. Ephesians 5:33 tells a wife to “revere her husband.” What are some of the words used to describe that term? If you are married, what are some of the ways you can show that reverence?
3. What is the “threefold cord” the author describes as relating to marriage and the proverb “two are better than one?”





E. 1 Corinthians 7:12–16

F. 1 Corinthians 7:34–39

G. Ephesians 5:18–33

H. Titus 2:3–5

I. 1 Peter 3:1–7





## DELVING DEEP

1. The goal of this chapter is to have “no empty places” lingering in our lives. Jesus longs to fill those empty places of His children. What do the following verses tell us to fill those empty places with?
  - A. Psalm 71:8
  - B. Psalm 81:10
  - C. Psalm 107:9
  - D. Matthew 5:6
  - E. Romans 15:13–14
  - F. Ephesians 3:14–19
  - G. Ephesians 5:18–21
  - H. Philippians 1:9–11
  - I. Colossians 3:16

2. As you consider some of the empty places you struggle with, meditate on Ephesians 5:18–21 and Colossians 3:16. Filling your heart and mind with God’s Word, psalms, hymns, and spiritual songs are a necessity if the Lord is to fill the emptiness. What are some of the songs and hymns you turn to for solace? What are some of the verses of comfort and promise that you repeatedly turn to?



- B. Psalm 71:3
  
  - C. Psalm 73:26
  
  - D. Matthew 11:28
4. What is the difference between true biblical separation and divisiveness for the Christian and the church?
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5. What do the following verses tell us about being “in Him”?
- A. 1 Corinthians 1:30
  
  
  
  
  
  
  
  
  
  
  - B. Ephesians 2:14
  
  
  
  
  
  
  
  
  
  
  - C. Colossians 1:19
  
  
  
  
  
  
  
  
  
  
  - D. Colossians 2:3



