



Revealing Words Bible Study

“When Life Shakes Us”

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We all carry things inside—emotions, thoughts, fears, frustrations. Most of the time, we keep them hidden. We present polished versions of ourselves to the world, especially on social media. Smiles, achievements, vacations, filtered moments. But God doesn’t just see the highlight reel. He sees the behind-the-scenes footage. He sees the heart.

And when life shakes us—when we’re caught off guard, frustrated, or hurt—what spills out of us reveals what’s really inside. That’s our true self. Not the curated posts, not the polite conversations, but the raw reactions in moments of pressure.

I’ve had plenty of those moments. Times when I said things I regretted, acted out of anger, or let my emotions lead instead of my faith. Maybe you’ve had those moments too—where a few seconds of frustration created hours of tension, or even damaged a relationship.

The truth is, we can fool people for a while. We can hide behind smiles and status updates. But when we’re shaken, the contents of our heart spill out. And that’s when we see who we really are. But here’s the good news: God sees it all—and He still loves us. He doesn’t turn away when we’re messy. He draws closer. He doesn’t shame us for what spills out. He invites us to let Him fill us with something better.

Jesus must be at the center of everything we do. Only when we decrease and allow Him to increase can we experience true and lasting change—not just in our own lives, but in the lives of those around us. When He fills our hearts, what spills out in those shaken moments is grace, patience, and love.

So the next time life punches you in the mouth—figuratively or otherwise—pause. Don’t punch back. Don’t let a moment of heat define your future. Let Jesus be your center. Let Him shape your reactions. Let Him be at the center of your highlight reel and behind the scene moments. Because when He does, even when you’re shaken, what spills out will reflect Him.

What’s Really in Your Heart?

Proverbs 4:23 – “Above all else, guard your heart, for everything you do flows from it.”

1. What emotions or attitudes tend to spill out when you're under pressure?

2. Are there areas in your heart that need healing or surrender?

How Do You React When Life Shakes You?

Luke 6:45 – “A good man brings good things out of the good stored up in his heart... for the mouth speaks what the heart is full of.”

3. Think of a recent moment when you were shaken—what spilled out?

4. What does your reaction to both pressure and good times reveal about what’s stored in your heart?

Are You Living for Appearances or Authenticity?

1 Samuel 16:7 – “People look at the outward appearance, but the Lord looks at the heart.”

5. What’s one area of your life that you hide from others but know God sees?

6. How does knowing God sees your heart change the way you live?

Is Jesus at the Center of Your Life?

John 3:30 – “He must become greater; I must become less.”

7. In what areas of your life are you still trying to stay in control?
8. How can you intentionally decrease so that Christ shines through you?

Do You Know God Loves You—Even in Your Mess?

Romans 5:8 – “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

9. Are there parts of your story you feel ashamed of?
10. How does this verse reassure you of God’s love despite your flaws?

Are You Letting Your Reactions Shape Your Relationships?

James 1:19–20 – “Everyone should be quick to listen, slow to speak and slow to become angry...”

11. What habits can you build to respond with grace instead of anger?
12. Who might need an apology or reconciliation from you today?