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## Heath-Dupre's "Be thou my guide: A Bible study on trusting god" (book review)

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# Book Reviews

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Heath-Dupre, M. (2020). *Be thou my guide: A Bible study on trusting god*. St. Louis, MO: Concordia Publishing House. 117 pp. \$12.99. ISBN 9780758662644

*A Bible Study on Trusting God* – the purpose of this volume is made apparent through that subtitle alone, though Margo Heath-Dupre builds more on this idea. She aims to show what an active, intentional faith in God looks like. To illustrate this, she uses each of the nine sessions to describe the experiences of nine Biblical persons of faith, including Moses, Joshua, Solomon, Esther, Paul, David, Abraham, Job, and Mary the mother of Jesus.

Before going into each person's respective experience with learning to trust God, Heath-Dupre first begins with a lengthy introduction, outlining Christian beliefs and noting the importance of Christian diligence, which from her description is to intentionally seek God and stand firm in the faith through all seasons of life, and she highlights that the spiritual disciplines (i.e. Bible study and prayer) and the sacraments (i.e. baptism and the Lord's Supper) play an important role in this. Her discussion on the elements of Christian beliefs and the sacraments are backed by scriptural references.

The theme of Christian diligence as a sign of trust in God is carried throughout all nine sessions. Each session focuses on an aspect of trusting God. The study starts by clarifying the importance of knowing who God is – His power, compassion, and his ability to surpass our human limitations and understanding. Some sessions go into submitting our lives to God's will and living out His will through obedience and seeking what is righteous. Heath-Dupre also clarifies in one session that all of this is done not legalistically, but in an effort to reach an intimate relationship with God.

Each session is built with a consistent structure, including objectives, prayers, the background of the scriptural passage being focused on, and questions to further encourage thought or discussion. Each session also includes an answer key in the latter half of the book, though some questions are meant to be answered from the reader's personal experience. The usefulness of this Bible study, as with many other studies, is mainly based on the readers' willingness to meditate on each lesson and to truthfully answer the questions provided. The description and content of

each session is just a few pages long. Heath-Dupre focuses more on providing the objective, theme, and brief description of the passage, and letting group discussion extend further, rather than describing each passage verse-by-verse. The introductory section “Using This Study” notes that this study can be performed individually or in a group, though studying in a group may provide more thought and insight.

This is Margo Heath-Dupre’s only published book. Aside from publishing, however, she plays a large role in Christian ministry, specifically through the Lutheran Women’s Missionary League. She also makes herself available to speak at conferences and events on the subjects of Christian diligence, diversity in the church, biblical literacy, and more.

**Reviewer**

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