

The Chronicles
of
Transformation

God's Powerful Word
and
Precise Journals
for
Lasting Change

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Introduction

The basis of this book is the sufficiency of the Word of God. The Scriptures are God's chosen tool to enable real change by Christians. Through the Bible, all who are redeemed by the blood of Christ can lay aside sin and put on righteousness. Such progress in becoming more like Christ brings glory to God.

We all have sin. The Bible says that will be the case until we are in heaven. Consistent sin brings with it the need for change. Our own inadequacy to resist temptation points us to the Scriptures, God's provision for victory over sin. The journals and studies in this book are designed to help believers who desire to overcome sin. Each defeat of sin requires help from the living God.

These journals and studies give practical help to Christians who want to grow in sanctification. They benefit everyone who serves others in the ministry of discipleship. These journals also produce a detailed record of the motives of the heart, day by day. Such information is of great value to anyone involved in the spiritual growth of others (spouses, biblical counselors, parents, friends, Bible study leaders and youth pastors). The studies and journals contained in this book have been used to provide practical help to many who have replaced habit patterns of sin with lasting righteousness. It has been a great blessing to observe these transformations. In every such case, it was God who caused the growth.

Scripture studies are provided for each topic in this book. They are the foundation for each journal. These studies can be used separately as topical resources, for teaching, or for personal discipleship.

Before beginning one of the journals, read the essay that begins each section. Carefully follow the directions titled "What to Do." Make blank copies of the journals. Use one each day. Do not write on the original (preserve if for future use).

The journals work because they connect souls to the Scriptures. Each day the motives of one's heart and events of the day are examined in relation to the Word. Each study contains Bible verses that relate to the topic.

Usually, the first few daily journal entries are a chronicle of failure. The first writing of thoughts and actions show the need for change. The journal writer records the information of the day along with how the Scriptures applied. This combination uncovers the motives of the inner person. Typically, the pertinent Bible verses expose sins that need to be overcome.

As days go by, the journal process strengthens the conscience. Soon, the key events of the day are accompanied by the realization, "I'm going to be writing about this later." That leads to more important thoughts: "the Word applies to what is happening. I have a choice to obey God or not. I understand what I need to do". The prescribed daily Bible study and prayer also contribute to the process. For those who choose to obey the Word, real change is underway. As weeks go by, obeying the word becomes habit.

Life as a Christian is about change that pleases God. Our occupation until the day we are home with God is to become more holy. I live with this goal. Striving to help others grow in respect to salvation is the purpose of ministry to believers. Every time sin is replaced by a habit of righteousness there is great joy.

How great is our God.

Anger

Let everyone be... slow to anger.
The anger of man does not achieve the righteousness of God.
James 1:19-20

Do you sin by becoming angry? Do you wish to change? Many Christians have replaced anger with righteousness through the Scriptures. What do some believers say about their anger and how they have changed?

I used to get angry when... people interrupted me or gave me something else to do.
How that seems now... I would get angry because I wanted to finish what I was working on.
My life today... I still work hard, but now I honor God by loving people more than finishing my current project.

I used to get angry... at traffic, at selfish people and when my boss yelled at me.
How that seems now... I wanted life to be easy.
My life today... By God's grace, now I choose to be kind instead of bitter.

I used to get angry when... I didn't win or when someone else was praised.
How that seems now... I wanted to be God (I got angry because people didn't give honor to me).
My life today... Now God is my God. I live to bring honor to Him.

I used to get angry because... I gave in to the same old temptations.
How that seems now... I hated myself.
My life today... I wanted to be perfect. I wasn't. I'm still not perfect. Now I live with my eyes on Jesus, thankful to be forgiven through His sacrifice.

I used to get angry when... I was alone. No one loved me. "How can God do this to me?" I thought.
How that seems now... I was proud. I wanted people to love me more than I wanted to obey God.
My life today... Through the Word I understand God's love. It is all I need.

I used to get angry when... I didn't get what I wanted. My kids disobeyed and my husband didn't give me any attention.
How that seems now... I was so angry.
My life today... Now it's about God, not me. I'm here to give, not to get.

The Word of God talks about the circumstances *when* we get angry and the reasons *why* we get angry. It also teaches us how to replace anger with righteousness.

What to Do

- 1) Complete the journal every day until, by God's grace, the habit pattern of your life is to not sin by becoming angry.
- 2) Carefully study at least three verses from the pages of Scripture each day.
- 3) Memorize a new Bible verse from these pages each week. Choose Scriptures that best address your problem and the solution. Review the memorized Scriptures at least 4 different times each day.

Wisdom on Anger

Proverbs 1:7	The fear of the LORD is the beginning of knowledge; Fools despise wisdom and instruction.
Proverbs 3:7	Do not be wise in your own eyes; Fear the LORD and turn away from evil.
Proverbs 10:12	Hatred stirs up strife, But love covers all transgressions.
Proverbs 10:17	He is on the path of life who heeds instruction, But he who ignores reproof goes astray.
Proverbs 10:19	When there are many words, transgression is unavoidable, But he who restrains his lips is wise.
Proverbs 11:2	When pride comes, then comes dishonor, But with the humble is wisdom.
Proverbs 12:4	An excellent wife is the crown of her husband, But she who shames him is like rotteness in his bones.
Proverbs 12:15	The way of a fool is right in his own eyes, But a wise man is he who listens to counsel.
Proverbs 12:18	There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing.
Proverbs 14:29	He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.
Proverbs 14:30	A tranquil heart is life to the body, But passion is rotteness to the bones.
Proverbs 15:1	A gentle answer turns away wrath, But a harsh word stirs up anger.
Proverbs 15:4	A soothing tongue is a tree of life, But perversion in it crushes the spirit.
Proverbs 15:17	Better is a dish of vegetables where love is Than a fattened ox <i>served</i> with hatred.
Proverbs 15:18	A hot-tempered man stirs up strife, But the slow to anger calms a dispute.
Proverbs 15:28	The heart of the righteous ponders how to answer, But the mouth of the wicked pours out evil things.
Proverbs 15:31	He whose ear listens to the life-giving reproof Will dwell among the wise.

Proverbs 15:33	The fear of the LORD is the instruction for wisdom, And before honor <i>comes</i> humility.
Proverbs 16:2	All the ways of a man are clean in his own sight, But the LORD weighs the motives.
Proverbs 16:5	Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished.
Proverbs 16:18	Pride <i>goes</i> before destruction, And a haughty spirit before stumbling.
Proverbs 16:32	He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.
Proverbs 17:20	He who has a crooked mind finds no good, And he who is perverted in his language falls into evil.
Proverbs 19:11	A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.
Proverbs 19:19	<i>A man of great anger will bear the penalty,</i> For if you rescue <i>him</i> , you will only have to do it again.
Proverbs 19:23	The fear of the LORD leads to life, So that one may sleep satisfied, untouched by evil.
Proverbs 20:1	Wine is a mocker, strong drink a brawler, And whoever is intoxicated by it is not wise.
Proverbs 20:3	Keeping away from strife is an honor for a man, But any fool will quarrel.
Proverbs 21:24	"Proud," "Haughty," "Scoffer," are his names, Who acts with insolent pride.
Proverbs 22:24-25	Do not associate with a man given to anger; or go with a hot-tempered man, Or you will learn his ways and find a snare for yourself.
Proverbs 28:13	He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.
Proverbs 29:8	Scorners set a city aflame, But wise men turn away anger.
Proverbs 29:9	When a wise man has a controversy with a foolish man, The foolish man either rages or laughs, and there is no rest.
Proverbs 29:11	A fool always loses his temper, But a wise man holds it back.
Proverbs 29:22	An angry man stirs up strife, And a hot-tempered man abounds in transgression.

Replacing Anger

- Genesis 4:6** Then the LORD said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.”
- Psalm 119:67** Before I was afflicted I went astray,
But now I keep Your word.
- Matthew 5:46** For if you love those who love you, what reward do you have?
Do not even the tax collectors do the same?
- Matthew 12:34-35** You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart. The good man brings out of *his* good treasure what is good; and the evil man brings out of *his* evil treasure what is evil.
- Luke 9:23-24** And He was saying to *them* all, “If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it.”
- John 13:34-35** A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.
- Ephesians 4:29** Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.
- Ephesians 4:31-32** Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.
- James 1:19-20** *This* you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger; for the anger of man does not achieve the righteousness of God.
- James 4:1-2** What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask.
- Galatians 1:10** For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

Anger: Journal

Day:
Date:

What happened just before I was tempted to get angry

What I thought

What emotions I was feeling

When tempted to choose anger, this is what I did and said

What Bible verse best describes my response

What was the right thing to do (include Scripture)

Prayer:

Give thanks for God's help to replace anger with righteousness (Ephesians 4.31-32)

Or

Confess sin and repent (Proverbs 28.13)

Life is Beautiful

God's love is the strongest force in the universe.
To the degree you know His love, you know that life is beautiful.

Do you love God?
Are your sins forgiven through Jesus' blood?
Are you called for the life purpose of being conformed to Jesus image (see Romans 8.29)?

If so, Romans 8.28 is for you.
It says that "God causes all things to work together for good" in your life.

He watches events in your life every day, and He expends energy to transform each and every one into something that works for good.
How kind is our God!
What amazing love!

Here is how He causes all things to work together for your good:

James 1.17 says, "every good thing...every perfect gift is from above, coming down from the Father."

He caused every good thing in your life.
His Word, food and clothes, a friend, the sun and rain, work, love, family, forgiveness, purpose, time and His own personal grace are all gifts from God.
Why does He cause all these blessings? Because He loves you.

Joseph said to his brothers, who had sold him into slavery, "You meant evil against me, but God meant it for good," Genesis 50.20.

God's incredible love took a horrible sin against His child and reshaped it into something good.
Somehow, some way, He will do the same for you. Believe it.
His love is so great that He will remake sins against you into things that result in good in your life.

Hard times become great times because He uses them to cause us to become more like Jesus Christ. As we do, we find out that God's grace is enough for us, His Word is true and His love is real.

God causes all things to work together for good.

He loves you. Life is beautiful.

What To Do

- 1) Memorize Romans 8.28-29.
Consider the amazing truths of God's love contained in this passage each day.
- 2) Every day, take time to write (in great detail) in each section of the "Beautiful Journal."
May God transform your life through the simple and profound truth of Romans 8.28-29.

Beautiful Journal

And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. For those whom He foreknew, He also predestined *to become* conformed to the image of His Son, so that He would be the firstborn among many brethren

Romans 8.28-29

Day:
Date:

How God is causing difficult things to work together for good in my life today

Because God is transforming all my circumstances to work for good, I think that

Good things God has done and good things He has given to me

How God caused the events of the day to work for His purpose (conforming me to the image of His Son)

My thanks for His love

Why life is beautiful today

Effective Bible Study

What happens when a person studies, understands and obeys God's Word?

The Almighty God speaks to a human being.

The Absolute Truth reveals truth about Himself.

The One who made galaxies comforts and encourages a living soul.

He exposes desires and thoughts from the deepest part of the inner being.

God, who is Light, judges these motives under the glare of eternal truth and pure wisdom.

Then the Maker graciously points His child to the right way.

He teaches.

At a level of the soul only really understood by the Lord Himself, a decision is made.

The Christian says to the Maker, "I will obey You."

Then the Alpha and Omega extends His majestic power to help the humble person.

This isn't the booming voice of God coming out of the sky, speaking to a man in an arid desert.

But the effect is as great.

Rather, it is the Lord of Lords causing His written Word to be living and active, judging the thoughts and intentions of the heart, and enabling progress in respect to salvation.

See Psalm 119:25, Hebrews 4:11-12, 2 Timothy 3:16-17, and 1 Peter 2:1-3

Those who encounter their God at such a deep level treasure it.

They love it.

They hunger for it.

Do you?

One of the greatest things in life is effective Bible study.

Such study needs to become the foundation of your life.

In Matthew 7:24-29 Jesus said this:

"Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall."

What To Do

- 1) Study the Bible and do this journal every day.
- 2) Read through one section of the "Important Truths" study.
Consider with God what you must do to live out these verses.
Write the result in the first space in the journal.
- 3) Study the Bible at a pace and level of depth that honors God and fits your spiritual maturity.
Afterward, complete the rest of the journal.
Continue this pattern until effective Bible study is an essential part of every day in your life.

Important Truths about Studying the Bible

What is true about the Scriptures?

- Psalm 119:4** You have ordained Your precepts,
That we should keep *them* diligently.
- Psalm 119:50** This is my comfort in my affliction,
That Your word has revived me.
- Psalm 119:89** Forever, O LORD,
Your word is settled in heaven.
- Psalm 119:105** Your word is a lamp to my feet
And a light to my path.
- Psalm 119:114** You are my hiding place and my shield;
I wait for Your word.
- Psalm 119:137** Righteous are You, O LORD,
And upright are Your judgments.
- Psalm 119:140** Your word is very pure,
Therefore Your servant loves it.
- Psalm 119:160** The sum of Your word is truth,
And every one of Your righteous ordinances is everlasting.

What should be my motives and mindset when I study the Word of God?

- Psalm 119:2** How blessed are those who observe His testimonies,
Who seek Him with all *their* heart.
- Psalm 119:10** With all my heart I have sought You;
Do not let me wander from Your commandments.
- Psalm 119:33** Teach me, O LORD, the way of Your statutes,
And I shall observe it to the end.
- Psalm 119:47** I shall delight in Your commandments,
Which I love.
- Psalm 119:56** This has become mine,
That I observe Your precepts.

- Psalm 119:97** O how I love Your law!
It is my meditation all the day.
- Psalm 119:112** I have inclined my heart to perform Your statutes
Forever, *even* to the end.
- Psalm 119:143** Trouble and anguish have come upon me,
Yet Your commandments are my delight.

What results from working hard at Bible study?

- Psalm 119:6** Then I shall not be ashamed
When I look upon all Your commandments.
- Psalm 119:9** How can a young man keep his way pure?
By keeping *it* according to Your word.
- Psalm 119:11** Your word I have treasured in my heart,
That I may not sin against You.
- Psalm 119:25** My soul cleaves to the dust;
Revive me according to Your word.
- Psalm 119:67** Before I was afflicted I went astray,
But now I keep Your word.
- Psalm 119:104** From Your precepts I get understanding;
Therefore I hate every false way.
- Psalm 119:148** My eyes anticipate the night watches,
That I may meditate on Your word.
- Psalm 119:165** Those who love Your law have great peace,
And nothing causes them to stumble.

Bible Study Journal

Day:
Date:

What God showed me through today's section of "Important Truths About Studying the Bible"

What Bible passages I studied today

What I learned

The verse or verses that most directly apply to me

What I must do to obey these Scriptures

Prayer

Confess and repent of any sins that God has shown you during your study of His Word

Ask for help to obey the Scriptures from your study

Character

How does God define character?

The Bible gives us a detailed description of the character that pleases God. On the following pages, you will find truths from God's Word that reveal many facets of this jewel.

What does God find when He looks deep into your soul? He is looking. He knows you, tests you, and observes your reasonings and intentions.

One day He will "bring to light the things hidden in the darkness and disclose the motives of men's hearts; and then each man's praise will come to him from God," 1 Corinthians 4:5. What you choose today will determine the levels of your reward and the amount of honor you bring to Jesus Christ on that day.

The following study and journal are designed to help Christians who seek to purify their motives for the purpose of honoring their Maker. The Scriptures are sufficient as God's tool to enable you to become more like Christ. If you are pursuing growth in sanctification, this study will be of benefit.

My prayer is that you will enjoy rich times of interaction with the Almighty God as you evaluate your life by these Scriptures in the coming weeks. He will do His part, judging the thoughts and intentions of your heart. The Lord will teach you with His Word. I encourage you to hear His reproving, correcting and training. Soak in the implications of the Word, meditate on them, and pour out your heart to God about them. Weigh your motives honestly and consider what actions must change.

I urge you to wrestle with these things to the point that you come to conclusions about what purposes and specific thoughts must be changed. I pray that by God's grace you will make progress in living out the character that He describes in these passages.

I pray for you, my friend, that the result will be change in your inner person. This will bring honor and glory to the Lord.

Do you desire to examine your life by a group of Scriptures that address the matter of character?

If so, this study and journal are made for you.

May the Lord greatly bless this season of deep fellowship for you with Him.

What To Do

- 1) Go through a portion of "character Scriptures" daily.
- 2) Memorize one of the passages from "character Scriptures" every three weeks. Review memorized Scripture daily.
- 3) Complete the Character Journal every day until living by these truths of the Word has become who you are.

Character Scriptures

Hebrews 12:1-3

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

Matthew 7:24-27

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

2 Chronicles 16:9

For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His.

Luke 17:5-10

The apostles said to the Lord, "Increase our faith!" And the Lord said, "If you had faith like a mustard seed, you would say to this mulberry tree, 'Be uprooted and be planted in the sea'; and it would obey you. But which of you, having a slave plowing or tending sheep, will say to him when he has come in from the field, 'Come immediately and sit down to eat'? But will he not say to him, 'Prepare something for me to eat, and *properly* clothe yourself and serve me while I eat and drink; and afterward you may eat and drink'? He does not thank the slave because he did the things which were commanded, does he? So you too, when you do all the things which are commanded you, say, 'We are unworthy slaves; we have done *only* that which we ought to have done'."

Colossians 1:28-29

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to His power, which mightily works within me.

Acts 5:40-42

They took his advice; and after calling the apostles in, they flogged them and ordered them not to speak in the name of Jesus, and *then* released them. So they went on their way from

the presence of the Council, rejoicing that they had been considered worthy to suffer shame for *His* name. And every day, in the temple and from house to house, they kept right on teaching and preaching Jesus as the Christ.

Proverbs 9:10

The fear of the LORD is the beginning of wisdom,
And the knowledge of the Holy One is understanding.

1 Peter 1:22

Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.

2 Corinthians 5:14-15

For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.

Romans 6:10-12

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts.

Proverbs 16:2

It is an abomination for kings to commit wicked acts,
For a throne is established on righteousness.

Colossians 2:13-14

When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

2 Timothy 4:6-8

For I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.

2 Peter 3:10-12

But the day of the Lord will come like a thief, in which the heavens will pass away with a roar and the elements will be destroyed with intense heat, and the earth and its works will be burned up. Since all these things are to be destroyed in this way, what sort of people ought you to be in holy conduct and godliness, looking for and hastening the coming of the day of God, because of which the heavens will be destroyed by burning, and the elements will melt with intense heat!

Character Journal

Day:
Date:

Truths about God's standard of character as revealed in the Character Scriptures

How must I change to obey these truths

My heart response to God

What motives and desires I must pursue today

Specifically, what I will think and do differently to pursue character

Prayer
Confess and repent of sin

Request God's help to make needed changes

Motives and Communication

When Jesus said, “The mouth speaks out of that which fills the heart,” He identified the two parts of our communication problems: Sinful words and wrong motives.

For example: Cindy, trying to get a laugh from the Bible Study Group, exaggerated her husband’s inability to figure out an engine problem: “Frank didn’t even know how to open the hood of my car.” Her husband, intent on hurting his wife more than he was humiliated, responded, “This from a woman who has never earned enough money to fill the gas tank.”

There were two parts to Frank’s sin: his sinful words and his wrong motive. Instead of thinking about how he could love Cindy (be kind now; discuss respecting each other later, when they were alone), he wanted to disgrace her. Instead of gracious words (“The Lord really helped us out when that other guy stopped to help”) he spoke harsh, demeaning words.

Cindy’s transgressions also included both unkind words and an unrighteous purpose.

In the study on the next two pages, God’s Word shows us what is wrong with our sinful motives and how to replace them with right purposes. The study also teaches us why evil words are bad and what to say instead. The Scriptures can enable us to truly change at both levels.

If you wish to become a communicator who obeys God in your motives and your words, this study and journal are made for you.

Go forward with confidence, Christian. You can put to death the deeds of the body by the indwelling Spirit (Romans 8:13). Sin shall not be master over you (Romans 6:14). Confidently request God’s grace to help in this time of need (Hebrews 4:16).

What To Do

- 1) Go through a portion of the “Motives and Communication Scripture” each day.
- 2) Answer the questions as you go along.
Remember, the Scriptures are God’s tool to enable you to change.
- 3) Memorize the five Bible verses that apply most to you.
- 4) Meanwhile, complete the journal every day.
This will strengthen your conscience.
You will learn to view conversations and your motives in light of the truth of God’s Word.

May God be glorified as you change by replacing sinful motives and words with those that please God.

Motives and Communication Scripture

A Starting Point

Does it matter how I communicate?

James 3:5-6

So also the tongue is a small part of the body, and *yet* it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the *very* world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of *our* life, and is set on fire by hell.

What sins in my communication are revealed in the following verses?

Proverbs 15:4

A soothing tongue is a tree of life,
but perversion in it crushes the spirit.

Proverbs 15:28

The heart of the righteous ponders how to answer,
but the mouth of the wicked pours out evil things.

Proverbs 17:9

He who conceals a transgression seeks love,
but he who repeats a matter separates intimate friends.

Proverbs 18:2

A fool does not delight in understanding,
but only in revealing his own mind.

Ephesians 4:29

Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.

James 3:8-10

But no one can tame the tongue; *it is* a restless evil *and* full of deadly poison. With it we bless *our* Lord and Father, and with it we curse men, who have been made in the likeness of God; from the same mouth come *both* blessing and cursing. My brethren, these things ought not to be this way.

Proverbs 18:7

A fool's mouth is his ruin,
and his lips are the snare of his soul.

Proverbs 19:22

What is desirable in a man is his kindness,
and *it is* better to be a poor man than a liar.

Proverbs 20:5

A plan in the heart of a man is *like* deep water,
but a man of understanding draws it out.

Proverbs 15:1

A gentle answer turns away wrath,
but a harsh word stirs up anger.

Ephesians 4:31

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Philemon 1:7

For I have come to have much joy and comfort in your love, because the hearts of the saints have been refreshed through you, brother.

What motives are behind those sins?

- Proverbs 16:2** All the ways of a man are clean in his own sight, but the LORD weighs the motives.
- Matthew 12:34** You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart.
- 2 Chronicles 16:9** For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His.

Why do I choose to speak sinfully? What do I hope to accomplish with such words?

Motives that please God

- Philippians 2:3** Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;
- 1 John 3:16** We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.
- 1 John 5:3** For this is the love of God, that we keep His commandments; and His commandments are not burdensome.
- 1 John 5:4** For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.
- Colossians 3:12** So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience.
- 1 Peter 1:22** Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.
- Philippians 1:21** For to me, to live is Christ and to die is gain.
- Philippians 1:8** For God is my witness, how I long for you all with the affection of Christ Jesus.

What actions will I take to obey God in my communication?

What motives drive me to pursue this course of action?

Motives and Communication Journal

Day:

Date:

An important conversation today

The circumstances

The topic of communication

My motives or purpose (what I tried to accomplish with my words or my silence)

Important words I spoke to achieve my desired goals

My most God – honoring words

My most sinful words

The outcome of the conversation

Scripture that evaluates my heart desire and conversation

Prayer

Give thanks for God's help in growing to obey Him more (1 Corinthians 15.10)

Confess and repent of sin (Proverbs 28.13)

Boldly ask for help to communicate according to the teachings of the Bible tomorrow (Hebrews 4.15-16)

Complaining vs. Giving Thanks

Why do you typically complain?

In the past week I have heard people grumble about their job, spouse, family, the weather, television, their boss, politicians, sports teams, taxes, kids, parents, crime, work, pets and friends.

Many people complain about others in the form of a joke or with angry words. Still others just grumble to everyone who will listen.

Is complaining okay?

Philippians 2.14 tells us that it is sinful to complain: "Do all things without grumbling or disputing." To complain is insulting to God. It is really saying that you do not think Romans 8.28 is true (if you believe that God causes all things to work for good, why would you complain?) That's part of why 1 Thessalonians 5.18 tells us to do the opposite of complaining: "In everything give thanks." He emphasizes the importance of the idea: "This is God's will for you in Christ Jesus."

Revelation 3.19 tells us what to do when we have sinned: "Be zealous, therefore, and repent." To repent means to "think afterward" or "think again." The idea is to change one's mind. Is it your decision to stop sinning against God by complaining? Will you commit yourself to a life of giving thanks to God at all times? If so, tell God in prayer right now. Also ask for His mercy and grace to help you to successfully go in the right direction (Hebrews 4.15-16).

If you have repented of complaining, the following study from the Bible and accompanying journal will help you grow even more. With the help of the Scriptures, your God-honoring decision to replace complaining with giving thanks can become a pattern of life.

For those who replace complaining with giving thanks, great times are ahead. Life will be filled with a stronger awareness of God's involvement. Your ministry may multiply. People often want to know more about the God of the happy person than the God of the grumbler. There is joy in obeying the Almighty. For the Christian, giving thanks is not man-made positive thinking, but rather thinking what is true.

What To Do

- 1) Read through a portion of the Complaining vs. Giving Thanks: Scripture each day. Write down how these Bible verses connect to your thinking and words. Add to these notes each day.
- 2) Memorize a new verse from these pages each week.
- 3) Do the journal near the end of each day.

Continue working at making the transition from complaining to giving thanks until it becomes a life pattern.

When that day comes, rejoice: God has helped you overcome sin.

Complaining vs. Giving Thanks: Scripture

COMPLAINING

Philippians 2:14

Do all things without grumbling or disputing.

1 Peter 3:8-9

To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.

Acts 16:22-25

The crowd rose up together against them, and the chief magistrates tore their robes off them and proceeded to order them to be beaten with rods.

When they had struck them with many blows, they threw them into prison, commanding the jailer to guard them securely; and he having received such a command, threw them into the inner prison and fastened their feet in the stocks. But about midnight Paul and Silas were praying and singing hymns of praise to God, and the prisoners were listening to them.

1 Peter 4:9

Above all, keep fervent in your love for one another, because love covers a multitude of sins. Be hospitable to one another without complaint.

GIVING THANKS

1 Thessalonians 5:18

In everything give thanks; for this is God's will for you in Christ Jesus.

James 1:17

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

Philippians 1:6

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

2 Corinthians 9:8

And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Romans 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

1 Peter 5:6

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

Ephesians 4:31

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Colossians 3:12-13

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

Acts 14:22

strengthening the souls of the disciples, encouraging them to continue in the faith, and saying, "Through many tribulations we must enter the kingdom of God."

Luke 18:9-14

And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and was praying this to himself: 'God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. I fast twice a week; I pay tithes of all that I get.' But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, 'God, be merciful to me, the sinner!' I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Philippians 1:3-5

I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all, in view of your participation in the gospel from the first day until now.

Psalms 100:4-5

Enter His gates with thanksgiving
And His courts with praise.
Give thanks to Him, bless His name.
For the LORD is good;
His lovingkindness is everlasting
And His faithfulness to all generations.

Colossians 3:15

Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

Colossians 3:17

Whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks through Him to God the Father.

1 Corinthians 15:55-58

"O death, where is your victory? O death, where is your sting?" The sting of death is sin, and the power of sin is the law; but thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

James 5:9

Do not complain, brethren, against one another, so that you yourselves may not be judged; behold, the Judge is standing right at the door.

1 Corinthians 10:6-10

Now these things happened as examples for us, so that we would not crave evil things as they also craved. Do not be idolaters, as some of them were; as it is written, "The people sat down to eat and drink, and stood up to play." Nor let us act immorally, as some of them did, and twenty-three thousand fell in one day. Nor let us try the Lord, as some of them did, and were destroyed by the serpents. Nor grumble, as some of them did, and were destroyed by the destroyer.

1 Thessalonians 5:16

Rejoice always.

Matthew 6:31-34

Do not worry then, saying, "What will we eat?" or "What will we drink?" or "What will we wear for clothing?" For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Psalms 106:1

Praise the LORD!
Oh give thanks to the LORD, for He is good;
For His lovingkindness is everlasting.

Ephesians 5:3-4

But immorality or any impurity or greed must not even be named among you, as is proper among saints; and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.

Colossians 4:2

Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Titus 2:7-8

In all things show yourself to be an example of good deeds, with purity in doctrine, dignified, sound *in* speech which is beyond reproach, so that the opponent will be put to shame, having nothing bad to say about us.

John 13:13-17

You call Me Teacher and Lord; and you are right, for so I am. If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. For I gave you an example that you also should do as I did to you. Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, you are blessed if you do them.

Complaining vs. Giving Thanks Journal

Day:
Date:

For what did you give thanks today? What did you say to God?

About what did you complain or grumble? What did you say and think?

What Scripture shows that thanks could be given in that situation instead of complaining, having bitterness or anger?

What would you have thought and said if you had chosen to believe God's Word at the time?

When were you tempted to complain or think bitter thoughts, but you chose to give thanks instead? What did you say to God when you gave thanks?

Prayer:

Give thanks for God's help and today's victories in this battle (2 Corinthians 12:9-10)

Confess and repent of today's sins of grumbling (Proverbs 28:13)

Depression

Life can bring the suffering of a hardship that may result in grief or concern. That is not depression. Depression begins when a person, at the end of the period of grief or adjusting to the difficulty, chooses to sit in sorrow rather than fulfill biblical responsibilities. Depression develops through a downward spiral caused by a person choosing to make a series of unbiblical decisions.

Such choices may include not going to work, not showing kindness to others, letting household upkeep go, not studying the Word and praying, thinking much about feelings and little about God, eating too much or too little and not maintaining friendships. Instead, the one inviting depression stays home, feels sad, retreats into a world of introspection, blames others, thinks about sad events or feels unloved. Soon, the fruit of wrong choices appears (behind on bills, no friends, problems seem worse, God seems far away, it would take days to clean up the house or yard, weight is changing). Despair sets in. That is depression.

God gives great hope to Christians. There is a purpose for this day. God's grace is sufficient. His love is real. He will strengthen one who obeys Him. The depressed person must choose to believe these promises of hope, no matter how they feel. Change begins when the seemingly insurmountable sorrows are viewed in comparison to the rock solid promises of the Eternal God. Trusting in hope from God's promises is the start of overcoming depressed feelings.

Action can then begin. Depression is defeated when the Christian, trusting in the hope from God's Word, reverses the downward spiral. They spend daily time in Bible study, begin to get up in the morning and go to work, call and visit friends, and clean up the house and yard. They go to church again, serve others in need, and eat healthy food. They do these things to love and obey God.

Soon depression fades away. The brother or sister is walking with the Lord and growing in faith. Life has purpose because God is worthy of trust. His love is real. Joy abounds.

*Important Notes: Effects similar to depression may be caused by physical factors. Get a thorough physical by a medical doctor to check for thyroid, kidney malfunctions, brain tumors, gout, mononucleosis, diabetes, pituitary malfunctions, improper diet, side effects of prescription drugs or other physical causes.

The biblical view of depression and its cure are based on different theologies of God and man than those held by the mental health community.

What To Do

- 1) Read one section of these passages in Depression: Scripture at the start of each day. Write your answers to the first three lines in the depression journal.
- 2) Choose to do what you have written. Ask God for His certain help. Remember the truths of the Word all day.
- 3) At the end of each day, complete the rest of the journal. Please fill out the entire journal every day, no matter what. May God strengthen you to put off depression and put on true hope in Him.

Depression: Scripture

(1)

Hebrews 13:15

Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

James 1:17

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

2 Corinthians 12:9-10

And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong..

Genesis 4:6-7

Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? "If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

(2)

Romans 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.

Colossians 3:23

Whatever you do, do your work heartily, as for the Lord rather than for men.

John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

(3)

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Matthew 7:24-25

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock.

Philippians 1:6

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

(4)

Psalms 62:8

Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.

2 Corinthians 4:7-9

But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves; *we are* afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed.

James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Hebrews 4:15-16

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

(5)

Hebrews 12:1-3

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

John 14:15

If you love Me, you will keep My commandments.

Depression Journal

Day:
Date:

Hope, Purpose, and Truth

The most important things I learned from the Bible study today

Based on God's promises of hope, what is true about my difficult circumstances

How I will replace depression with hope if I believe these promises from God's Word

Actions

Actions I took to obey God by fulfilling responsibilities (including work and serving others)

What Scripture says about my actions

The Soul

Events that tempted me to choose thoughts of depression

What Scriptures I needed to obey and believe at that moment

What I chose to think and why

Prayer

Thanks for help to live in hope (John 16:33)

Repentance of sins of choosing self-focused sorrow (Proverbs 28:13)

Request for strength to obey God for tomorrow (Hebrews 4:15-16)

Engaged To Be Married

Two True Stories That Show the Importance of Thinking According to God's Word
After twelve years of marriage Estella is divorcing Kurtis. He committed adultery again. Sadly, he is not repenting. He has rejected the appeals of brothers in Christ. The church regards him as an unbeliever. Estella told us about her wedding day:

When I was walking down the aisle I sensed something.

"Run."

"Don't do this." a voice was telling me.

Then I thought, "What will Kurtis think?"

"He'll be embarrassed."

So I married him.

My mom had told me she thought I was making a mistake. She and dad are strong believers. I knew Kurtis wasn't helping me grow in righteousness. He wasn't laying down his life for me either. I had seen his anger. My sisters urged me not to marry him. So did my father.

But I did.

I felt a love with Kurtis that I'd never felt before. I thought he might change.

Brian and CeeCee love life. They give thanks to God. "If someone showed me our life now and said this is how it would be, I would've said 'No—that's more than what is even possible for a guy like me,'" he says. Each is continuing to grow to be more like Christ because of their spouse. This love is strong. Brian spoke about their engagement, 12 years prior:

I really believed she was the one.

We loved to walk together and talk.

We could make each other laugh.

But most of all, we could talk about the Word together.

I knew she was growing in Christ and I was part of it.

That made me happy.

And she was helping me too.

When I told her what was going on inside-

The selfish ideas, fears, and angers of a young man-

She told me I needed to change.

She showed me where the Word of God said I needed to change.

Then, as days went by, she prayed for me and checked on me.

God used her to help me love Him and other people more.

Life wasn't about me. I saw that clearly for the first time.

We loved spending time together.

We loved God together.

We grew closer to Him and to each other.

Then we got married.

Twelve years later Brian and CeeCee love life. They give thanks to God. "If someone showed me our life now and said this is how it would be I would've said 'No—that's more than what is even possible for a guy like me,'" he says. Each is continuing to grow to be more like Christ because of their spouse. This love is strong.

What To Do

Both members of the engaged couple are to do the following:

- 1) Review the Scriptures in this study each day.
- 2) Each week, memorize the verse that best describes what you need to change.
- 3) Complete the journal once each week, every week. Be complete. Evaluate your relationship by these Scriptures.
- 4) Review together or with an older couple who live by God's Word.

Engaged To Be Married Scriptures

Husband-To-Be

- Ephesians 5:25-26** Husbands, love your wives, just as Christ also loved the church, and gave himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word.
- 1 Peter 3:7** You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.
- 1 Timothy 5:8** But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.
- 1 Timothy 4:12** Let no one look down on your youthfulness, but rather in speech, conduct, love, faith, and purity, show yourself an example of those who believe.
- 1 Timothy 4:15** Take pains with these things; be absorbed in them, so that your progress will be evident to all.

Wife-To-Be

- Ephesians 5:22** Wives, *be subject* to your own husbands, as to the Lord.
- Genesis 2:18** Then the LORD God said, "It is not good for man to be alone; I will make him a helper suitable for him."
- Proverbs 31:11-12** The heart of her husband trusts in her,
And he will have no lack of gain.
She does him good and not evil all the days of her life.
- Proverbs 31:17** She girds herself with strength,
And makes her arms strong.
- Proverbs 31:20** She extends her hand to the poor,
And stretches her hands out to the needy.
- Proverbs 31:25-26** Strength and dignity are her clothing,
And she smiles at the future.
She opens her mouth in wisdom,
And the teaching of kindness is on her tongue.
- Ephesians 5:33** Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must *see to it* that she respects her husband.

Communication

Ephesians 4:29

Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.

Proverbs 15:28

The heart of the righteous ponders how to answer,
But the mouth of the wicked pours out evil things.

Proverbs 19:22

What is desirable in a man is his kindness,
And it is better to be a poor man than a liar.

Ministry of Sanctification

Romans 8:12 - 13

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

Colossians 1:28 - 29

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to His power, which mightily works within me.

Purity

Proverbs 17:3

The refining pot is for silver and the furnace for gold,
But the Lord tests hearts.

1 Corinthians 6:19 - 20

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

Love

1 Corinthians 13:5 - 6

Love...does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, does not rejoice in unrighteousness, but rejoices with the truth.

2 Corinthians 4:5

For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

1 John 4:10 - 11

In this is love, not that we loved God, but that He loved us and sent His Son *to be* the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.

Engaged To Be Married Journal

Day:
Date:

The ministry of man to woman

Questions for him:

- How did you lay down your life for her?
- How did you help her grow in sanctification?
- What did you do to live out the Word of God?
- How did you encourage your fiancé?
- How did you promote heart-level communication?

The ministry of woman to man

Questions for her:

- How did you support his leadership?
- How did you respect him?
- How did you serve and benefit him?
- What do you appreciate about your fiancé?
- How did you help him grow in obeying God?

Walking with God

What we each did in studying the Word of God

Progress made in change toward holiness

Changes we must each make to become more like Christ

A detailed description of the actions of physical sin or purity

How we loved each other, by the Bible's definition of love

Biggest need for improvement for each of us in defeating sin and obeying God

Fear

Do you fear man?

Do you change what you do depending on what someone will say about it?
Are critical words from your parents or boss your biggest fear?
Is the love or acceptance of one certain person what you want most of all?
Is your silence about the Gospel the result of fear of personal rejection?

The Bible has the answers to the fear of man.

Do you fear other things?

Is your fear of the darkness overwhelming?
Does fear of death dominate your thinking?
Do you despair when you think a physical ailment may not end?
Are you primarily motivated by a fear of failure?

Do you fear God?

Have you forgotten that He is Almighty, Eternal and the Creator of all things?
Do you regularly offer worship and praise to Him?
When you fear His discipline do you turn from sin?
Do you view today based on the fact that one day you will see God face to face?

A right view of God reduces other fears.

Do you trust God?

Do you take courage because Jesus overcame the world?
Are you confident He won't allow you to be tempted beyond your ability?
Is His grace enough help for you today?
Do you fear He won't bring you safely to heaven?

Do you love God?

Do you seek the approval of men rather than striving only to please God?
Is your heart focused on what Jesus did on the cross for you?
Are you thankful for hard times because in them you can best prove your faith?
Do you work hard to give love back to God, who has loved you so much?

Do you underestimate His love for you?

Do you believe that He will cause all things to work together for your good?
Have you forgotten that He knows your thoughts and desires and still chooses to strengthen and protect you?
Do you ask confidently for His mercy and grace to help in the storms of life?

Perfect love casts out fear.

What To Do

- 1) Study one section of this collection of Bible verses each day. As you do, answer the first question in the fear journal.
- 2) At the end of the day complete the balance of the journal. Continue this daily process until your fears are reduced.

Your biggest fears can be replaced by fearing God, knowing His love, and trusting Him.

Overcoming Fear With Scripture

- (1)
- Hebrews 13:5-6** He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "The Lord is my helper, I will not be afraid. WHAT WILL MAN DO TO ME?"
- Luke 12:4 - 5** I say to you, My friends, do not be afraid of those who kill the body and after that have no more that they can do. But I will warn you whom to fear: fear the One who, after He has killed, has authority to cast into hell; yes, I tell you, fear Him!
- 1 John 4:8** The one who does not love does not know God, for God is love.
- (2)
- Philippians 2:12** So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling.
- Hebrews 7:25** Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.
- Galatians 1:10** For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.
- (3)
- John 16:33** These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.
- Psalms 139:1-2** O Lord, You have searched me and known *me*.
You know when I sit down and when I rise up;
You understand my thought from afar.
- 1 Corinthians 10:13** No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.
- (4)
- Revelation 2:4-5** But I have *this* against you, that you have left your first love. Therefore remember from where you have fallen, and repent and do the deeds you did at first.
- James 1:25** But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.
- 1 Peter 2:17** Honor all people, love the brotherhood, fear God, honor the king.

- (5)
- 1 John 4:18** There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.
- Hebrews 11:24-27** By faith Moses, when he had grown up, refused to be called the son of Pharaoh's daughter, choosing rather to endure ill-treatment with the people of God than to enjoy the passing pleasures of sin, considering the reproach of Christ greater riches than the treasures of Egypt; for he was looking to the reward. By faith he left Egypt, not fearing the wrath of the king; for he endured, as seeing Him who is unseen.
- Genesis 50:20** As for you, you meant evil against me, *but* God meant it for good.
- (6)
- John 15:18-19** If the world hates you, you know that it has hated Me before *it hated* you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you.
- 1 Peter 1:6-7** In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ.
- 1 Peter 3:6** Just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.
- (7)
- Galatians 2:20** I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.
- 1 John 1:9** If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.
- Romans 5:1-2** Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.
- (8)
- 1 Peter 1:17** And if you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay *on earth*.
- Philippians 1:28-29** (Be) in no way alarmed by *your* opponents—which is a sign of destruction for them, but of salvation for you, and that *too*, from God. For to you it has been granted for Christ's sake, not only to believe in Him, but also to suffer for His sake.

Fear Journal

Day:
Date:

John 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Hebrews 13:5-6 He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?"

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.

How the Scriptures in the Overcoming Fear study address issues in my life

Today's primary occasion when I was tempted to fear

What truths about God answer my fear?

What specific Bible verses address that matter?

What I chose to think about God and about my fear

The feelings that resulted from my decision

Prayer

Give thanks for specific aspects of God's love repent if you choose to fear today (Proverb 28.13)

Request God's help for tomorrow (Hebrew 4.15-16)

Food, Weight, and The Scriptures

Debbie was in her thirties and weighed about 25 pounds more than she wanted to. For years, she had been on diets, exercise programs or eating plans. Debbie had sometimes lost as many as 12 pounds but always gained them back. She would eat excessively for periods of a few days or a few weeks, usually connected to busy times, fears, holidays, or conflicts in her home. Debbie saw herself as a failure. She loved God. She was involved in ministry. By His grace she'd overcome many sins. Why not this one?

Caitlyn excelled in school. This girl was active. Working hard came naturally. She believed in the Gospel and loved Jesus Christ. Her parents paid a lot more attention to her disobedient sisters whom they considered to be more attractive. Mom and Dad knew Caitlyn was doing fine without their help. At the age of 16, Caitlyn lost 20 pounds. She set her mind to it and she did it. Life changed. Boys talked to her. Girls commented on her clothes. Her mom and dad noticed, too. When she was 18, Caitlyn wasn't sure if she was a Christian. She had developed a long-term habit pattern of purging. All day she meticulously counted fat grams and ate extremely healthy foods. Then at 10pm she would eat lots of the foods she loved and then force herself to vomit. "I can't stop. I hate myself. God must hate me. I don't know what to do," she thought.

Steve loved food. He didn't overeat, but his mind was always on the next meal. Five minutes after enjoying lunch, his thoughts turned to dinner: "What will I eat? How will I prepare it? Should I get special spices or fruit from the store?" Friends knew this man as an active Christian who was kind but quiet. They would be surprised to know that 90% of Steve's thoughts were focused on food.

Diane had lost her son after his eighth surgery. Within a year of the memorial service her husband moved away and filed for divorce. Six years of excessive eating later, she weighed 285. She turned to the pleasure of tasty foods to forget, for a few minutes, the pain of her losses. She always ate alone, checking to see if anyone was watching her when she was ordering an extra meal from the drive-thru. Now she can't even finish eating without a new anguish- the self hate for being so out-of-control.

Besides all being friends of mine, what else did these believers have in common?

Each one thought about food... a lot.

Also, some aspect of food was the way they measured the value of each day.

Have you ever been there?

Me too.

What does the Bible say about these topics?

According to the truths of God's Word, what are the answers? What are the questions?

For each of us, the start of change was replacing the mind dominating thoughts about food, weight, eating or appearance with thinking about obeying God. "How can I serve others?" "How can I live in a way that is honoring to God?" And "What does the Word say about this event in my life?" became common ideas. The day was measured in a new way, by how we loved (obeyed) Him.

Also, a big part of the process was learning what the Bible says about the body and food. Doing so shifted obsessions with personal achievement, attention from others, being thin, personal pleasure or escaping to the goals of obeying God and being thankful. God was glorified in our changes and actions.

What to Do

- 1) Carefully study one of the three sections of Scripture daily.
- 2) Memorize a new Bible verse from this list each week. Review all memorized Scripture 3 times per day.
- 3) Do the journal every day until, by God's grace, your life pattern is to honor Him in your motives, eating, thinking and actions.

Bible Verses about Food, the Body, and Motives

Food

Matthew 4:1-4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry. And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread." But He answered and said, "It is written, 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD'."

Philippians 3:17-19

Brethren, join in following my example, and observe those who walk according to the pattern you have in us. For many walk, of whom I often told you, and now tell you even weeping, *that they are* enemies of the cross of Christ, whose end is destruction, whose god is *their* appetite, and *whose* glory is in their shame, who set their minds on earthly things.

1 Corinthians 6:12-13

All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything. Food is for the stomach and the stomach is for food, but God will do away with both of them. Yet the body is not for immorality, but for the Lord, and the Lord is for the body.

Proverbs 15:17

Better is a dish of vegetables where love is
Than a fattened ox *served* with hatred.

John 6:26-29

Jesus answered them and said, Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled. Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal. Therefore they said to Him, What shall we do, so that we may work the works of God? Jesus answered and said to them, This is the work of God, that you believe in Him whom He has sent.

Matthew 6:31-33

Do not worry then, saying, What will we eat? or What will we drink? Or what will we wear for clothing? For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

1 Timothy 6:7-8

For we have brought nothing into the world, so we cannot take anything out of it either. If we have food and covering, with these we shall be content.

The Body

- Romans 12:1** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship.
- 1 Corinthians 6:19-20** Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.
- Galatians 2:20** I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.
- 1 Timothy 4:7-8** On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.
- Luke 12:22-23, 34** And He said to His disciples, "For this reason I say to you, do not worry about *your* life, *as to* what you will eat; nor for your body, *as to* what you will put on. For life is more than food, and the body more than clothing."
- Romans 14:19-21** So then we pursue the things which make for peace and the building up of one another. Do not tear down the work of God for the sake of food. All things indeed are clean, but they are evil for the man who eats and gives offense. It is good not to eat meat or to drink wine, or *to do anything* by which your brother stumbles.
- Proverbs 14:30** A tranquil heart is life to the body,
But passion is rotteness to the bones.
- Philippians 1:20-21** According to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.
- Philippians 3:20-4:1** For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself. Therefore, my beloved brethren whom I long *to see*, my joy and crown, in this way stand firm in the Lord, my beloved.

Motives (The Purposes in my Heart)

- Romans 14:22-23** The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves. But he who doubts is condemned if he eats, because *his eating is* not from faith; and whatever is not from faith is sin.
- John 4:34** Jesus said to them, "My food is to do the will of Him who sent Me and to accomplish His work."
- Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.
- 1 John 2:15-17** Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and *also* its lusts; but the one who does the will of God lives forever.
- 2 Corinthians 12:9-10** To another faith by the same Spirit, and to another gifts of healing by the one Spirit, and to another the effecting of miracles, and to another prophecy, and to another the distinguishing of spirits, to another *various* kinds of tongues, and to another the interpretation of tongues.
- 1 Corinthians 8:13** Therefore, if food causes my brother to stumble, I will never eat meat again, so that I will not cause my brother to stumble.
- Philippians 4:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.
- Luke 17:7-10** But which of you, having a slave plowing or tending sheep, will say to him when he has come in from the field, "Come immediately and sit down to eat?" But will he not say to him, "Prepare something for me to eat, and *properly* clothe yourself and serve me while I eat and drink; and afterward you may eat and drink?" He does not thank the slave because he did the things which were commanded, does he? So you too, when you do all the things which are commanded you, say, "We are unworthy slaves; we have done *only* that which we ought to have done."
- Matthew 5:6** Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Journal of Thoughts, Eating, and Motives

Day:
Date:

Food and Beverages Consumed

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

9

10

After 10

Did I eat too much or too little? Why?

Today's important circumstances

How I responded to them (thoughts, actions, motives)

My most frequent thoughts today

My thoughts and feelings before, during, and after eating

Why did I eat what I ate?

What Scripture addresses my motives

Thoughts and desires that focused on obeying and loving god

Occasions today when I did what I did to please and obey the Lord

Prayer

Give thanks (1 Thessalonians 5:18)

Confess and repent of sin (Proverbs 28:13)

Pour out my heart to God (Psalm 62:8)

Remembering God's Forgiveness

Colossians 2:13-14 vividly describes forgiveness of sin through Jesus Christ: "When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross."

For all who believe, the legal pronouncement of justification is complete. The destiny of future glory is secure: Romans 5:1 - 2 "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God."

The price that Jesus paid for sin was extreme: Isaiah 53:4 - 5 "Surely our griefs He Himself bore, And our sorrows He carried; Yet we ourselves esteemed Him stricken, Smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being *fell* upon Him, And by His scourging we are healed."

Despite all that, many Christians struggle with wrong thinking about sins that God has already forgiven. This may bring hurt, sadness, self-focus or discouragement.

For some, these are sins that occurred prior to their salvation. These believers spend time frequently regretting or resenting their own sins of long ago. Some are so burdened by these thoughts that they sin against God now. One eats or buys excessively to obscure the pain through pleasure. Another drinks excessively or watches lots of sports or movies to escape. But the next day, the same burden is still there.

Others think about sins committed since coming to Christ. They have confessed these sins to God and man and have repented. Restoration to full fellowship with the Father has occurred. Yet they think incorrectly about those sins. Some say, "God has forgiven me, but I can't forgive myself." Others lament that they have not been forgiven by people. Some respond by trying to achieve great accomplishments by human strength to atone for their sin. Or they choose to be depressed because they did not surpass the righteousness of others or are not loved by people.

What incorrect thoughts, actions, and feelings have accompanied your remembrances of past sins that have been forgiven? There is hope for you, my friend. The Word of God holds all you need to overcome this difficulty. Return to the cross. Observe Jesus' faithfulness to obey the Father. Trade the pride that focuses on self for worship that fixes its gaze on Him.

This journal is designed to point you back to Jesus Christ. Viewing forgiven sins against the backdrop of the Savior at Calvary will enable the transition from wrong thinking and the resulting problems to thankfulness, peace, and joy.

What To Do

- 1) Each day read through a portion of the following Scriptures.
- 2) At the end of the day, complete the journal. Record the truth in each space.
- 3) Continue this process until remembering God's forgiveness is your normal pattern of thinking.

Remembering God's Forgiveness Scripture

The Cross and Forgiveness

Titus 3:3-7

For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our Savior and *His* love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to *the* hope of eternal life.

Romans 6:3-6

Or do you not know that all of us who have been baptized into Christ Jesus have been baptized into His death? Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life. For if we have become united with *Him* in the likeness of His death, certainly we shall also be *in the likeness* of His resurrection, knowing this, that our old self was crucified with *Him*, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.

1 Corinthians 15:1-5

Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve.

Regarding Sins Committed Prior to Salvation

Colossians 2:13-15

When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.

- Jeremiah 31:34** “They will not teach again, each man his neighbor and each man his brother, saying, ‘Know the LORD,’ for they will all know Me, from the least of them to the greatest of them,” declares the LORD, “for I will forgive their iniquity, and their sin I will remember no more.”
- Romans 8:1,3** Therefore there is now no condemnation for those who are in Christ Jesus. For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh.
- Psalms 103:10-12** He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.
For as high as the heavens are above the earth,
So great is His loving-kindness toward those who fear Him.
As far as the east is from the west,
So far has He removed our transgressions from us.
- Ephesians 2:1-5** And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved).
- Hebrews 2:10,14** For it was fitting for Him, for whom are all things, and through whom are all things, in bringing many sons to glory, to perfect the author of their salvation through sufferings. Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil.
- Colossians 1:13-14,21-22** For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins. And although you were formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach.
- Psalms 32:1** How blessed is he whose transgression is forgiven, whose sin is covered!
- 1 Corinthians 6:11** Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.

Regarding Sins Committed Since Faith in the Gospel

1 John 1:9, 2:1

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.

Hebrews 7:25

Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

1 Peter 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

Romans 5:1-2

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

Dealing with Sins Biblically

Revelation 3:19

Those whom I love, I reprove and discipline; therefore be zealous and repent.

Proverbs 28:13

He who conceals his transgressions will not prosper,
But he who confesses and forsakes *them* will find compassion.

Ephesians 4:22-24

That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Galatians 5:16-17, 24-25

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.

Hebrews 4:15-16

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we *are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Remembering God's Forgiveness Journal

Day:

Date:

Psalms 103:10-12

He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.
For as high as the heavens are above the earth,
So great is His loving-kindness toward those who fear Him.
As far as the east is from the west,
So far has He removed our transgressions from us.

Romans 8:1,3

Therefore there is now no condemnation for those who are in Christ Jesus. For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh,

Hebrews 7:25

Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

What forgiven sin was I tempted to remember today?

What I thought

What I felt

What Scripture says about God's view of that sin

My choices for how to deal with the memory of that forgiven sin

What I chose and what I did because of my choice

Prayer

If I did right: My thanks to God for His help and His forgiveness of my sin; my thanks to Jesus Christ for His willing death for my sin and his ongoing intercession; thanks for God's help; and thanks for His forgiveness of sin

Or

If I did wrong, deal with sin as the Word prescribes: Confess sin, repent from choosing to imagine guilt for sin He has forgiven, and ask for help to remember the truth of the Word about forgiveness

Forgiving Others

As Christians, we are commanded to forgive others as God has forgiven us. How has He forgiven us? He chooses to remember our sins no more (Isaiah 43:25, Jeremiah 31:34).

Because of pride, our tendency is toward holding on to thoughts about sins against us. Many Christians are angry, bitter or hurt because they continue to think about people who have sinned against them and also about the sins.

The reason to forgive others is that God has graciously and completely forgiven us (Ephesians 4:32). We are truly saved by grace. We have not, in any way, earned or deserved His forgiveness. We are cleansed through the blood of Christ.

Most of us have practiced remembering sins against us. Too often we have also sinned, by our own anger or bitterness. How can we choose to no longer remember sins against us?

Matthew 18:21-35 explains how to completely forgive others. Focus on how you have been forgiven for a lifetime of sins through the blood of Jesus Christ. To examine your own redemption changes your perception of the sins that have been committed against you. When my mind is on Jesus' sacrifice for my sins, the debt for my lifetime of sins seems like \$40 million. When I see my sins accurately, the most serious sin against me appears to be like a day's wage in comparison.

Think about Jesus Christ on the cross, paying the price for your sins. Isaiah 53:5 says, "He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed." Jesus willingly humbled Himself to redeem you. He was faithful to the end. He paid the extreme price for your sin by the greatest act of love ever. Your sin was so hideous that no lesser sacrifice could atone for it.

Also consider the completeness of God's forgiveness. 1 Peter 1:3-5 tells us, "According to His great mercy...through the resurrection of Jesus Christ...you...are protected by the power of God for a salvation ready to be revealed in the last time." It is certain that He will never hold your sins against you, believer.

If I am still struggling to forgive, I think about my most serious sins. When I do, I am ashamed. How could I have done that? How could I have thought that? Wretched man that I am! Yet Jesus paid the price for those sins. All of them. God has forgiven me. How amazing is His love!

By choosing to think about Jesus' sacrifice and God's forgiveness of my sins, I now have a right perspective. I am a sinner, completely forgiven by God's gift of grace at Jesus' expense. When I compare that to any sin by others against me, I can do nothing but forgive. My only desire for the one who sinned is that they be reconciled to God.

It has been an honor to know many believers who have forgiven those who sinned greatly against them. Each time, it was a work of God's grace through the Scriptures in the following study.

What To Do

- 1) Read through the "Forgiving Others" Scriptures each day.
- 2) Complete the "Forgiving Others" journal every day until the habit-pattern of your life is to completely forgive others who have sinned against you.

Forgiving Others Scripture

1 Corinthians 13:5

Love... does not take into account a wrong suffered

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

How God forgives:

Chooses to remember our sin no more, Jeremiah 31.34.

Removes it as far as the east is from the west, Psalm 103.12.

Forgives us for eternity through the blood of Christ, Hebrews 10.10-14.

Matthew 18:21-35

Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven. "For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. "When he had begun to settle *them*, one who owed him ten thousand talents was brought to him. "But since he did not have *the means* to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. "So the slave fell *to the ground* and prostrated himself before him, saying, 'Have patience with me and I will repay you everything.' "And the lord of that slave felt compassion and released him and forgave him the debt. "But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and *began* to choke *him*, saying, 'Pay back what you owe.' "So his fellow slave fell *to the ground* and *began* to plead with him, saying, 'Have patience with me and I will repay you.' "But he was unwilling and went and threw him in prison until he should pay back what was owed. "So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their lord all that had happened. "Then summoning him, his lord said to him, 'You wicked slave, I forgave you all that debt because you pleaded with me. 'Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' "And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. "My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart."

Luke 23:33-34

When they came to the place called The Skull, there they crucified Him and the criminals, one on the right and the other on the left. But Jesus was saying, "Father, forgive them; for they do not know what they are doing." And they cast lots, dividing up His garments among themselves.

Acts 7:58-60

When they had driven him out of the city, they *began* stoning *him*; and the witnesses laid aside their robes at the feet of a young man named Saul. They went on stoning Stephen as he called on *the Lord* and said, "Lord Jesus, receive my spirit!" Then falling on his knees, he cried out with a loud voice, "Lord, do not hold this sin against them!" Having said this, he fell asleep."

Matthew 6:14

For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.

Colossians 3:12-14

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things *put on* love, which is the perfect bond of unity.

1 Peter 4:8

Above all, keep fervent in your love for one another, because love covers a multitude of sins.

Forgiving Others Journal

Day:
Date:

Ephesians 4:32 *Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

1 Corinthians 13:5 *Love... does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered,*

Past sins or others that I was tempted to remember or hold against the one who sinned

How people sinned against me or others today

What I thought about these sins and those who committed them

What I felt

What I said or did

What Scripture tells me to think and do in response to those sins

Prayer

If I obeyed God and forgave as He forgives me: Thanks for His help to obey (John 15.9-11)

Or

If I did not forgive as God forgave me: Remember Jesus Christ paying the price for my forgiveness (Hebrews 10.10-14, John 3.16, Romans 5.1-2); Repent of not forgiving; choose to remember no more the sins against me (Matthew 18.21-35, Jeremiah 31.34); Trust in God's sufficient grace (2 Corinthians 12.9-10)

God is Love

The one who does not love does not know God, for God is love.
1 John 4:8

Can you be helped by this study and journal?

Any Christian can benefit from a detailed knowledge of God's extreme love. It brightens days, encourages hearts, comforts and leads to stronger faith.

Brothers and sisters who are hurting, suffering, sinned against, not well physically, persecuted, or alone: This study is for you. Understand the deep truths about what God's love is and what it isn't. Live your life in His sufficient love.

Married persons: Knowing God's perfect love fills your needs, enabling you to come to your spouse to give, not to get. You can love your mate selflessly because of God's love for you. Learn how to love by understanding how God loves. To live in God's love enables you to be patient, forgiving and kind.

Those who have been raised in homes without much love or with too much sin, anger and pain: Realize how different your Heavenly Father's love is from your earthly parents' actions. Also, find out what love is. Get to know God as your true friend.

New Christian: Grow in the Lord by learning about His love.

Leaders in ministry: Return to the intimacy with the Almighty that is sometimes lost. Remember the care and compassion of your God. Learn to love those under your care the way God loves you. Return to God as your refuge.

Christians between 12 and 20: Learn what real love is. Grow in your personal relationship with the Lord. Seek God above all else. Live in the peace that comes from His pure love.

Those in a lost world of never-ending lists of things to do, tasks to complete, or demands at work: Here is a different place to live -- in God's love. Finishing all your work isn't everything, nor is it the only thing, nor is it what matters most. Receive God's love. Learn to love Him and those He has put in your family with God's kind of love.

Are you nearing the end of your days on earth? Here you will find wonderful truth about the love of God. Go through this final season living in His love.

What to Do

- 1) Read through a section or two of the God is Love Scripture each day.
- 2) As you do, write your answer to the first entry of the journal.
- 3) Either at that time or later, fill out the rest of the page, considering the events of the past 24 hours.
- 4) May the Lord bless you in this fantastic time of getting to know His love deeply.

God is Love Scripture

Considering God's Love for His Children

...God is love.

1 John 4:8

1. God saved us

Ephesians 1:4-8

Just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished on us.

1 Peter 1:3

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

Ephesians 2:8-9

For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; not as a result of works, so that no one may boast.

2. God is our safe place to go during adversity

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

Psalms 62:8

Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us. *Selah.*

John 14:27

Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

3. The Lord protects us by maintaining our salvation

Hebrews 7:25

Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

1 Peter 1:4-5

To *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

John 10:27-29

My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. My Father, who has

given *them* to Me, is greater than all; and no one is able to snatch *them* out of the Father's hand.

4. God kindly gives us many generous blessings

James 1:17 Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

1 Corinthians 4:7 For who regards you as superior? What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it?

1 Timothy 6:17 Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy.

5. He teaches us how to think

Philippians 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

Colossians 3:1-4 Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

Romans 6:11 Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.

6. The Lord gives us all the help we need to obey Him

1 John 5:3-5 For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?

Romans 6:10,12,14 For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Therefore do not let sin reign in your mortal body so that you obey its lusts, For sin shall not be master over you, for you are not under law but under grace.

Philippians 1:6 *For I am* confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

7. Our God is intimately involved in our lives

1 Corinthians 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

1 Corinthians 15:10

But by the grace of God I am what I am.

Psalms 139:1-4

O Lord, You have searched me and known *me*.
You know when I sit down and when I rise up;
You understand my thought from afar. You scrutinize my path
and my lying down, And are intimately acquainted with all my
ways. Even before there is a word on my tongue, Behold, O
LORD, You know it all.

8. The Lord will take us to a great eternal home

Revelation 21:1-6

Then I saw a new heaven and a new earth; for the first heaven
and the first earth passed away, and there is no longer *any*
sea. And I saw the holy city, new Jerusalem, coming down out of
heaven from God, made ready as a bride adorned for her
husband. And I heard a loud voice from the throne, saying,
“Behold, the tabernacle of God is among men, and He will dwell
among them, and they shall be His people, and God Himself will
be among them, and He will wipe away every tear from their
eyes; and there will no longer be *any* death; there will no longer
be *any* mourning, or crying, or pain; the first things have passed
away.” And He who sits on the throne said, “Behold, I am making
all things new.” And He said, “Write, for these words are faithful
and true.” Then He said to me, “It is done. I am the Alpha and
the Omega, the beginning and the end. I will give to the one who
thirsts from the spring of the water of life without cost.

John 14:2-3

In My Father’s house are many dwelling places; if it were not so,
I would have told you; for I go to prepare a place for you. If I go
and prepare a place for you, I will come again and receive you to
Myself, that where I am, *there* you may be also.

Romans 8:18

For I consider that the sufferings of this present time are not
worthy to be compared with the glory that is to be revealed to
us.

9. The Almighty gives us strength, bold confidence and hope

Hebrews 3:5-6

Now Moses was faithful in all His house as a servant, for a
testimony of those things which were to be spoken later; but
Christ *was faithful* as a Son over His house—whose house we
are, if we hold fast our confidence and the boast of our hope firm
until the end.

Ephesians 6:10

Finally, be strong in the Lord and in the strength of His might.

Hebrews 12:1-2

Therefore, since we have so great a cloud of witnesses
surrounding us, let us also lay aside every encumbrance and the
sin which so easily entangles us, and let us run with endurance
the race that is set before us, fixing our eyes on Jesus, the
author and perfecter of faith, who for the joy set before Him
endured the cross, despising the shame, and has sat down at
the right hand of the throne of God.

God is Love Journal

Day:
Date:

1 John 4:8 ...God is love.

What I learned about God's love today

What these verses about God's love say about my life today

Because God's love is real, what will I think about my circumstances

How God's love changes my thinking about others, myself, and my circumstances

My thanks to God for His great love

What will I do because of God's love for me

Prayer
Confess and repent of sin (Revelation 3.19)

Or

Give thanks for God's help to abide in His love (John 15.10)

God is My True Companion

RJ had a hard life

Dad was cold and harsh
Mom didn't care— too busy in her own world
Uncle Hal was an abuser

RJ hides behind hair and nondescript oversized clothes
The hand often covers more of the face
Eyes often look downward

"No one knows me."
"No one cares." Well, it seems that way
"If I let them in, they may hurt me."

RJ knows the Gospel and believes
God's love is the one place of joy
A new life has started

But there is hurting here

Can life change? Yes.

RJ has a true companion
RJ trusts in God
Pours out the depths of the heart to Him
He is the safe refuge for RJ

Now RJ has a new family
Brothers and sisters in Christ
RJ lets them in
Because they know God's love also

Now I've seen RJ's eyes
They are bright and have joy
"My Lord knows me and cares about me"
"I show others the love of Christ"

RJ is growing in sanctification
God's love has changed another soul
The new life is flourishing
There is worship here

Is God your true companion? He can be.

What To Do

- 1) Read through one of the three sections of Scripture each day. Hear what the Lord is saying to you in these passages. Pray. Give thanks for His love.
- 2) Complete the journal daily until the Almighty God is your true companion.

God is My True Companion Scriptures

*Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.
Psalm 62:8*

Trusting God

Romans 5:3-4

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope.

Romans 5:5

And hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Psalm 139:11-12

If I say, "Surely the darkness will overwhelm me,
And the light around me will be night,"
Even the darkness is not dark to You,
And the night is as bright as the day.
Darkness and light are alike *to You*.

Hebrews 13:5-6

Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say,
"THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?"

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Psalm 119:9

How can a young man keep his way pure?
By keeping *it* according to Your word.

Pouring out my heart to God

Mark 1:35

In the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and was praying there.

2 Corinthians 1:3-4

Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

- Philippians 4:6-7** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
- Psalm 139:23-24** Search me, O God, and know my heart;
Try me and know my anxious thoughts;
And see if there be any hurtful way in me,
And lead me in the everlasting way.
- Proverbs 28:13** He who conceals his transgressions will not prosper,
But he who confesses and forsakes *them* will find compassion.
- Proverbs 16:2** All the ways of a man are clean in his own sight,
But the LORD weighs the motives.
- God is my refuge*
- Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.
- Psalm 119:71** It is good for me that I was afflicted,
That I may learn Your statutes.
- Psalm 119:93** I will never forget Your precepts,
For by them You have revived me.
- John 15:10-11** If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.
- 2 Timothy 4:16-17** At my first defense no one supported me, but all deserted me; may it not be counted against them. But the Lord stood with me and strengthened me, so that through me the proclamation might be fully accomplished, and that all the Gentiles might hear; and I was rescued out of the lion's mouth.
- Psalm 23:4** Even though I walk through the valley of the shadow of death,
I fear no evil, for You are with me;
Your rod and Your staff, they comfort me.
- Psalm 23:6** Surely goodness and loving kindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever.

God is My True Companion Journal

*Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.
Psalm 62:8*

Day:
Date:

Trusting God

Sins against me, my fears, and my unanswered questions

The pertinent promises from God's Word

Trusting and rejoicing in the love and faithfulness of my God

Pouring out my heart to God

My motives, purposes and desires (good and bad)

What I did to try to achieve my goals

Scripture that evaluates my motives

Prayer: Confess and repent of sin (Revelation 3.19); give thanks (1 Thessalonians 5.18); ask for strength (Ephesians 3.14-16)

God is my refuge

My thanks to Him for His great love, help and energy expended to strengthen and protect me today

Hard Times

Life is hard.

“In the world you have tribulation,” Jesus said.

What does the Bible say about what to think, what to want and what to do when life is hard? The answers are in this study.

What are your temptations to sin against God when times are rough?

So many things can be difficult.

You fail.

People don't love you.

Finances.

You are alone.

Physical pain.

The consequences of sin.

But there is hope in God.

If you choose to live by His Word, God will strengthen you.

If you fill your mind with His promises, you will be able to endure.

If you set your thoughts on obeying God, you will have joy even during hard times.

God has a purpose for you in this season of adversity.

He has a plan to cause this to work for your good.

This is the time to grow in your faith.

You can honor God by proving your faith.

Do you have the courage to live this day with the purpose of bringing honor to Him?

The Scriptures and journal on the following pages are designed to help you get the most out of this difficult time.

Be strong in the Lord, my friend.

This is your time to do things God's way.

It is your time to need His help.

If you do your part, the result will be knowing God more deeply than ever.

Believe that God's Word is true, His love is real and His grace is sufficient for you.

What To Do

- 1) Consider one of the following sections of essential Scriptures each day. Pray, committing yourself to live by them during the current trials.
- 2) Complete the Hard Times Journal every day until the pattern of your life is bringing glory to God during your hardships.

Bible Verses for Hard Times

(1)

Matthew 7:24-29

“Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall”. When Jesus had finished these words, the crowds were amazed at His teaching; for He was teaching them as *one* having authority, and not as their scribes.

James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

(2)

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

1 Timothy 4:12-16

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Until I come, give attention to the *public* reading of *Scripture*, to exhortation and teaching. Do not neglect the spiritual gift within you, which was bestowed on you through prophetic utterance with the laying on of hands by the presbytery. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all. Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you.

(3)

1 Peter 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to *obtain* an inheritance *which is* imperishable and

undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

1 Peter 5:8-11

Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen *and* establish you. To Him *be* dominion forever and ever. Amen.

(4)

1 Thessalonians 2:1-4

For you yourselves know, brethren, that our coming to you was not in vain, but after we had already suffered and been mistreated in Philippi, as you know, we had the boldness in our God to speak to you the gospel of God amid much opposition. For our exhortation does not *come* from error or impurity or by way of deceit; but just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men, but God who examines our hearts.

Colossians 3:1-4

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

(5)

1 Peter 2:18-25

Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable. For this *finds* favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer *for it* you patiently endure it, this *finds* favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting *Himself* to Him who judges righteously; and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

(6)

Philippians 1:20-21

...according to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.

1 Timothy 6:11-16

But flee from these things, you man of God, and pursue righteousness, godliness, faith, love, perseverance *and* gentleness. Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses. I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who testified the good confession before Pontius Pilate, that you keep the commandment without stain or reproach until the appearing of our Lord Jesus Christ, which He will bring about at the proper time—He who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone possesses immortality and dwells in unapproachable light, whom no man has seen or can see. To Him *be* honor and eternal dominion! Amen.

(7)

Romans 5:1-5

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

John 15:18-21

If the world hates you, you know that it has hated Me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you. Remember the word that I said to you, 'A slave is not greater than his master.' If they persecuted Me, they will also persecute you; if they kept My word, they will keep yours also. But all these things they will do to you for My name's sake, because they do not know the One who sent Me.

2 Corinthians 12:9-10

And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

Hard Times Journal

Day:
Date:

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

The most difficult time of this day

Why it was hard

What I thought about most today

What is true about God's love

What Scripture showed what to think and do

Who I lived for

What proves it

Prayer

Thanks for grace to live by faith

Confess / repent of sin

Request strength for tomorrow

Heart

In the Bible, "heart" refers to the will – the desire behind the words or the motive behind the action. The heart can focus on loving, serving and obeying God, or on opposing desires (the honor of self, pursued in desires such as pleasure, satisfaction or achievement). The heart can please the Lord by being thankful, believing God's promises, and worshipping Him. Or it can be angry, complaining and bitter.

What is God looking for when He searches your heart?

Jesus told us. In John 14:21 He said, "He who has My commandments and keeps them, is the one who loves me."

To obey Him is to love Him. How have you obeyed His commands this week? How have you disobeyed Christ? How deep is your love?

2 Chronicles 16:9 says that "The eyes of the Lord move to and fro throughout the earth." He's searching the hearts of all people. What is He looking for? He seeks hearts that "are completely His." What does He find as He examines your heart today?

For the one who is obeying Jesus' commands there is great news. 2 Chronicles 16:9 goes on to say that the Lord *strongly supports* those whose heart is completely His. John 14:21 says that the one who keeps Jesus' commands, "will be loved by my Father, and I will love Him and will disclose Myself to Him."

Will you pursue developing a heart that truly loves (obeys) Him?
If so, this study and journal are for you.

What to Do

- 1) Study one section of Scriptures from the following collection each day. Think about these Bible verses in regard to the choices of your heart as the day unfolds. Ask for God's help to obey commands of Jesus Christ.
- 2) Late in your day, go through the journal with the Lord. Be honest. Write in each section. Conclude with prayer. May God strengthen you to truly love Jesus.

Heart Scriptures

(1)

John 14:21 He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

2 Corinthians 5:9 Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him.

John 6:38 For I have come down from heaven, not to do My own will, but the will of Him who sent Me.

Psalms 119:2 How blessed are those who observe His testimonies,
Who seek Him with all *their* heart.

(2)

1 John 2:15-17 Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and *also* its lusts; but the one who does the will of God lives forever.

Luke 6:46 Why do you call Me, "Lord, Lord," and do not do what I say?

2 Chronicles 16:9 For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His.

Proverbs 16:5 Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished.

(3)

1 Thessalonians 5:18 In everything give thanks; for this is God's will for you in Christ Jesus.

Romans 12:1-2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

John 13:34 A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.

(4)

Proverbs 27:19

As in water face *reflects* face,
So the heart of man *reflects* man.

Matthew 7:24-27

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

1 Samuel 16:7

For God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart.

1 Peter 1:22

Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.

(5)

Proverbs 23:17

Do not let your heart envy sinners,
But *live* in the fear of the LORD always.

Romans 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.

Hebrews 12:1-3

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

(6)

Proverbs 23:12

Apply your heart to discipline
And your ears to words of knowledge.

1 Timothy 1:5

But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith.

Philippians 1:21

For to me, to live is Christ and to die is gain.

	(7)
Proverbs 28:26	He who trusts in his own heart is a fool, But he who walks wisely will be delivered.
Ephesians 4:31	Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
Galatians 5:17	For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.
	(8)
Colossians 3:23	Whatever you do, do your work heartily, as for the Lord rather than for men.
2 Corinthians 13:5	Test yourselves <i>to see</i> if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?
Psalms 139:23-24	Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.
	(9)
Matthew 5:6	Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
John 12:27-28	“Now My soul has become troubled; and what shall I say, ‘Father, save Me from this hour?’ But for this purpose I came to this hour. Father, glorify Your name.”
Romans 14:7	For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord’s. For to this end Christ died and lived again, that He might be Lord both of the dead and of the living.
	(10)
Proverbs 15:9	The way of the wicked is an abomination to the LORD, But He loves one who pursues righteousness.
Luke 8:21	But He answered and said to them, “My mother and My brothers are these who hear the word of God and do it.”
Galatians 1:10	For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

Heart Journal

Day:
Date:

John 14:21

He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

2 Chronicles 16:9

For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His.

The motives of my heart

What I wanted most today

How I reasoned in my mind (my thoughts about my desires)

What I did to accomplish my goal

Scripture that analyzes my motives

What I needed to think and do to obey Jesus Christ

Prayer

Confess and repent of sin (Proverbs 28:13)

Or

Give thanks for God's help in obeying Him at the heart level (Ephesians 2.10)

Humility

Who is God?

What has He chosen to reveal about Himself?

How does His identity impact how you live today?

“Wait a minute,” you might say. “I’m a Christian. I believe the Gospel. And I really enjoy times of worshipping God at church or sometimes in my personal Bible studies.”

Good.

You’re the type of person this study and journal are made for.

Are you interested?

“What will happen if I do the study and journal?” you ask.

You will be challenged to grow.

The process described below will take you to great truths from the Word of God. Each day you will consider, in detail, who God is and what is true about Him. You will also see who you are.

It is a bold comparison. The eternal truths about our God and about ourselves cause humility.

There is no place for pride when I compare myself with the Almighty.

Being humbled by the Scriptures in this study has changed me. God seems greater. I long to obey Him more. Problems shrink as I see God more accurately. Love for God and others replaces selfishness. I hate my sins more. Knowing His grace better; I rejoice in it. By His grace there is growth in humility.

If your soul hungers for such a transformation, this study and journal are for you.

What to Do

- 1) Read one of the sections of Scriptures in this study daily. Fill in the top of the journal page (“Who God is and what is true about Him,” “Who I am and who I should become,” and “Worship.”). Write down each and every truth about God (Father, Son, and Holy Spirit) that is revealed in the Bible verses of the day. Also record everything revealed about who you are and who you should be. Worship your Lord based on today’s verses.
- 2) Near the end of the day, complete the rest of the journal. Take sufficient time to evaluate each item from the depth of your soul. After every 11 days, start with Section 1 again. Complete a blank journal every day.
- 3) May the truth of God’s Word about who God is and who you are transform your heart and cause change in you! Live a humble life, my friend, for the Glory of the Almighty.

Humility Scriptures

Humility is knowing who God is and who I am and living accordingly.

(1)

James 4:13-17

Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit." Yet you do not know what your life will be like tomorrow. You are *just* a vapor that appears for a little while and then vanishes away. Instead, *you ought* to say, "If the Lord wills, we will live and also do this or that." But as it is, you boast in your arrogance; all such boasting is evil. Therefore, to one who knows *the* right thing to do and does not do it, to him it is sin.

John 12:27-28

"Now My soul has become troubled; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. Father, glorify Your name."

(2)

Hebrews 12:5-12

And you have forgotten the exhortation which is addressed to you as sons, "My son, do not regard lightly the discipline of the Lord, Nor faint when you are reprov'd by Him; For those whom the Lord loves He disciplines, AND HE SCOURGES EVERY SON WHOM HE RECEIVES." It is for discipline that you endure; God deals with you as with sons; for what son is there whom *his* father does not discipline? ...He *disciplines us* for *our* good, so that we may share His holiness. All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

Philemon 1:20-21

Yes, brother, let me benefit from you in the Lord; refresh my heart in Christ. Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.

(3)

John 1:1-4

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the Light of men.

Romans 3:23-27

For all have sinned and fall short of the glory of God, being justified as a gift by His grace through the redemption which is in Christ Jesus; whom God displayed publicly as a propitiation in

His blood through faith. *This was* to demonstrate His righteousness, because in the forbearance of God He passed over the sins previously committed; for the demonstration, *I say*, of His righteousness at the present time, so that He would be just and the justifier of the one who has faith in Jesus. Where then is boasting? It is excluded. By what kind of law? Of works? No, but by a law of faith.

(4)

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

James 3:13-18

Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural, demonic. For where jealousy and selfish ambition exist, there is disorder and every evil thing. But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. And the seed whose fruit is righteousness is sown in peace by those who make peace.

(5)

Hebrews 12:1-4

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart. You have not yet resisted to the point of shedding blood in your striving against sin.

Philippians 1:20-21

according to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death.
For to me, to live is Christ and to die is gain.

(6)

1 Peter 2:13-17

Submit yourselves for the Lord's sake to every human institution, whether to a king as the one in authority, or to governors as sent by him for the punishment of evildoers and the praise of those who do right. For such is the will of God that by doing right you may silence the ignorance of foolish men. *Act* as free men, and

do not use your freedom as a covering for evil, but *use it* as bond-slaves of God. Honor all people, love the brotherhood, fear God, honor the king.

Colossians 3:1-4

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

(7)

Revelation 21:1-7

Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and there is no longer *any* sea. And I saw the holy city, New Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband. And I heard a loud voice from the throne, saying, "Behold, the tabernacle of God is among men, and He will dwell among them, and they shall be His people, and God Himself will be among them, and He will wipe away every tear from their eyes; and there will no longer be *any* death; there will no longer be *any* mourning, or crying, or pain; the first things have passed away." And He who sits on the throne said, "Behold, I am making all things new." And He said, "Write, for these words are faithful and true." Then He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost. He who overcomes will inherit these things, and I will be his God and he will be My son."

John 13:1,5,12-17

Now before the Feast of the Passover, Jesus knowing that His hour had come that He would depart out of this world to the Father, having loved His own who were in the world, He loved them to the end. Then He poured water into the basin, and began to wash the disciples' feet and to wipe them with the towel with which He was girded. So when He had washed their feet, and taken His garments and reclined *at the table* again, He said to them, "Do you know what I have done to you? "You call Me Teacher and Lord; and you are right, for so I am. If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. For I gave you an example that you also should do as I did to you. Truly, truly, I say to you, a slave is not greater than his master, nor *is* one who is sent greater than the one who sent him. If you know these things, you are blessed if you do them."

(8)

Acts 4:24, 27-31

And when they heard *this*, they lifted their voices to God with one accord and said, "O Lord, it is You who MADE THE HEAVEN AND THE EARTH AND THE SEA, AND ALL THAT IS IN THEM, "For truly in this city there were gathered together against Your holy servant

Jesus, whom You anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, to do whatever Your hand and Your purpose predestined to occur. And now, Lord, take note of their threats, and grant that Your bond-servants may speak Your word with all confidence, while You extend Your hand to heal, and signs and wonders take place through the name of Your holy servant Jesus.” And when they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit and *began* to speak the word of God with boldness.

2 Corinthians 12:9-10

And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.

(9)

Revelation 20:11-15

Then I saw a great white throne and Him who sat upon it, from whose presence earth and heaven fled away, and no place was found for them.

And I saw the dead, the great and the small, standing before the throne, and books were opened; and another book was opened, which is *the book* of life; and the dead were judged from the things which were written in the books, according to their deeds. And the sea gave up the dead which were in it, and death and Hades gave up the dead which were in them; and they were judged, every one *of them* according to their deeds. Then death and Hades were thrown into the lake of fire. This is the second death, the lake of fire. And if anyone’s name was not found written in the book of life, he was thrown into the lake of fire.

Hebrews 11:1-3, 6

Now faith is the assurance of *things* hoped for, the conviction of things not seen. For by it the men of old gained approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was not made out of things which are visible. And without faith it is impossible to please *Him*, for he who comes to God must believe that He is and *that* He is a rewarder of those who seek Him.

(10)

1 John 5:1-5

Whoever believes that Jesus is the Christ is born of God, and whoever loves the Father loves the *child* born of Him. By this we know that we love the children of God, when we love God and observe His commandments. For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?

2 Corinthians 4:5

For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

Philippians 3:7-10

But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, and may be found in Him, not having a righteousness of my own derived from *the* Law, but that which is through faith in Christ, the righteousness which *comes* from God on the basis of faith, that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death.

(11)

Luke 17:5-10

The apostles said to the Lord, "Increase our faith!" And the Lord said, "If you had faith like a mustard seed, you would say to this mulberry tree, 'Be uprooted and be planted in the sea'; and it would obey you. But which of you, having a slave plowing or tending sheep, will say to him when he has come in from the field, 'Come immediately and sit down to eat'? But will he not say to him, 'Prepare something for me to eat, and *properly* clothe yourself and serve me while I eat and drink; and afterward you may eat and drink'? He does not thank the slave because he did the things which were commanded, does he? So you too, when you do all the things which are commanded you, say, 'We are unworthy slaves; we have done *only* that which we ought to have done.'"

Philippians 2:5-11

Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, *and* being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

(12)

Matthew 7:1-5

Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, "Let me take the speck

out of your eye.” and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

(13)

Hebrews 11:12-16

Therefore there was born even of one man, and him as good as dead at that, *as many descendants* AS THE STARS OF HEAVEN IN NUMBER, AND INNUMERABLE AS THE SAND WHICH IS BY THE SEASHORE. All these died in faith, without receiving the promises, but having seen them and having welcomed them from a distance, and having confessed that they were strangers and exiles on the earth. For those who say such things make it clear that they are seeking a country of their own. And indeed if they had been thinking of that *country* from which they went out, they would have had opportunity to return. But as it is, they desire a better *country*, that is, a heavenly one. Therefore God is not ashamed to be called their God; for He has prepared a city for them.

Luke 18:9-14

And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and was praying this to himself: ‘God, I thank you that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. ‘I fast twice a week; I pay tithes of all that I get.’ But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, ‘God, be merciful to me, the sinner!’ I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”

(14)

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

1 Timothy 4:12-16

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Until I come, give attention to the *public* reading of *Scripture*, to exhortation and teaching. Do not neglect the spiritual gift within you, which was bestowed on you through

prophetic utterance with the laying on of hands by the presbytery. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all.

Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you.

Matthew 5:6-10

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

(15)

1 Peter 2:18-25

Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable. For this *finds* favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer *for it* you patiently endure it, this *finds* favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting *Himself* to Him who judges righteously; and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

1 Timothy 4:7-9

On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come. It is a trustworthy statement deserving full acceptance.

Revelation 22:1-5

Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, in the middle of its street. On either side of the river was the tree of life, bearing twelve *kinds of* fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations. There will no longer be any curse; and the throne of God and of the Lamb will be in it, and His bond-servants will serve Him; they will see His face, and His name *will be* on their foreheads. And there will no longer be *any* night; and they will not have need of the light of a lamp nor the light of the sun, because the Lord God will illumine them; and they will reign forever and ever.

Humility Journal

Day:
Date:

Humility is knowing who God is and who I am and living life accordingly

Truths from today's section of the "Humility" Scriptures
Who God is and what is true about Him

Section#:

Who I am and who I should become

Worship

Honor God, worshipping Him and giving thanks for who He is

Application

Today's sins of pride (viewing myself too highly) and lack of humility (viewing God too lowly)

What I must think differently

Today's sins of disobedience

What I must do differently

Prayer of repentance and commitment to obeying the Almighty Lord

Prayer

Thanks for Christ's loving sacrifice for my sins

Rejoicing in my new life in Christ

Husband

God sets the highest of standards for husbands.

Husbands are to love their wives as Jesus Christ loved the church.

In this study and journal, you will have the opportunity to grow in loving your wife with Jesus' kind of love. Change is hard. Yet by God's grace it is possible.

Christian husbands are to lay down their lives for their wives because Jesus Christ laid down His life for the church. He suffered, was scourged and died on a cross as payment for sins.

But that was only part of His sacrifice. Every day Jesus refused temptations of all kinds. If He had sinned once He could not have redeemed anyone. His love included laying down His life every day by choosing obedience to the Father.

Similarly, each husband should be willing to suffer harm or death to protect his bride. But he can also lay down his life daily by obeying his heavenly Father. Doing so enables him to lead most effectively. It should be regarded as a privilege for you to so serve your wife.

Is your wife mature in faith and growing in righteousness because of your ministry to her?

Men who belong to God are to be involved in the ministry of the sanctification of their wives. Sanctification is growth in becoming more like Christ. It is the action of replacing sin with righteousness. Sanctification is increasing in holiness.

What must you do to be effective in increasing the sanctification of your wife? Know God's Word. Obey it. Keep her accountable to study and obey it. Know your wife. Help, lead, teach, confront encourage her. Be a patient and kind listener. Deal with sin biblically as a couple, (repent, confess sins to each other, forgive as God does). Help her to know your inner man so she can become a suitable helper who causes you to better obey the Scriptures. Strive together to have victory over sins. Love her by selflessly serving. Gently care for her. Pray. Challenge each other. Love her with fervent energy. Serve her in physical love. Give thanks for God's grace. Share truths and hope from the Word together. Establish the mutual goal of being transformed to the image of Christ as your life purpose.

What To Do

- 1) Review all the Scriptures in the Husband Study every day.
- 2) Memorize a verse from this list each week. Review all memorized verses daily.
- 3) Complete every section of the journal every day until, by God's grace and through His Word, you live Ephesians 5:25-26 as the habit pattern of your life.

Husband Study

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word

Ephesians 5:25-26

How can I love my wife better?

What must I do to lay down my life for her?

Philippians 2:3-4

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Proverbs 15:1

A gentle answer turns away wrath,
But a harsh word stirs up anger.

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

2 Corinthians 1:3-4

Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

1 Peter 1:22

Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.

1 Corinthians 7:3-5

The husband must fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

1 Peter 4:8

Above all, keep fervent in your love for one another, because love covers a multitude of sins.

Proverbs 5:15, 18-19

Drink water from your own cistern
And fresh water from your own well.
Let your fountain be blessed,
And rejoice in the wife of your youth.
As a loving hind and a graceful doe,
Let her breasts satisfy you at all times;
Be exhilarated always with her love.

Philippians 1:8

For God is my witness, how I long for you all with the affection of Christ Jesus.

What is sanctification? How can I be involved in my wife's sanctification?

1 Thessalonians 4:3

For this is the will of God, your sanctification; *that is*, that you abstain from sexual immorality.

1 Peter 2:1-3

Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord.

Romans 8:12-13

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

Ephesians 4:22-24

that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Galatians 6:1

Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.

Romans 6:10-13

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.

What is the role of the Word in changing toward holiness?

How can I make progress in this?

How can I help my wife grow in sanctification through the Scriptures?

John 17:17

Sanctify them in the truth; Your word is truth.

2 Timothy 3:16-17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

Psalms 119:9-11

How can a young man keep his way pure?
By keeping *it* according to Your word.
With all my heart I have sought You;
Do not let me wander from Your commandments.
Your word I have treasured in my heart,
That I may not sin against You.

Psalms 119:93

I will never forget Your precepts,
For by them You have revived me.

Psalms 1:1-3

How blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!
But his delight is in the law of the LORD,
And in His law he meditates day and night.
He will be like a tree *firmly* planted by streams of water,
Which yields its fruit in its season.
And its leaf does not wither;
And in whatever he does, he prospers.

Hebrews 4:12

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

James 1:25

But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.

Colossians 1:28-29

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to His power, which mightily works within me.

Husband Journal

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word.
Ephesians 5:25-26

Day:
Date:

My best opportunity to love my wife or to lay down my life for her

What I did and said

What I was specifically trying to accomplish

The result

How I helped my wife grow in sanctification today

What each of us did to study and obey God's Word today

Time and energy expended to understand my wife better

What I learned about her and how I can serve her better because I know this

Prayer:

If it was a time of being a doer of the Word, give thanks for God's mercy and help (1 Thes. 5.18, Heb. 4.15-16)

Or

Confess all sin that you committed against God and your wife
Repent (1 John 1.9, Prov. 28.13)

Jesus Christ

Jesus Christ's death on the cross is the basis of life for all who will be in heaven.
He is God.
His actions define love.
This universe is His creation.
Jesus is our example in resisting temptation, in trusting the Father while suffering and in enduring.
We can change because He is our Lord.
The victory of Jesus over sin gives us hope for all our temptations.
His resurrection gives us life with the Father.
Jesus graciously prepares an eternal home for those who believe in Him.

Pursue knowing Jesus Christ deeply.
Grow in bringing Him honor through your motives and actions.
Walk with Him.
Choose to live a life with the worship of Jesus Christ as your foundation.
Love Him by obeying His commands.

The Word of God shows us how to respond to Jesus Christ.
Live for His Glory.
Die to self.
Love as He loved.
Obey His words.
Grow in righteousness.
Live to serve others because that's what Jesus did.
Remember Him.
Do good works.
Proclaim the Gospel.

If you desire to grow in how you love Jesus Christ and how you live for Him, this study and journal will be of great help to you.

May your growth be pleasing to our Lord Jesus Christ.

What To Do

- 1) Each day, study one section of Scripture from "What the Bible reveals about Jesus Christ" and one section in "Scripture on our response to Jesus Christ."
- 2) Complete the accompanying journals daily.

What the Bible Reveals About Jesus Christ

Creator

John 1:3

All things came into being through Him, and apart from Him nothing came into being that has come into being

Colossians 3:16

Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God.

Hebrews 1:1-2

God, after He spoke long ago to the fathers in the prophets in many portions and in many ways, in these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world.

He is God

John 1:1-2

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God.

John 8:58

Jesus said to them, "Truly, truly, I say to you, before Abraham was born, I am."

Matthew 17:2-5

And He was transfigured before them; and His face shone like the sun, and His garments became white as light. And behold, Moses and Elijah appeared to them, talking with Him. And Peter answered and said to Jesus, "Lord, it is good for us to be here; if You wish, I will make three tabernacles here, one for You, and one for Moses, and one for Elijah." While he was still speaking, behold, a bright cloud overshadowed them; and behold, a voice out of the cloud, saying, "This is My beloved Son, with whom I am well-pleased; listen to Him!"

Matthew 27:50-53

And Jesus cried out again with a loud voice, and yielded up His spirit. And behold, the veil of the temple was torn in two from top to bottom; and the earth shook and the rocks were split. The tombs were opened, and many bodies of the saints who had fallen asleep were raised; and coming out of the tombs after His resurrection they entered the holy city and appeared to many.

He Became a Man

John 1:14

And the Word became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth.

Philippians 2:6-7

Who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself,

taking the form of a bond-servant, *and* being made in the likeness of men.

1 Timothy 3:16

By common confession, great is the mystery of godliness:
He who was revealed in the flesh,
Was vindicated in the Spirit,
Seen by angels,
Proclaimed among the nations,
Believed on in the world,
Taken up in glory.

Hebrews 1:3

And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power. When He had made purification of sins, He sat down at the right hand of the Majesty on high.

He Obeyed the Father, He Refused to Sin

John 4:34

Jesus said to them, My food is to do the will of Him who sent Me and to accomplish His work.

John 17:4

I glorified You on the earth, having accomplished the work which You have given Me to do.

Matthew 4:1-10

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry. And the tempter came and said to Him, If You are the Son of God, command that these stones become bread. But He answered and said, It is written, MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD. Then the devil took Him into the holy city and had Him stand on the pinnacle of the temple, and said to Him, If You are the Son of God, throw Yourself down; for it is written, HE WILL COMMAND HIS ANGELS CONCERNING YOU; AND ON *their* HANDS THEY WILL BEAR YOU UP, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE. Jesus said to him, On the other hand, it is written, YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST. Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory; and he said to Him, All these things I will give You, if You fall down and worship me. Then Jesus said to him, Go, Satan! For it is written, YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.

Hebrews 5:8-9

Although He was a Son, He learned obedience from the things which He suffered. And having been made perfect, He became to all those who obey Him the source of eternal salvation.

His Death

John 3:16

For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

Romans 5:8

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us

Isaiah 53:2-5,10-12

For He grew up before Him like a tender shoot,
And like a root out of parched ground;
He has no *stately* form or majesty
That we should look upon Him,
Nor appearance that we should be attracted to Him.
He was despised and forsaken of men,
A man of sorrows and acquainted with grief;
And like one from whom men hide their face
He was despised, and we did not esteem Him.
Surely our griefs He Himself bore,
And our sorrows He carried;
Yet we ourselves esteemed Him stricken,
Smitten of God, and afflicted.
But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being *fell* upon Him,
But the LORD was pleased
To crush Him, putting *Him* to grief;
If He would render Himself as a guilt offering,
He will see *His* offspring,
He will prolong *His* days,
And the good pleasure of the LORD will prosper in His hand.
As a result of the anguish of His soul,
He will see *it and* be satisfied;
By His knowledge the Righteous One,
My Servant, will justify the many,
As He will bear their iniquities.
Therefore, I will allot Him a portion with the great,
And He will divide the booty with the strong;
Because He poured out Himself to death,
And was numbered with the transgressors;
Yet He Himself bore the sin of many,
And interceded for the transgressors.

Psalms 22:14-18

I am poured out like water,
And all my bones are out of joint;
My heart is like wax;
It is melted within me.
My strength is dried up like a potsherd,
And my tongue cleaves to my jaws;
And You lay me in the dust of death.
For dogs have surrounded me;
A band of evildoers has encompassed me;
They pierced my hands and my feet.
I can count all my bones.
They look, they stare at me;
They divide my garments among them,
And for my clothing they cast lots.

Romans 6:10

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God.

His Resurrection

1 Corinthians 15:1-6

Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve. After that He appeared to more than five hundred brethren at one time, most of whom remain until now, but some have fallen asleep.

Romans 5:11-12

And not only this, but we also exult in God through our Lord Jesus Christ, through whom we have now received the reconciliation. Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned.

1 Corinthians 15:17-20

And if Christ has not been raised, your faith is worthless; you are still in your sins. Then those also who have fallen asleep in Christ have perished. If we have hoped in Christ in this life only, we are of all men most to be pitied. But now Christ has been raised from the dead, the first fruits of those who are asleep.

Jesus as Savior

Colossians 1:13-15

For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins. And He is the image of the invisible God, the firstborn of all creation.

Ephesians 1:4-7

Just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

John 1:4,12

In Him was life, and the life was the Light of men. But as many as received Him, to them He gave the right to become children of God, *even* to those who believe in His name.

John 8:24

Therefore I said to you that you will die in your sins; for unless you believe that I am *He*, you will die in your sins.

John 14:6

Jesus said to him, I am the way, and the truth, and the life; no one comes to the Father but through Me.

Romans 3:23-26

For all have sinned and fall short of the glory of God, being justified as a gift by His grace through the redemption which is in Christ Jesus; whom God displayed publicly as a propitiation in His blood through faith. *This was* to demonstrate His righteousness, because in the forbearance of God He passed

over the sins previously committed; for the demonstration, *I say*, of His righteousness at the present time, so that He would be just and the justifier of the one who has faith in Jesus.

His Love

John 15:13

Greater love has no one than this, that one lay down his life for his friends.

Romans 8:38-39

For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

John 10:11

I am the good shepherd; the good shepherd lays down His life for the sheep.

In Eternity Future

John 14:1-3

Do not let your heart be troubled; believe in God, believe also in Me. In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, *there* you may be also.

Revelation 4:12-14

Saying with a loud voice, Worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing. And every created thing which is in heaven and on the earth and under the earth and on the sea, and all things in them, I heard saying, To Him who sits on the throne, and to the Lamb, *be* blessing and honor and glory and dominion forever and ever. And the four living creatures kept saying, "Amen." And the elders fell down and worshiped.

Revelation 22:1-5

Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, in the middle of its street. On either side of the river was the tree of life, bearing twelve *kinds of* fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations. There will no longer be any curse; and the throne of God and of the Lamb will be in it, and His bond-servants will serve Him; they will see His face, and His name *will be* on their foreheads. And there will no longer be *any* night; and they will not have need of the light of a lamp nor the light of the sun, because the Lord God will illumine them; and they will reign forever and ever.

Scripture on My Response to Jesus Christ

Living For His Glory

Colossians 1:9-12

For this reason also, since the day we heard *of it*, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

2 Corinthians 5:14-15

For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.

1 Timothy 6:13-14

I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who testified the good confession before Pontius Pilate, that you keep the commandment without stain or reproach until the appearing of our Lord Jesus Christ.

Philippians 3:7, 10-12

But whatever things were gain to me, those things I have counted as loss for the sake of Christ. that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death; in order that I may attain to the resurrection from the dead. Not that I have already obtained *it* or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus.

1 Peter 1:6-9

In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.

Dying To Self

Matthew 16:24-26

Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it. For what will it profit a man if

he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.”

Romans 6:5-7

For if we have become united with *Him* in the likeness of His death, certainly we shall also be *in the likeness* of His resurrection, knowing this, that our old self was crucified with *Him*, in order that our body of sin might be done away with, so that we would no longer be slaves to sin; for he who has died is freed from sin.

Philippians 2:5-8

Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, *and* being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

1 Peter 2:19-21

For this *finds* favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer *for it* you patiently endure it, this *finds* favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps.

Love

John 13:34-35

A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.

1 John 3:16-18

We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth.

1 John 4:18-19

There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us.

Obedience

Matthew 12:50

For whoever does the will of My Father who is in heaven, he is My brother and sister and mother.

Luke 6:46

Why do you call Me, 'Lord, Lord,' and do not do what I say?

John 14:21

He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

Romans 6:10-12

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts.

Philippians 2:12-13

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for *His* good pleasure.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.

Help for Sanctification

Hebrews 2:18

For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.

1 John 5:3-5

For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?

Hebrews 4:15-16

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are, yet* without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Serve Others

Matthew 20:26-28

It is not this way among you, but whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your slave; just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

John 13:12-17

So when He had washed their feet, and taken His garments and reclined *at the table* again, He said to them, "Do you know what I have done to you? You call Me Teacher and Lord; and you are right, for so I am. If I then, the Lord and the Teacher, washed

your feet, you also ought to wash one another's feet. For I gave you an example that you also should do as I did to you. Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, you are blessed if you do them."

Colossians 1:28-29

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to His power, which mightily works within me.

Thinking About Him

Colossians 3:1-4

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

Philippians 3:12-14

Not that I have already obtained it, or have already become perfect, but I press on in order that I may lay hold of that for which also I was laid hold of by Jesus Christ. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead. I press on toward the goal for the prize of the upward call of God in Christ Jesus.

John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Hebrews 3:1-2

Therefore, holy brethren, partakers of a heavenly calling, consider Jesus, the Apostle and High Priest of our confession; He was faithful to Him who appointed Him, as Moses also was in all His house.

Hebrews 12:1-3

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

Good Works

Titus 3:5-8

He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to *the*

hope of eternal life. This is a trustworthy statement; and concerning these things I want you to speak confidently, so that those who have believed God will be careful to engage in good deeds. These things are good and profitable for men.

2 Thessalonians 2:16-17

Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace, comfort and strengthen your hearts in every good work and word.

2 Timothy 4:1-2

I solemnly charge *you* in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: preach the word; be ready in season *and* out of season; reprove, rebuke, exhort, with great patience and instruction.

Proclaiming Him

2 Timothy 1:7-9

For God has not given us a spirit of timidity, but of power and love and discipline. Therefore do not be ashamed of the testimony of our Lord or of me His prisoner, but join with *me* in suffering for the gospel according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity.

Matthew 28:18-20

And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

1 Thessalonians 2:1-6

For you yourselves know, brethren, that our coming to you was not in vain, but after we had already suffered and been mistreated in Philippi, as you know, we had the boldness in our God to speak to you the gospel of God amid much opposition. For our exhortation does not *come* from error or impurity or by way of deceit; but just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men, but God who examines our hearts. For we never came with flattering speech, as you know, nor with a pretext for greed—God is witness— nor did we seek glory from men, either from you or from others, even though as apostles of Christ we might have asserted our authority.

2 Timothy 4:1-2

I solemnly charge *you* in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: preach the word; be ready in season *and* out of season; reprove, rebuke, exhort, with great patience and instruction.

Journal: Fixing My Eyes On Jesus

Day:
Date:

What I learned about Jesus in "What the Bible Reveals About Jesus Christ" today

My praise, worship and thanks to Jesus Christ

What I thought about Him as I went through my day

What I learned in "Scripture on My Response to Jesus Christ"

Who I lived for today; What actions prove this

Energy I expended to obey or proclaim Him

Prayer
Confess and repent of sin (Psalm 52:1-4)

Give thanks for Jesus' help to obey (Hebrews 2:18)

The Life of a Young Christian

The life of a young Christian has been described this way:

There is joy in knowing Jesus as your Lord and Savior.
You believe He died on the cross to pay the price for your sins.
The goal of your life is to obey Him as your Lord.
You rejoice in His love.
You know for sure you will be with the Father in heaven forever.
You are thankful for Jesus' love and faithfulness by obeying the Father to the end of His life on the Cross.
Now you are ready to grow in this new life.

Are you a new believer, a young person who is a Christian, or a person of any age who desires to grow in their faith?

If so, this study and journal can be of benefit to you.

The Scriptures in this study will help you increase in faith.

Doing the journal every day will make it easier to see how truths from the Bible connect to your life.

God will help you develop a way of thinking that is more like His.

Progress in Him will be a source of joy.

You will be able to increase in obeying Him.

How you see yourself, God, other people, the world, and your salvation will change as you learn from the Master.

Your love for God will grow.

Enjoy the journey of becoming more like Jesus Christ, my friend.

What To Do

- 1) Each day, read and study one section of the Scriptures.
- 2) Complete the journal every day. Write in each section.

The Life of a Young Christian Scripture

Romans 10:11

For the Scripture says, "Whoever believes in Him will not be disappointed."

1. View of Self

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Acts 20:24

But I do not consider my life of any account as dear to myself, so that I may finish my course and the ministry, which I received from the Lord Jesus, to testify solemnly of the gospel of the grace of God.

Philippians 1:21

For to me, to live is Christ and to die is gain.

1 Peter 1:14-15

As obedient children, do not be conformed to the former lusts *which were yours* in your ignorance, but like the Holy One who called you, be holy yourselves also in all *your* behavior.

Romans 6:10-11

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.

Romans 14:7-8

For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's.

2. View of God

Romans 5:1-2

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

1 John 5:2-3

By this we know that we love the children of God, when we love God and observe His commandments. For this is the love of God, that we keep His commandments; and His commandments are not burdensome.

1 Thessalonians 5:18

In everything give thanks; for this is God's will for you in Christ Jesus.

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

- Hebrews 12:1** Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin, which so easily entangles us, and let us run with endurance the race that is set before us.
- Hebrews 12:2** Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.
- Hebrews 12:3** For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.
- James 1:17** Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

3. View of Others

- 1 John 3:16-18** We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth.
- John 13:34-35** A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.
- 2 Corinthians 4:5** For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

4. View of the World

- 1 John 2:15-17** Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and *also* its lusts; but the one who does the will of God lives forever.
- 1 Peter 2:11-12** Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe *them*, glorify God in the day of visitation.

John 15:18-20

If the world hates you, you know that it has hated Me before *it hated* you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you. Remember the word that I said to you, "A slave is not greater than his master." If they persecuted Me, they will also persecute you; if they kept My word, they will keep yours also.

5. Basis of Salvation

Romans 3:21-26

But now apart from the Law *the* righteousness of God has been manifested, being witnessed by the Law and the Prophets, even *the* righteousness of God through faith in Jesus Christ for all those who believe; for there is no distinction; for all have sinned and fall short of the glory of God, being justified as a gift by His grace through the redemption which is in Christ Jesus; whom God displayed publicly as a propitiation in His blood through faith. *This was* to demonstrate His righteousness, because in the forbearance of God He passed over the sins previously committed; for the demonstration, *I say*, of His righteousness at the present time, so that He would be just and the justifier of the one who has faith in Jesus.

Romans 6:6-7

...knowing this, that our old self was crucified with *Him*, in order that our body of sin might be done away with, so that we would no longer be slaves to sin; for he who has died is freed from sin.

Romans 5:8

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

Romans 10:10-11

for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. For the Scripture says, "Whoever believes in Him will not be disappointed."

Ephesians 2:8-9

For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; not as a result of works, so that no one may boast.

Titus 3:3-5

For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our Savior and *His* love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit.

The Life of a Young Christian Journal

Day:
Date:

- Romans 5:1** *Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,*
- 1 John 3:16** *We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.*
- 1 John 2:15** *Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him.*

My most frequent thoughts about myself

My most common thinking regarding my circumstances and other people

What I thought about God

My best opportunity to honor God by obeying Him

The choices

What I thought; What I did

What Scripture applies

How I either loved the world or loved God

What has changed since I became a Christian

Prayer

Confess sin and repent (Proverbs 28.13)

Give thanks to God (1 Thessalonians 5.18)

What is Love?

What is love?

There are many answers to that question.

God has an answer.

It involves Jesus Christ.

“We know love by this, that He laid down His life for us.”

What else does God say about love in His Word?

The Greek word in the original language New Testament that was most commonly used to describe God’s unique love is “Agape.” God commands you to love Him and others with that kind of love. This study provides truths from the eternal Scriptures about “Agape” love.

Do you seek to know God’s love, to love the Lord and to love people? If so this study and journal are made for you.

May the Lord speak to the deepest part of your soul through these verses. May He strengthen you to live by them.

What is love?

You can know.

You can live in love.

You can give love.

What to Do

- 1) Read through a section of the “Love” Scriptures each day. When you get to the end of the study, go back and go through it again.
- 2) Keep a list of all that love is. Add to the list as God shows you more through these Bible verses. Choose to believe He loves you. Seek His help to love Him and to love others.
- 3) Everyday, complete “The Journal of Love.” There are two parts: A) Acts of love you plan beforehand and B) How you responded to the circumstances of your day. Going through the process of the journal each day will be helpful in becoming one who loves. It will also strengthen you to know real love.

Love In the Word of God

(1)

1 John 3:16-18

We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth.

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

Matthew 22:37,39

And He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.'"

(2)

Philippians 2:3-4

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.

Luke 6:27-28

But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.

Romans 12:9

Let love be without hypocrisy. Abhor what is evil; cling to what is good.

(3)

John 15:12-13

This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this, that one lay down his life for his friends.

Titus 3:14

Our people must also learn to engage in good deeds to meet pressing needs, so that they will not be unfruitful.

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

2 Corinthians 12:15

I will most gladly spend and be expended for your souls.

(4)

- 1 Peter 4:8** Above all, keep fervent in your love for one another, because love covers a multitude of sins.
- 1 Thessalonians 5:14** We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.
- Philippians 1:3-5** I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all, in view of your participation in the gospel from the first day until now.

(5)

- Romans 12:15-16** Rejoice with those who rejoice, and weep with those who weep. Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.
- John 13:34-35** A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.
- 1 Corinthians 13:3** And if I give all my possessions to feed *the poor*, and if I surrender my body to be burned, but do not have love, it profits me nothing.

(6)

- 1 Peter 4:10-11** As each one has received a *special* gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, *is to do so* as one who is speaking the utterances of God; whoever serves *is to do so* as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.
- 1 Timothy 1:5** But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith.
- 2 Corinthians 1:3-4** Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.
- Romans 15:2** Each of us is to please his neighbor for his good, to his edification.

(7)

- 1 Thessalonians 2:7-9** But we proved to be gentle among you, as a nursing *mother* tenderly cares for her own children.

Having so fond an affection for you, we were well-pleased to impart to you not only the gospel of God but also our own lives, because you had become very dear to us. For you recall, brethren, our labor and hardship, *how* working night and day so as not to be a burden to any of you, we proclaimed to you the gospel of God.

2 Corinthians 4:5

For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

Galatians 6:1-2

Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.

(8)

John 15:16-17

You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and *that* your fruit would remain, so that whatever you ask of the Father in My name He may give to you. This I command you, that you love one another.

Ephesians 4:29

Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.

Matthew 22:35-40

One of them, a lawyer, asked Him a *question*, testing Him, "Teacher, which is the great commandment in the Law?" And He said to him, "'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' This is the great and foremost commandment. The second is like it, 'You shall love your neighbor as yourself.' On these two commandments depend the whole Law and the Prophets."

(9)

1 John 4:10-11

Beloved, if God so loved us, we also ought to love one another.

Colossians 3:14

Beyond all these things *put on* love, which is the perfect bond of unity.

1 Corinthians 13:4-7

Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.

1 Thessalonians 3:12-13

May the Lord cause you to increase and abound in love for one another, and for all people, just as we also *do* for you; so that He may establish your hearts without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints.

The Journal of Love

Loving God and others the way Jesus Christ loves me

Day:
Date:

Premeditated Love

What I planned to do to love other people today

What Scripture best describes this effort to love

What happened when I tried to carry out my plan

How I loved God today

Love as the response to an important event of the day

What happened

How love would respond (include pertinent Scripture)

Non-loving reaction I was tempted to give

What I chose to do and say

Prayer

Confess and repent of sin (Proverbs 28.13)

Or

Give thanks for God's help to obey (John 13.34)

and

Request for help tomorrow (John 14.13-15)

Overcoming Lust

I have met many Christians who were losing their battle to overcome sins of lust. These men and women describe their lives with words like these:

How do I stop?
I hate what I do.
I hate myself.

I thought I was strong. I think I'm a Christian, but this thing controls my life.

What do I do?

I've tried to stop.
I'm losing hope.
I would have never imagined my life could be like it is today.

I've repented.
I told a friend about this.
I asked for help.

But here I am again, watching what I shouldn't watch, thinking wrong, sinning again.
I believe in the Gospel.

I want to obey God.
I am so confused.
Can I be a Christian if I keep sinning like this?

Proverbs 7:7-10, 15-16, 18, 21-25, 27

And I saw among the naive,
And discerned among the youths
A young man lacking sense,
Passing through the street near her corner;
And he takes the way to her house,
In the twilight, in the evening,
In the middle of the night and *in* the darkness.
And behold, a woman *comes* to meet him,
Dressed as a harlot and cunning of heart.

Therefore I have come out to meet you,
To seek your presence earnestly, and I have found you.
I have spread my couch with coverings,
With colored linens of Egypt.

Come, let us drink our fill of love until morning;
Let us delight ourselves with caresses.

With her many persuasions she entices him;
With her flattering lips she seduces him.
Suddenly he follows her

As an ox goes to the slaughter,
Or as *one* in fetters to the discipline of a fool,
Until an arrow pierces through his liver;
As a bird hastens to the snare,
So he does not know that it *will cost him* his life.
Now therefore, *my* sons, listen to me,
And pay attention to the words of my mouth.
Do not let your heart turn aside to her ways,
Do not stray into her paths.

Her house is the way to Sheol,
Descending to the chambers of death

Is there any hope?
How can I change?

By the Word of God:

“How can a young man keep his way pure?
By keeping it according to Your Word”

“Whatever is born of God overcomes the world.”

“Do not let sin reign in your mortal body that you should obey its lusts”

“Your word I have treasured in my heart, that I may not sin against you.”

“If by the spirit you are putting to death the deeds of the body, you will live.”

You can have victory over lust.

What To Do

- 1) Repent of sin.
Stay in prayer until you can honestly say to God, “I turn away; I intend to never sin sexually again.” Eliminate all sources of temptation (websites, magazines, cable channels, friendships, and music connected with your lust must go).
- 2) Talk to your pastor, an elder or strong Christian man who will keep you accountable and pray for you. Tell them, in detail, every sinful action and thought. Set up ways they can check your internet activity, purchases, TV access and relationships.
- 3) Review the Scriptures on the next two pages every day, memorize one of them every week.
- 4) Complete the “Overcoming Lust” journal every day. Every week show all seven journals to the man you are responsible to. Fill your mind with the Word of God, prayer music that focuses on the worship of God and conversations with people who obey the Lord.

Scriptures for Overcoming Lust

Closing the Door and Keeping it Closed

- 1 Thessalonians 4:3, 7-8** For this is the will of God, your sanctification; *that is*, that you abstain from sexual immorality.
- Proverbs 28:13** He who conceals his transgressions will not prosper, But he who confesses and forsakes *them* will find compassion.
- 1 Peter 1:14-18** As obedient children, do not be conformed to the former lusts *which were yours* in your ignorance, but like the Holy One who called you, be holy yourselves also in all *your* behavior; because it is written, "YOU SHALL BE HOLY, FOR I AM HOLY." And if you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay on earth; knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers.
- Luke 6:46** Why do you call Me, "Lord, Lord," and do not do what I say?

Is it Possible to Change? Yes, and You Must

- Psalms 119:9-11** How can a young man keep his way pure?
By keeping *it* according to Your word.
With all my heart I have sought You;
Do not let me wander from Your commandments.
Your word I have treasured in my heart,
That I may not sin against You.
- Romans 6:11-14** Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace.
- 1 John 5:3-5** For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?
- Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Matthew 5:27-28

You have heard that it was said, "YOU SHALL NOT COMMIT ADULTERY;" but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.

This is a War for Your Soul

I Peter 2:11-12

Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe *them*, glorify God in the day of visitation.

Genesis 4:7

If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.

Romans 8:6

For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.

Proverbs 7:21-23

With her many persuasions she entices him;
With her flattering lips she seduces him.
Suddenly he follows her
As an ox goes to the slaughter,
Or as one in fetters to the discipline of a fool,
Until an arrow pierces through his liver;
As a bird hastens to the snare,
So he does not know that it *will cost him* his life.

The Consequences of Habits of Sin are Extreme

Romans 8:13

For if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

James 1:14-16

But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. Do not be deceived, my beloved brethren.

Proverbs 29:1

A man who hardens *his* neck after much reproof
Will suddenly be broken beyond remedy.

1 John 2:16-17

For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and *also* its lusts; but the one who does the will of God lives forever.

Proverbs 6:32 The one who commits adultery with a woman is lacking sense
He who would destroy himself does it.

Relationships Can Help You or Hurt You

Galatians 6:1-2 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.

Proverbs 9:8-10 Do not reprove a scoffer, or he will hate you,
Reprove a wise man and he will love you.
Give *instruction* to a wise man and he will be still wiser,
Teach a righteous man and he will increase *his* learning.
The fear of the LORD is the beginning of wisdom,
And the knowledge of the Holy One is understanding.

Proverbs 7:21,27 With her many persuasions she entices him;
With her flattering lips she seduces him.
Her house is the way to Sheol,
Descending to the chambers of death.

1 Corinthians 15:33 Do not be deceived: Bad company corrupts good morals.

Proverbs 13:20 He who walks with wise men will be wise,
But the companion of fools will suffer harm.

Why Strive Against Lust? Because You Love God

John 14:21 He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

1 Peter 1:6-9 In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.

John 15:8-10 My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.

I Corinthians 7:3-5

The husband must fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

Romans 12:1-2

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

For Married Men: The Goal is to Give Love to your Wife, Not to Get Pleasure

I Peter 1:22

Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.

I Corinthians 7:3-5

The husband must fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

Ephesians 5:25

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her.

I John 3:16

We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.

I Peter 3:7-8

You husbands in the same way, live with *your wives* in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered. To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit.

Philippians 2:3-4

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.

Journal for Overcoming Lust

Day:
Date:

I Peter 2:11-12

Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe *them*, glorify God in the day of visitation.

Genesis 4:7

If you do well, will not *your countenance* be lifted up?
And if you do not do well, sin is crouching at the door;
and its desire is for you, but you must master it.

I John 5:3-5

For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.
Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?

Temptations to pursue sin in the form of lust today

What I did in response to each temptation

Why I did that (my motive to either pursue sin or to obey God)

How I drew closer or distanced myself from people who influence me to sin

How I drew closer or distanced myself from people who desire that I obey God

What I did to keep the door closed to all sources of sexual temptation and lust

What God observed in my thoughts and desires today

Prayer

Confess every sin (Revelation 3:19)

If you obeyed God, give thanks for His help (Romans 8:13)

Request help to obey God tomorrow (Hebrews 4:15-16)

Obeying God vs. Obeying Feelings

Is obedience to God the habit-pattern of your life?

If yes, I rejoice with you. By His grace you are loving God and bearing fruit that is evidence of your salvation. Good work.

If no, what do you obey rather than God? For many, their emotions rule their actions rather than the Lord.

Do you skip your time in the Word on days you feel down? Do you often refrain from loving others because you feel sad or uncared for? Do you eat or drink excessively when discouraged? When you feel blue, do you run away from God rather than to Him? Do you desire contentment more than submitting your will to God?

In John 12:27-28, Jesus said His soul was troubled. But rather than following those feelings and seeking to avoid what was ahead, He obeyed the Father. He maintained one objective: "Father, Glorify your Name." He was obedient to the point of death on that cross (Philippians 2:8). We are told to have the same attitude (Philippians 2:5).

The Bible teaches that obeying feelings rather than God is wrong. Judas felt remorse for betraying Jesus, but didn't obey God by repenting of sin. His sorrow resulted in taking his own life (Matthew 27:3-5). Cain was counseled by God when he was angry and his countenance had fallen: "If you do well, will not your countenance be lifted up?" In other words, if he chose to obey God his emotions would be positive. Then God warned Him: "And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it" (Genesis 4:6-7). The Lord explained the danger of obeying His feelings. Cain chose to obey His feelings rather than God. He fell in serious sin.

Many in our culture wrongly teach that to obey one's feelings is right. That idea is based on unbiblical views of man: man is good, truth is within and people should believe in themselves. There is no God in that belief system. Nor is there need for forgiveness through Jesus' blood. Redemption and the need for new life in Christ are foreign ideas in a belief system that exalts man.

Do you desire to obey God rather than emotions and feelings?

If so, this study will benefit you greatly.

What To Do

- 1) Review one section of the Scripture on Obeying God vs. Obeying Feelings each day.
- 2) Make copies of the journal. Complete one each day, near the end of your day.

Continue doing these things until obeying God instead of obeying your feelings is normal.

Obeying God vs. Obeying Feelings

Scripture

(1)

Genesis 4:6-7

Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

Philippians 1:21

For to me, to live is Christ and to die is gain.

1 Timothy 4:12,15

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all.

1 Thessalonians 5:18

In everything give thanks; for this is God's will for you in Christ Jesus.

(2)

Romans 6:10-14

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace.

John 9:20-22

His parents answered them and said, "We know that this is our son, and that he was born blind; but how he now sees, we do not know; or who opened his eyes, we do not know. Ask him; he is of age, he will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that if anyone confessed Him to be Christ, he was to be put out of the synagogue.

Luke 6:31-32

Treat others the same way you want them to treat you. If you love those who love you, what credit is *that* to you? For even sinners love those who love them.

(3)

Philemon 1:21

Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.

Philippians 2:12-13

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out

your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for *His* good pleasure.

Matthew 27:3-5

Then when Judas, who had betrayed Him, saw that He had been condemned, he felt remorse and returned the thirty pieces of silver to the chief priests and elders, saying, "I have sinned by betraying innocent blood." But they said, "What is that to us? See *to that* yourself!" And he threw the pieces of silver into the temple sanctuary and departed; and he went away and hanged himself.

John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

(4)

Galatians 5:17

For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

Luke 18:22-23

When Jesus heard *this*, He said to him, "One thing you still lack; sell all that you possess and distribute it to the poor, and you shall have treasure in heaven; and come, follow Me." But when he had heard these things, he became very sad, for he was extremely rich.

John 12:27-28

"Now My soul has become troubled; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. Father, glorify Your name."

(5)

2 Corinthians 1:8-9

For we do not want you to be unaware, brethren, of our affliction which came *to us* in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead.

Philippians 4:8-9

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

2 Corinthians 12:9-10

And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

(6)

1 Timothy 6:8-10

If we have food and covering, with these we shall be content. But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.

Galatians 6:9

Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

(7)

2 Timothy 2:22

Now flee from youthful lusts and pursue righteousness, faith, love *and* peace, with those who call on the Lord from a pure heart.

Luke 9:23-24

And He was saying to *them* all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it."

Titus 2:11-14

For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

(8)

John 14:21

He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

Matthew 7:24-27

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

Obeying God vs. Obeying Feelings Journal

Day:

Date:

Genesis 4:7

If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full.

*In the most crucial choice to obey God or to obey feelings
The circumstances were*

My feelings were

What I thought

If my priority was to obey God, I would have

If I followed my feelings, I would have

What I did and why

What Scriptures describe my motive and my actions

Prayer

Confess sin and repent (1 John 1.9)

Or

Rejoice in having obeyed God (John 15.8)

Obeying Parents

“Children, obey your parents in the Lord,
for this is right.
Honor your father and mother...
that may it be well with you,
and that you may live long on the earth.”
Ephesians 6.1-3

This is the truth.

For children living with their parents, to obey Mom and Dad is to obey God. To disobey your parents is sin.

This is so important to God that in Proverbs, the book of wisdom in the Bible, each section of the first seven chapters begins with the format of a human father teaching his son. The son is to work hard to hear, to understand, and to obey the commands of his father.

There is a battle against sin within a child. The young soul tries to obey his or her parents, out of love, fear, or duty. There is a consistent standard of right and wrong in the home. The failure to obey, even when he wants to, exposes the sin nature. This process leads to the understanding of the Gospel: he knows he is a sinner and needs to die to sin and live to God.

For children who believe in the Gospel, God gives His Spirit and the ability to put off sin and put on righteousness.

Children, choose to obey your parents. Try to do so. Pray and ask for God's help to do well in this. Part of loving your parents is following their direction.

Sons and daughters who love God work to obey their parents. These children greatly honor their God.

Children who follow Jesus' example by submitting to unfair parents find favor with God.

Many children, by God's grace, develop a habit of choosing to do right when it is difficult. That strength of character will be helpful for the rest of life.

Parents, encourage your children who obey. Help them to grow in understanding of motives and choices.

This study and journal are for children who seek to honor God by obeying their parents.

What to Do

- 1) Every day, read through ½ page to 1 page of the Obeying Parents Scriptures. Write down at least one new thing you learned about obeying God and obeying your parents. Pray, asking God for help to obey.
- 2) Memorize one of the Obeying Parents Scriptures every week. Review all memorized verses every day.

- 3) Sometime after dinner each day, complete the entire journal. Write in each section. Pray in each category that applies to you.

Obeying Parents Scripture

- Ephesians 6:1-3** Children, obey your parents in the Lord, for this is right. HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise), so that it may be well with you, and that you may live long on the earth.
- Proverbs 1:8-9** Hear, my son, your father's instruction and do not forsake your mother's teaching; Indeed, they are a graceful wreath to your head and ornaments about your neck.
- John 13:34-35** A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.
- Romans 6:10-12** For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts.
- Romans 12:1-2** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.
- Proverbs 10:1** A wise son makes a father glad,
But a foolish son is a grief to his mother.
- 1 Timothy 4:12, 15** Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all.
- Proverbs 11:29** He who troubles his own house will inherit wind,
And the foolish will be servant to the wise-hearted.
- Proverbs 13:1** A wise son *accepts his* father's discipline,
but a scoffer does not listen to rebuke.
- Hebrews 4:15-16** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we *are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Titus 2:11-12	For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age.
Proverbs 23:15-16	My son, if your heart is wise, My own heart also will be glad; And my inmost being will rejoice When your lips speak what is right.
Proverbs 23:24-25	The father of the righteous will greatly rejoice, And he who sires a wise son will be glad in him. Let your father and your mother be glad, And let her rejoice who gave birth to you.
1 Peter 2:19-21	For this finds favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps.
Philemon 1:21	Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.
1 Peter 2:16	<i>Act</i> as free men, and do not use your freedom as a covering for evil, but <i>use it</i> as bondslaves of God.
Proverbs 28:7	He who keeps the law is a discerning son, But he who is a companion of gluttons humiliates his father.
1 John 5:1-4	Whoever believes that Jesus is the Christ is born of God, and whoever loves the Father loves the <i>child</i> born of Him. By this we know that we love the children of God, when we love God and observe His commandments. For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.
Proverbs 30:11	There is a kind of <i>man</i> who curses his father and does not bless his mother.
Proverbs 30:17	The eye that mocks a father and scorns a mother, The ravens of the valley will pick it out, and the young eagles will eat it.
1 Peter 3:10-12	For, “THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT. HE MUST TURN AWAY FROM EVIL AND DO GOOD; HE MUST SEEK PEACE AND PURSUE IT. FOR THE EYES OF THE LORD ARE TOWARD THE RIGHTEOUS, AND HIS EARS ATTEND TO THEIR PRAYER, BUT THE FACE OF THE LORD IS AGAINST THOSE WHO DO EVIL.”

Hebrews 13:17

Obey your leaders and submit *to them*, for they keep watch over your souls as those who will give an account. Let them do this with joy and not with grief, for this would be unprofitable for you.

Obeying Parents Journal

Day:
Date:

Today's Best Opportunity to Obey My Parents

What happened

What I thought and what I felt

My options for obeying or disobeying my parents

What I did

What words I spoke and how I said them

What I hoped would happen when I did what I did (why I did it)

What Scripture applies

If I had fully obeyed my parents for the purpose of pleasing God, what I would have thought, said, and done

Prayer

Confess sin to God and repent (Revelation 3:19)

Confess sin to parents and ask forgiveness (Luke 15:18)

or

Give thanks to God for His answer to your prayer for His help in obeying your parents (Galatians 2:20; Hebrews 4:15-16)

Ask for help to obey, respect and show love to your parents tomorrow.

Panic Attacks

“My heart is pounding. I am sweating.
I don't know what is going on.
Suddenly I am aware of each breath I take.
It is not comfortable to breathe.
What is happening?
I feel tightness in my chest. This is scary.
I'm going to get some water. I feel lightheaded and a bit dizzy.
Should I call someone? Who should I call?
I don't know what is happening. Now my chest hurts.
Is this a heart attack? I feel detached from reality. Am I going crazy?
What will happen next? What should I do? Am I dying?
I am frightened.
How can I keep from losing control?
God please help me. I do not feel right.”

Many people have experienced the 10 minutes of agony that is described above. But when they go to the emergency room all the tests show there is nothing wrong. In subsequent weeks complete physical evaluations by qualified doctors reveal no measurable physical problems.

The mental health community calls it a “Panic Attack.” That is not a biblical term, nor is it a biblical idea. This is not an attack from outside of one's being. The inner person has been under stress, grappling with a seemingly extreme or even insurmountable problem. This turmoil within the soul culminates in anguish.

The ordeal described above is a result of excessive fear, worry or anxiety. For those who believe in the Gospel, the Bible has answers to such problems. It is possible for Christians who have experienced “Panic Attacks” to replace their fears with trust in the promises of hope in God's Word, such as these:

Do not worry about tomorrow.
The Lord is my helper, I will not be afraid.
Jesus said, “Take courage, I have overcome the world.”
To live is Christ, and to die is gain.
If Your law had not been my delight, then I would have perished in my affliction.

God's sufficient Word is enough to alleviate the fears of any who will live by it. It has been a great honor to see many who had “panic attacks” change to viewing their hardships based on God's Word. Their stories are filled with trust, faith, courage and God's grace. The nights of trauma ended because the problems didn't seem as impossible when compared to the true promises of the Bible. Each consciously chose to evaluate their problems from the belief that God's Word is true (i.e. “Lord, because You say You will not let me be tempted beyond what I am able, I choose to think that this adversity is not too hard for me, no matter how I feel. Thank You that Your grace will certainly be sufficient.”) They did not allow thoughts opposed to the Word to remain in their minds.

What to Do

- 1) Read through one section of Scriptures each day.
- 2) Memorize one of the Scriptures every 4-7 days. Review all memorized verses many times each day.
- 3) Completely fill in the journal every day. God's Word and grace will be sufficient for you to replace fear with true hope.

Panic Attacks

Scripture

Each day consider how one section of these Scriptures relates to your life, your fears and your thinking. What do they say about God? Pray, giving thanks for His sufficient Word and grace.

(1)

Matthew 7:24-27

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock. Everyone who hears these words of mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

Romans 8:31-32

What then shall we say to these things? If God *is* for us, who *is* against us? He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

Philippians 1:20-21

according to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.

(2)

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Matthew 6:33-34

But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Galatians 1:10

For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bondservant of Christ.

Hebrews 13:5-6

For He Himself has said, "I will never desert you, nor will I ever forsake you," so that we confidently say, "The Lord is my helper, I will not be afraid. WHAT WILL MAN DO TO ME?"

(3)

John 12:27-28

Now My soul has become troubled; and what shall I say, "Father, save me from this hour?" But for this purpose I came to this hour. Father, glorify Your name.

- 1 Peter 5:6-7** Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.
- John 17:17** Sanctify them in the truth; Your word is truth.
- John 16:33** These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.
- (4)
- 2 Corinthians 4:16-18** Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.
- Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.
- Philippians 4:6-7** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
- (5)
- 1 Peter 4:10-11** As each one has received a *special* gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, *is to do so* as one who is speaking the utterances of God; whoever serves *is to do so* as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.
- Ephesians 4:22-24** That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in *the likeness of* God has been created in righteousness and holiness of the truth.
- 1 John 5:3-4** For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.
- Psalms 119:92** If Your law had not been my delight,
Then I would have perished in my affliction.

Panic Attacks Journal

Day:
Date:

Matthew 7:24-25

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Romans 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

When I was tempted to fear or be discouraged today
What happened or what I was thinking about

How I was tempted to fear or lose hope

My feelings at that moment

What I would think if I chose to believe God's Word no matter what emotions I felt

What I did choose to think and do

What resulted from that decision

If I sensed the beginning of a panic attack
My fears, feelings and thoughts

What the Scripture says about what I feared

What I chose to think

The result of my decision

Prayer

Give thanks for God's Word and His love (2 Timothy 3.16-17, 1 Corinthians 10.13)

Repent of wrong choices (Revelation 3.19)

Ask for strength to obey God in the future by thinking only what is true from His Word (Hebrews 2.18)

Parenting

Parents are to be leaders in their families by living out general biblical principles. This is part of effective instruction and personal ministry. Parents who exemplify humility and love set an atmosphere that honors God in their home. Those who choose words that edify and speak gentle answers instead of harsh words obey the Scriptures. Parents who are not lazy, but work hard for the purpose of pleasing God set a biblical example. Humble moms and dads who are honest about their sins and their pursuit of righteousness are tools in God's hand for His purpose of ministering to their children. Parents who meditate on the Word day and night, striving to obey it, honor their Lord. Such practices are essential for effective ministry to children.

Most parents would say that they love their children. Love is important. Jesus said that loving God and man at His level of love fulfills all the commandments in the Bible. A careful consideration of how the Word of God describes love enables parents to evaluate how they love their children. Such a study also produces a clear understanding of how to grow in effective biblical love. Love should be the motivation and the practice of Christian parents.

The Bible describes many methods for parents to teach and train their children. The father and mother who are living by God's Word use a variety of means to accomplish these goals. Options include casual conversation, serious instruction, pure motives, training (discussing how to obey God's Word in specific situations), humility, discipline and restoration, and open discussion of the Scriptures among others. Wise parents skillfully use each of the tools God has provided to efficiently teach and train their children.

Scripture has much to say on communication. Parents whose words reflect biblical guidelines honor God and are heard by their sons and daughters. Sins in communication construct barriers in relationships. Wrong words misrepresent God. Unbiblical methods of speech inhibit ministry to children.

The study and journal on the following pages are designed to facilitate growth in parents whose goal is to obey God's Word. May the Lord bless you in understanding and obeying the truth of the Scripture on how to lead your family.

What to Do

- 1) Read through one section of "the Bible describes parenting" each day. Carefully consider what each Scripture requires of you. How can you live out these truths in your family at this time?
- 2) Memorize one of the verses from said study each week. Review all memorized Scripture daily.
- 3) Complete the entire journal every day.

The Bible Describes Parenting

Biblical Principles for Parents to Live by

- Philippians 2:3-4** Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.
- 1 Peter 4:8** Above all, keep fervent in your love for one another, because love covers a multitude of sins.
- Ephesians 4:31-32** Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.
- Colossians 3:23** Whatever you do, do your work heartily, as for the Lord rather than for men.
- Proverbs 13:4** The soul of the sluggard craves and *gets* nothing,
But the soul of the diligent is made fat.
- Proverbs 11:2** When pride comes, then comes dishonor,
But with the humble is wisdom.
- Proverbs 15:1** A gentle answer turns away wrath,
But a harsh word stirs up anger.
- Proverbs 15:9** The way of the wicked is an abomination to the LORD,
But He loves one who pursues righteousness.
- Psalms 1:2-3** But his delight is in the law of the LORD,
And in His law he meditates day and night.
He will be like a tree *firmly* planted by streams of water,
Which yields its fruit in its season
And its leaf does not wither;
And in whatever he does, he prospers.
- Hebrews 4:16** Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Motivated by Love for One's Children

- Philippians 1:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.
- Colossians 3:12-14** So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and

patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things *put on* love, which is the perfect bond of unity.

1 Thessalonians 2:7

But we proved to be gentle among you, as a nursing *mother* tenderly cares for her own children.

Proverbs 17:17

A friend loves at all times,
And a brother is born for adversity.

John 13:34-35

A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.

John 15:13

Greater love has no one than this, that one lay down his life for his friends.

1 Corinthians 13:1-3

If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. If I have *the gift of* prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. And if I give all my possessions to feed *the poor*, and if I surrender my body to be burned, but do not have love, it profits me nothing.

1 Timothy 1:5

But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith.

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

2 Corinthians 4:5

For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

Titus 3:14

Our people must also learn to engage in good deeds to meet pressing needs, so that they will not be unfruitful.

Hebrews 13:16

And do not neglect doing good and sharing, for with such sacrifices God is pleased.

2 Corinthians 1:3-4

Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

1 John 3:16-18

We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little

children, let us not love with word or with tongue, but in deed and truth.

Teaching and Training

Deuteronomy 6:4-9

Hear, O Israel! The LORD is our God, the LORD is one! You shall love the LORD your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates.

Proverbs 1:7

The fear of the LORD is the beginning of knowledge;
Fools despise wisdom and instruction.

Proverbs 4:1-6

Hear, O sons, the instruction of a father,
And give attention that you may gain understanding,
For I give you sound teaching;
Do not abandon my instruction.
When I was a son to my father,
Tender and the only son in the sight of my mother,
Then he taught me and said to me,
Let your heart hold fast my words;
Keep my commandments and live;
Acquire wisdom! Acquire understanding!
Do not forget nor turn away from the words of my mouth.
Do not forsake her, and she will guard you;
Love her, and she will watch over you.

Proverbs 4:10-11

Hear, my son, and accept my sayings
And the years of your life will be many.
I have directed you in the way of wisdom;
I have led you in upright paths.

Proverbs 10:9-10

He who walks in integrity walks securely,
But he who perverts his ways will be found out.
He who winks the eye causes trouble,
And a babbling fool will be ruined.

Proverbs 14:15

The naive believes everything,
But the sensible man considers his steps.

Proverbs 16:20

He who gives attention to the word will find good,
And blessed is he who trusts in the LORD.

Proverbs 21:2

Every man's way is right in his own eyes,
But the LORD weighs the hearts.

Proverbs 22:6

Train up a child in the way he should go,
Even when he is old he will not depart from it.

- Proverbs 23:16** And my inmost being will rejoice
When your lips speak what is right.
- Proverbs 28:26** He who trusts in his own heart is a fool,
But he who walks wisely will be delivered.
- Proverbs 29:15** The rod and reproof give wisdom,
But a child who gets his own way brings shame to his mother.
- Ephesians 6:4** Fathers, do not provoke your children to anger, but bring them
up in the discipline and instruction of the Lord.
- Galatians 6:1-2** Those who desire to make a good showing in the flesh try to
compel you to be circumcised, simply so that they will not be
persecuted for the cross of Christ.

Communicating to Your Children

- Proverbs 15:2** The tongue of the wise makes knowledge acceptable,
But the mouth of fools spouts folly.
- Proverbs 15:4** A soothing tongue is a tree of life,
But perversion in it crushes the spirit.
- Proverbs 17:20** He who has a crooked mind finds no good,
And he who is perverted in his language falls into evil.
- Proverbs 18:8** The words of a whisperer are like dainty morsels,
And they go down into the innermost parts of the body.
- Proverbs 18:13** He who gives an answer before he hears,
It is folly and shame to him.
- Proverbs 18:17** The first to plead his case *seems* right,
Until another comes and examines him.
- Proverbs 18:19** A brother offended *is harder to be won* than a strong city,
And contentions are like the bars of a citadel.
- Proverbs 20:5** A plan in the heart of a man is *like* deep water,
But a man of understanding draws it out.
- Proverbs 26:4-5** Do not answer a fool according to his folly,
Or you will also be like him.
Answer a fool as his folly *deserves*,
That he not be wise in his own eyes.
- Ephesians 4:29** Let no unwholesome word proceed from your mouth, but only
such a *word* as is good for edification according to the need of
the moment, so that it will give grace to those who hear.

Parenting Journal

Day:
Date:

My best opportunity to live out one of the "Biblical Principles for Parents to Live by"

What happened

My motives in dealing with my children (what I was trying to accomplish)

What I did and said to achieve these goals

What I did to teach and train my children today

What methods I used to accomplish this

Words spoken according to the Scriptures on Communication

Sinful words that I spoke to my children

What Bible verses address the items above

Prayer: Confess sins to God and repent (Proverbs 3:19)

Reconciliation: Confess sins you committed against your children to them; ask them to forgive you (Matthew 5:23-24)

Prayer: Ask for God's strength to obey Him tomorrow

Difficult Relatives

Conflicts with family members can be burdensome.

Many involve relationships where a person who has no biblical authority tries to assert dominance over another. Parents of a married couple no longer have dominion (Genesis 2:24). Brothers and sisters have neither the responsibility nor the position of leadership that parents do. Grandparents do not have the same authority as parents.

Some Christian relatives go beyond the biblical guidelines for confronting sin. Others fail to seek the restoration of the sinning believer at all. When one takes conflict personally, he becomes an enemy rather than seeking to help their family member be reconciled with God.

Too often sinful anger is expressed.

Motivating others by guilt dishonors God.

Refusing to forgive past sins divides.

Theft destroys trust.

Motives like wanting to be loved, wanting to be exalted, or wanting to control others can produce sinful words.

The core of many problems is the motive. Are those involved in disputes striving to love God or to get what they want?

Difficult relatives bring opportunities to honor God. You can obey Him by loving them. Choosing to forgive rather than become angry pleases God. Painful disputes become choices to either pursue God's glory or fighting back.

If your desire is to honor God in your difficult relationships with family, this study and journal are for you. May the Lord strengthen you to grow and change through His Word and His Spirit.

What To Do

- 1) Read a portion of the Scriptures each day.

Pray for God's help to make progress.

- 2) Complete the journal every day.

Measure your life not by how your relatives deal with you.
Evaluate the day based on how you honored you God and obeyed His Word.

This quest leads to a close bond with the Almighty.
There you will find contentment.

Dealing with Difficult Relatives Scripture

Loving me vs. Loving them
(Do I forgive or feel angry and offended when they sin? / Do I communicate selfish anger or selfless love? / Do I speak the truth in love or in spite?)

- 1 Thessalonians 2:7** But we proved to be gentle among you, as a nursing *mother* tenderly cares for her own children.
- Galatians 6:1-2** Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.
- John 12:27-28** Now My soul has become troubled; and what shall I say, "Father, save Me from this hour?" But for this purpose I came to this hour. Father, glorify Your name.
- 1 Corinthians 10:13** No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.
- John 16:33** These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.
- Hebrews 12:1-3** Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.
- Acts 7:58-60** When they had driven him out of the city, they *began* stoning *him*; and the witnesses laid aside their robes at the feet of a young man named Saul. They went on stoning Stephen as he called on *the Lord* and said, "Lord Jesus, receive my spirit!" Then falling on his knees, he cried out with a loud voice, "Lord, do not hold this sin against them!" Having said this, he fell asleep.
- Galatians 4:19** My children, with whom I am again in labor until Christ is formed in you.
- John 15:13** Greater love has no one than this, that one lay down his life for his friends.
- 1 Thessalonians 2:8-9** Having so fond an affection for you, we were well-pleased to impart to you not only the gospel of God but also our own lives, because you had become very dear to us. For you recall, brethren, our labor and hardship, *how* working night and day so

as not to be a burden to any of you, we proclaimed to you the gospel of God.

Philippians 2:3-4

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.

Loving me vs. Loving God
(Do I do what God gives me to do or do what I want to do? / Do I obey Him in how I deal with them?
Will I leave the outcome of it all between them and God?)

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

2 Corinthians 4:16-18

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

2 Corinthians 1:3-4

Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

1 Peter 4:10-11

As each one has received a *special* gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, *is to do so* as one who is speaking the utterances of God; whoever serves *is to do so* as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.

1 John 3:16-18

We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth.

Dealing with Difficult Relatives Journal

Day:
Date:

New events that occurred

Past words and events I was tempted to remember

My options for either loving myself or loving my relatives

My options for either loving/obeying God or loving myself

What I thought

What I felt

What I did

What Scripture applied and how it could be obeyed

Prayer

Confess sin to God and repent (Proverbs 28:13)

Or

Give thanks to God for His help in doing right (Philippians 1.20-21)

Comments, notes and prayer

How to Deal with Sin

As long as we as Christians live on earth, we will still sin (1 John 1.8, Romans 7.21). All sin is opposed to our Holy God. Some transgressions are also offenses against people.

What does the Bible require of believers who have sinned? We must confess sin to God, repent of sin, confess our sins to those we have sinned against and ask for their forgiveness. Doing so results in full restoration in our relationship with God. Also, our consciences are clear.

The Scriptures instruct us on how to respond when sinned against. We are to love by not taking into account wrongs suffered and to forgive others as God, in Christ, has forgiven us. God forgives His children by choosing to “remember our sins no more.” Honoring the Father and Son through the action of forgiveness also reduces conflict with others.

Both our own sins and sins against us provide opportunities to honor God by obeying His Word. When we follow the directions of Scripture regarding our response to sin, the results are honoring to God and a blessing to us.

The Bible verses in the following study help you understand, in detail, the principles leading to a clear conscience. They are offered to benefit you as one who has been forgiven eternally through the blood of Christ and the grace of God.

The teachings of the Lord on this matter are vital to our relationships with Him and others. Many believers struggle with unresolved guilt over sin or wrongly react by trying to atone for their sins. Obeying the Word on this matter returns us to right standing with the Almighty. Following God’s instructions on dealing with sin can also lead to the resolution of conflicts between Christians who have sinned against each other. Often, such ongoing animosity is ended completely when each party obeys these guidelines from God’s Word.

To choose to no longer think about sins against us changes many relationships, marriages and families. Ongoing disputes, retaliation and bitterness are replaced with kindness. The focus of thought also changes from defending self to honoring Christ. Forgiving sins personally does not necessarily negate consequences for those sins.

Often, when we have been sinned against, our thoughts are dominated by remembering that sin. When you choose to no longer remember that sin, what can you think instead? This is an important question, since many of us have built long-term habits of remembering such sins frequently. Whatever we think of instead must fit the guidelines of Philippians 4.8. Personally, I think about Jesus Christ paying the price for my own sins when tempted to remember sins of others against me. This puts all sins in perspective and I can do nothing but gladly forgive because I’ve been forgiven so much, and at such a cost.

The accompanying journal has assisted many to develop a habit pattern of living out the instructions of the Word for dealing with sin. It is hoped that you will enjoy the same result.

What To Do

- 1) Review the Scriptures for Dealing With Sin every day.
- 2) Memorize one of these Scriptures each week.
Review all memorized Scripture daily.
- 3) Complete the journal every day until the normal pattern of your life is dealing with sin according to the Word of God.

Scripture for Dealing with Sin

Confessing my sin to God (I agree with Him, I hate my sin also)

Psalm 32:3-5

When I kept silent *about my sin*, my body wasted away
Through my groaning all day long.
For day and night Your hand was heavy upon me;
My vitality was drained away as with the fever heat of summer.
Selah.
I acknowledged my sin to You,
And my iniquity I did not hide;
I said, I will confess my transgressions to the LORD;
And You forgave the guilt of my sin.
Selah

Psalm 51:1-12

Be gracious to me, O God, according to Your lovingkindness;
According to the greatness of Your compassion blot out my transgressions.
Wash me thoroughly from my iniquity
And cleanse me from my sin.
For I know my transgressions,
And my sin is ever before me.
Against You, You only, I have sinned
And done what is evil in Your sight,
So that You are justified when You speak
And blameless when You judge.
Behold, I was brought forth in iniquity,
And in sin my mother conceived me.
Behold, You desire truth in the innermost being,
And in the hidden part You will make me know wisdom.
Purify me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.
Make me to hear joy and gladness,
Let the bones which You have broken rejoice.
Hide Your face from my sins
And blot out all my iniquities.
Create in me a clean heart, O God,
And renew a steadfast spirit within me.
Do not cast me away from Your presence
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation
And sustain me with a willing spirit.

Repentance

Proverbs 28:13

He who conceals his transgressions will not prosper,
But he who confesses and forsakes *them* will find compassion.

Revelation 3:19

Those whom I love, I reprove and discipline; therefore be zealous and repent.

Psalms 51:16-17

For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. The sacrifices of God are a broken spirit. A broken and a contrite heart, O God, You will not despise.

Being reconciled to those I sinned against (I confess my sins to them and ask for forgiveness)

Matthew 5:23-24

Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.

Choosing to not take into account sins against me

1 Corinthians 13:5

...Love does not take into account a wrong *suffered*.

Matthew 6:14-15

For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.

Forgiving others the way God has forgiven me (I choose to never think or speak about these sins in a way that hurts or regards as guilty those who sinned against me)

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Jeremiah 31:34

They will not teach again, each man his neighbor and each man his brother, saying, 'Know the LORD,' for they will all know Me, from the least of them to the greatest of them," declares the LORD, "for I will forgive their iniquity, and their sin I will remember no more."

Psalms 103:12

As far as the east is from the west,
So far has He removed our transgressions from us.

Matthew 18:21-35

Then Peter came and said to Him, Lord, how often shall my brother sin against me and I forgive him? Up to seven times? Jesus said to him, I do not say to you, up to seven times, but up to seventy times seven. For this reason the kingdom of

heaven may be compared to a king who wished to settle accounts with his slaves. When he had begun to settle *them*, one who owed him ten thousand talents was brought to him. But since he did not have *the means* to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. So the slave fell *to the ground* and prostrated himself before him, saying, Have patience with me and I will repay you everything. And the lord of that slave felt compassion and released him and forgave him the debt. But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and *began* to choke *him*, saying, Pay back what you owe. So his fellow slave fell *to the ground* and *began* to plead with him, saying, Have patience with me and I will repay you. But he was unwilling and went and threw him in prison until he should pay back what was owed. So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their lord all that had happened. Then summoning him, his lord said to him, You wicked slave, I forgave you all that debt because you pleaded with me. Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you? And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.

Choosing to replace remembering sins against me with thoughts that please God

Philippians 4:8

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

Think about Jesus paying the price for your sins

Isaiah 53:3-5

He was despised and forsaken of men,
A man of sorrows and acquainted with grief;
And like one from whom men hide their face
He was despised, and we did not esteem Him.
Surely our griefs He Himself bore,
And our sorrows He carried;
Yet we ourselves esteemed Him stricken,
Smitten of God, and afflicted.
But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being *fell* upon Him,
And by His scourging we are healed.

A Christian's Journal For Dealing With Sin

Day:

Date:

My own sins

Confess sins to God (I agree with Him: I hate my sins also)

My prayer of repentance (Turning from sin, intending to not sin in this way again)

What I said when I confessed my sin to those I sinned against and asked for their forgiveness

When I was sinned against

I choose to not take these sins into account

I forgave others the way God forgives me (I chose to remember the sins no more; I do not hold these sins against them)

What I chose to think about, to replace thinking about how people sinned against me

Sleep

Ed turned off the light but he could not turn off his mind.
Darkness began in his room at 10:37 but sleep did not arrive until 12:06.
At 3:35 he awoke.
The morning schedule ran through his mind again.
How would he get everything done?
Then his thoughts returned to the unresolved conflicts of the previous day.
This continued until he fell back asleep at 4:19.
The alarm clock blared at 6:45.

Megan doesn't own an alarm clock.
"Sleep is my friend," she says.
In her mind, a good night is one that ends early.
Her body rolls out of bed only after drifting in and out of sleep for 80 minutes after first awakening in the morning.
Why does she love sleep?
In Megan's life it represents relief from the rest of life.
Snuggled into bed, nestled into her pillow, restfully breathing and closing her eyes is her comfort zone.

Antonio works a lot and doesn't arrive home from visiting friends until 1am.
He gets up at 5:30 every morning except Sunday.
Life is full for this man.
Antonio works overtime, is completing a college degree, and knows everyone in his neighborhood and at church.
He also knows the entire menu of his favorite coffee house.
A select few people were created to need little sleep. They can function indefinitely on 4 or 5 hours per night.
Antonio is not one of them.
He sleeps until 11am on Sundays, and again from 2-6 Sunday afternoons.
He has fallen asleep at the wheel of his car four times.

Is sleep difficult for you? Please seek help from God through His Word in this study and journal.

What To Do

- 1) Twice per week, read through one of the first three sections of the "Sleep and Scripture" Bible verses and answer the questions honestly.
- 2) Memorize a new verse from this study every week. Choose the verse that best addresses your sleep issues.
- 3) Study the "Priorities That Lead to Contentment" portion of the "Sleep and Scripture" study 3 times per week. As God shows you more truth at the end of the section add to your answer to the question.
- 4) Do the journal every day until your priorities, your sleep and your times of being awake are pleasing to God. Begin this transition with confidence in His mercy and grace (Hebrews 4:15-16).

Sleep and Scripture

The Sleep of the Righteous

Psalm 119:48

My eyes anticipate the night watches,
That I may meditate on Your word.

Psalm 63:6-8

When I remember You on my bed,
I meditate on You in the night watches,
For You have been my help,
And in the shadow of Your wings I sing for joy.
My soul clings to You;
Your right hand upholds me.

Lamentations 2:19a

Arise, cry aloud in the night
At the beginning of the night watches;
Pour out your heart like water
Before the presence of the Lord

Psalm 127:2

It is vain for you to rise up early,
To retire late,
To eat the bread of painful labors;
For He gives to His beloved *even in his* sleep

Proverbs 3:24

When you lie down, you will not be afraid;
When you lie down, your sleep will be sweet.

Ecclesiastes 5:12

The sleep of the working man is pleasant, whether he eats little or much; but the full stomach of the rich man does not allow him to sleep.

Proverbs 19:23

The fear of the LORD *leads* to life,
So that one may sleep satisfied, untouched by evil.

*When do you not anticipate being awake with the Lord during the night?
What should be the focus of your thinking when awake during the night?
When you are restless, what are the conflicts in your soul?
What is lacking in how you fear the Lord during the hours you are awake?*

The temptation to love sleep too much

Proverbs 6:9-11

How long will you lie down, O sluggard?
When will you arise from your sleep?
“A little sleep, a little slumber,
A little folding of the hands to rest”—
Your poverty will come in like a vagabond
And your need like an armed man.

Proverbs 16:20	He who gives attention to the word will find good, And blessed is he who trusts in the LORD.
Proverbs 19:15	Laziness casts into a deep sleep, And an idle man will suffer hunger.
Matthew 5:6	Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
Proverbs 20:13	Do not love sleep, or you will become poor; Open your eyes, <i>and</i> you will be satisfied with food.
Proverbs 24:33-34	“A little sleep, a little slumber, A little folding of the hands to rest,” Then your poverty will come as a robber And your want like an armed man.

*What should you love more than sleep?
Sleep is necessary to take care of the body you are responsible for.
What is the biblical balance between sleep and working to obey God in your life?
What must change in your desires?*

Doing so many things that there is not enough time or contentment for healthy sleep is not biblical. Many in our culture pursue their desires so energetically that sleep is difficult.

Ephesians 2:10	For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.
Psalms 119:2	How blessed are those who observe His testimonies, Who seek Him with all <i>their</i> heart.
Proverbs 15:16	Better is a little with the fear of the LORD Than great treasure and turmoil with it.
Psalms 119:15	I will meditate on Your precepts And regard Your ways.
1 Corinthians 6:19-20	Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.
Proverbs 16:18	Pride goes before destruction, And a haughty spirit before stumbling.
Proverbs 23:4-5	Do not weary yourself to gain wealth, Cease from your consideration <i>of it</i> . When you set your eyes on it, it is gone. For <i>wealth</i> certainly makes itself wings Like an eagle that flies <i>toward</i> the heavens.

Psalm 139:2,3, 16

You know when I sit down and when I rise up;
You understand my thought from afar.
You scrutinize my path and my lying down,
And are intimately acquainted with all my ways
Your eyes have seen my unformed substance;
And in Your book were all written
The days that were ordained *for me*,
When as yet there was not one of them.

Is there enough time to do all the good works God has planned for you and sleep enough to take care of your body?

What must you do to live according to the Scriptures in this section?

How must your motives and priorities change?

Priorities that lead to contentment

Psalm 62:8

Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.
Selah.

Proverbs 9:10

The fear of the LORD is the beginning of wisdom,
And the knowledge of the Holy One is understanding.

Proverbs 14:26

In the fear of the LORD there is strong confidence,
And his children will have refuge.

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Matthew 5:8

Blessed are the pure in heart, for they shall see God.

John 15:10-11

If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.

John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Philippians 1:20-21

According to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.

Philippians 4:11-12

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled

and going hungry, both of having abundance and suffering need.

Colossians 1:28-29

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to His power, which mightily works within me.

1 Timothy 4:12,15-16

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all. Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you.

1 Peter 1:6-9

In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.

1 Peter 3:10-12

For,
"THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS,
MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM
SPEAKING DECEIT.
HE MUST TURN AWAY FROM EVIL AND DO GOOD;
HE MUST SEEK PEACE AND PURSUE IT.
FOR THE EYES OF THE LORD ARE TOWARD THE RIGHTEOUS,
AND HIS EARS ATTEND TO THEIR PRAYER,
BUT THE FACE OF THE LORD IS AGAINST THOSE WHO DO
EVIL."

What must you think and do to live these Scriptures?

Sleep Journal

Day:
Date:

When I went bed / When I got up / Time awake in between (approximately)

The amount of time I slept

What I thought about before falling asleep

What I thought about in times of being awake during the night

What I thought about when I got up

What Scriptures describe my sleep, thoughts and motives

How I pursued priorities that honor God and lead to contentment

My sins associated with sleep

What must I change (motives, bed time, priorities, obedience to God, view of work or others)?

Prayer

Confess and repent of sins (Revelation 3:19)

Give thanks for grace, sleep and help to change (Hebrews 4:15-16)

Request strength to obey the Word tonight (Psalm 51:10)

Giving Thanks to God

*In everything give thanks; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18*

God's love and involvement in our lives are extreme. So much so that we can give thanks to Him, in some way, for everything everyday. Not only that, we must do so--- it is God's will for us!

Will you travel this glorious road with the eternal Lord? Will you make a life pattern out of giving thanks to Him in all times?

There are many benefits for the Christian who will walk down this path with the Father.

You will know Him better. Giving thanks brings the understanding that God is there, going with you throughout the day. He assures you through His Word that He will protect you. This solidifies the assurance that the certain destination of this journey is a new home – in His presence, forever.

Giving thanks for all things changes the perspective of relationships with people. I thank God for believers He has put in my life. I rejoice in how He is working in them and in their obedience to Him. Also, I am grateful for fellowship with brothers and sisters. As a result, I seek to serve them. Thanks are also given for unbelievers. It is my privilege to be kind, to love them and to communicate the Gospel, the source of life with God they so desperately need.

You will see the events of your life differently when you give thanks for each of them. The bumps in life's road are not so harsh when you realize that there is a purpose in them. The severity of the storm seems small when you are standing before it unafraid, on the solid foundation of obeying His Word.

A tremendous joy about traveling with the Father is that you see how His Word relates to each event, each place, and each person. Great thanks are given for this ongoing adventure of hearing and obeying His living Word.

For one who gives thanks in all things, there is a growing awareness of God's kindness in all things. Every good thing is truly a gift from God. He really does cause all things to work together for good. If you realize these truths, give thanks to God for all He gives and does. The result is great joy, because you appreciate His unending love.

Giving thanks for everything gives an awareness of purpose. There is a reason for each part of your life. Now it is becoming clear.

If you seek to give thanks to God in everything, then this study will benefit you.

What to Do

- 1) At the best time in the first half of your day, study through a section of the Bible verses on the next four pages. Think about what these verses teach about God and about your life. Pray at length. Give thanks for everything you can think of that fits into that category.
- 2) Memorize the verses that God uses to change you. Review these verses each day.
- 3) At the end of the day, fill in the journal. Be honest. Write in each section. Continue doing these things until giving thanks is the core of your being.

Giving Thanks to God Scripture

*In everything give thanks;
for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18*

1. Knowing God

My relationship with God is certain and secure

1 Peter 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

Philippians 1:6

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

John 10:27-29

My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. My Father, who has given *them* to Me, is greater than all; and no one is able to snatch *them* out of the Father's hand.

2. My Circumstances

God has a purpose in each trial and situation I will face today---to rely on His strength, to endure and persevere, for His glory.

Romans 5:3-5

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Acts 16:22-25

The crowd rose up together against them, and the chief magistrates tore their robes off them and proceeded to order them to be beaten with rods. When they had struck them with many blows, they threw them into prison, commanding the jailer to guard them securely; and he, having received such a command, threw them into the inner prison and fastened their feet in the stocks. But about midnight Paul and Silas were

praying and singing hymns of praise to God, and the prisoners were listening to them.

Genesis 50:20

As for you, you meant evil against me, *but* God meant it for good in order to bring about this present result, to preserve many people alive.

Hebrews 11:25-27

Choosing rather to endure ill-treatment with the people of God than to enjoy the passing pleasures of sin, considering the reproach of Christ greater riches than the treasures of Egypt; for he was looking to the reward. By faith he left Egypt, not fearing the wrath of the king; for he endured, as seeing Him who is unseen.

3. The Power of the Word

God's Word contains all I need to be able to fulfill what God has planned for me today.

Psalms 119:9

How can a young man keep his way pure?
By keeping *it* according to Your word.

Psalms 119:50

This is my comfort in my affliction,
That Your word has revived me.

Proverbs 16:20

He who gives attention to the word will find good,
And blessed is he who trusts in the LORD.

Psalms 1:1-3

How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and in His law he meditates day and night. He will be like a tree *firmly* planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.

2 Timothy 3:17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; So that the man of God may be adequate, equipped for every good work.

4. The Gifts of My Gracious Lord

God kindly gives me gifts of kindness daily.

James 1:17

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

Romans 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.

1 Corinthians 4:7

For who regards you as superior? What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it?

Psalms 103:2

Bless the LORD, O my soul, and forget none of His benefits.

5. Who God Is

To consider our amazing God results in giving thanks to Him.

1 John 1:5

This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all.

Psalms 103:19

The LORD has established His throne in the heavens,
And His sovereignty rules over all.

John 1:1-3

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and apart from Him nothing came into being that has come into being.

Revelation 21:1-6

Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and there is no longer *any* sea. And I saw the holy city, new Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband. And I heard a loud voice from the throne, saying, "Behold, the tabernacle of God is among men, and He will dwell among them, and they shall be His people, and God Himself will be among them, and He will wipe away every tear from their eyes; and there will no longer be *any* death; there will no longer be *any* mourning, or crying, or pain; the first things have passed away." And He who sits on the throne said, "Behold, I am making all things new." And He said, "Write, for these words are faithful and true." Then He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost."

Job 37:11b-15

He disperses the cloud of His lightning. It changes direction, turning around by His guidance, that it may do whatever He commands it On the face of the inhabited earth. Whether for correction, or for His world or for loving-kindness, He causes it to happen. Listen to this, O Job, Stand and consider the wonders of God. Do you know how God establishes them, and makes the lightning of His cloud to shine?

6. There Is A Purpose For This Day

My life contains important events planned or used by God. There is a reason for every day.

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Psalms 139:16

Your eyes have seen my unformed substance; And in Your book were all written The days that were ordained *for me*, When as yet there was not one of them.

Proverbs 15:3

The eyes of the LORD are in every place, watching the evil and the good.

- 1 Corinthians 10:31** Whether, then, you eat or drink or whatever you do, do all to the glory of God.
- Galatians 2:20** I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.
- 1 John 3:16-18** We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.
But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth.
7. God's Love Is Great
God's love is huge. The more we know about it, the more thanks we will give.
- 1 John 4:9-10** By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son *to be* the propitiation for our sins.
- John 15:13** Greater love has no one than this, that one lay down his life for his friends.
- Psalms 103:8** The LORD is compassionate and gracious,
Slow to anger and abounding in loving kindness.
- Psalms 103:10-12** He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.
For as high as the heavens are above the earth,
So great is His loving kindness toward those who fear Him.
As far as the east is from the west,
So far has He removed our transgressions from us.
- Hebrews 4:15-16** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Giving Thanks to God Journal

In everything give thanks for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

Thankfulness for blessings from God

My thanks for difficult things

Other things for which I thanked the Lord

My praise and worship for God

Choices

Today's temptations to do the opposite of giving thanks

What Scripture applies

What I thought and said when I was tempted

Estimated percentage of time when I gave thanks to God or acted based on a thankful attitude

My most common thoughts when I was not giving thanks

Changes so far due to living by 1 Thessalonians 5.18

How I Spend My Time

Time can go so slow.

Ask a sixth grader watching the second hand on the clock in a class after lunch while a boring teacher digresses about when he was a kid.

Time can go so fast.

Ask the sixth grader's mom who watches him come down the sidewalk on a day that she looked at his baby photos.

The pace of time is in the eye of the beholder.

"Is it *Friday* yet?"

"Is it Thursday *already*?"

Whether time seems fleeting or lethargic, your time matters to God.

"Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time," He says.

He does not give you an unlimited amount of it.

"It is appointed for men to die once and after this comes judgment."

God planned this day, and each day of your life.

"In Your book all were written. The days that were ordained for me, when as yet there was not one of them," wrote the Psalmist

How do you spend your time?

Do you desire to honor God with that decision?

If so, this study and journal are for you.

What to Do

Each day, carefully consider one section of Scriptures on How You Spend Your Time.

Do more than read. Hear. Think.

Tell God the answer to the question, "What would it look like if my life was described by this verse?"

Plan. Change. Choose to do what you need to do to live by that truth.

Pray. Repent. Request help.

Complete the journal daily.

Doing so will give you a great measure of your priorities, strengths and weaknesses, heart, faith and habits.

It will take time to accumulate enough understanding of the Scriptures and data on how you spend your time to combine the two with maximum skill. But it will be time well spent.

How I Spend My Time Scripture

(1)

Ephesians 5:15-16

Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil.

Psalms 1:2-3

But his delight is in the law of the LORD,
and in His law he meditates day and night.
He will be like a tree *firmly* planted by streams of water,
which yields its fruit in its season.
And its leaf does not wither; and in whatever he does, he prospers.

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we could walk in them.

(2)

1 Timothy 4:12

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe.

Proverbs 16:8

Better is a little with righteousness,
Than great income with injustice.

Titus 3:14

Our people must also learn to engage in good deeds to meet pressing needs, so that they will not be unfruitful.

(3)

Colossians 3:23

Whatever you do, do your work heartily, as for the Lord rather than for men.

Proverbs 10:26

Like vinegar to the teeth and smoke to the eyes,
So is the lazy one to those who send him.

Matthew 6:33

But seek first His kingdom and His righteousness, and all these things will be added to you.

Philemon 1:21

Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.

(4)

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man

did not come to be served, but to serve, and to give His life a ransom for many.

1 Timothy 5:8

But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

1 Timothy 6:7-8

For we have brought nothing into the world, so we cannot take anything out of it either. If we have food and covering, with these we shall be content.

(5)

Proverbs 14:23

In all labor there is profit,
But mere talk *leads* only to poverty.

2 Timothy 2:15

Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

2 Timothy 3:16

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness.

(6)

James 4:13-16

Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit." Yet you do not know what your life will be like tomorrow. You are *just* a vapor that appears for a little while and then vanishes away. Instead, *you ought* to say, "If the Lord wills, we will live and also do this or that." But as it is, you boast in your arrogance; all such boasting is evil.

Proverbs 13:20

He who walks with wise men will be wise,
But the companion of fools will suffer harm.

Matthew 5:6

Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and *so* prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.

Acts 20:24

But I do not consider my life of any account as dear to myself, so that I may finish my course and the ministry which I received from the Lord Jesus, to testify solemnly of the gospel of the grace of God.

How I Spend My Time Journal

In general terms, record activities hour by hour

Day:

Date:

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

9

10

11

12

Time in the Word _____ to _____

What I studied in God's Word:

What I learned from the Scriptures:

How God's Word judges how I spent my time today (include references)

Wife

A Christian wife is to be subject to her husband. She should support his leadership and obey him, in the same way she obeys God. No man is perfect like God. The believing wife is to even obey a husband who is disobedient to the Word (except when he commands her to sin). A wife who is subject to her husband pleases God. Will you measure the day not by your level of pleasure, but by how well you obeyed God and your spouse?

The strength and obedience of the godly wife comes from her close walk with the Almighty God. Her faith is the core of her being. Her hope is set on the promises of God's Word. She is a woman who hungers and thirsts for righteousness.

God calls wives to be subject to their husbands. To do so is to be a servant. Love is regarding the other person as more important. It does not seek its own way. Love forgives. It does not take into account a wrong suffered. How can a woman love in this way? By choosing to obey His Word.

The wife who lives by God's Word is a suitable helper to her husband. What is his biggest need? To please God by growing in holiness. A strong wife can respectfully and effectively help her husband in this by communicating truth from the Scriptures. She thinks and speaks from a heart that fears God. The woman with the fearless confidence in the Almighty God is a tool in His hand to cause spiritual progress in her husband. This is a woman who lives by faith. Her inner person is precious to the Lord.

Secondarily, an excellent wife helps her husband by effectively teaching and training children and overseeing the household. The scope of responsibilities are only limited by what circumstances and her abilities allow. For some women, their domain includes choosing investments, managing a group of employees, business ventures, real estate holdings, and household planning (Proverbs 31:10-31). For others, God has ordained few areas to oversee so that the wife may excel at them. The woman honoring God in her marriage is a faithful servant of the Lord and a blessing to her man.

The godly wife fears the Lord. Strong in faith, her life reflects the Scriptures. This woman is precious in the sight of God. Her husband is stronger in his sanctification and more successful in his occupation due to the ministry of his wife.

She is trusted and appreciated. The faithful wife teaches and trains her children with wisdom according to the Word. She is a woman of character, honoring to the Lord.

If your desire is to be such a woman, this study and journal are made for you.

What To Do

- 1) Review all the Scriptures in the Wife Study every day.
- 2) Memorize a verse from this list each week. Review all memorized verses daily.
- 3) Complete every section of the journal every day until, by God's grace and through His Word, you live these truths as the habit pattern of your life. Such a woman is honoring to God and a blessing to her husband.

Wife Study

Ephesians 5:22–23

Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body.

Genesis 2:18

Then the LORD God said, "It is not good for the man to be alone; I will make him a helper suitable for him."

How can I better support the leadership of my husband?

1 Peter 3:5-6

For in this way in former times the holy women also, who hoped in God, used to adorn themselves, being submissive to their own husbands; just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.

2 Corinthians 4:5

For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

Philippians 2:14

Do all things without grumbling or disputing.

How can I better be subject to him?

Mark 10:43-45

But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

1 Peter 2:16

Act as free men, and do not use your freedom as a covering for evil, but use it as bondslaves of God.

1 Peter 3:1-2

In the same way, you wives, be submissive to your own husbands so that even if any *of them* are disobedient to the word, they may be won without a word by the behavior of their wives, as they observe your chaste and respectful behavior.

The godly wife's life with God

Proverbs 31:30

Charm is deceitful and beauty is vain,
But a woman who fears the LORD, she shall be praised.

1 Peter 3:3-4

Your adornment must not be *merely* external—braiding the hair, and wearing gold jewelry, or putting on dresses; but *let it be* the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

Proverbs 31:25

Strength and dignity are her clothing,
And she smiles at the future.

Matthew 5:6,8 Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
Blessed are the pure in heart, for they shall see God.

How can I better love my husband?

Proverbs 31:10-12 An excellent wife, who can find?
For her worth is far above jewels.
The heart of her husband trusts in her,
And he will have no lack of gain.
She does him good and not evil
All the days of her life.

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you.

Philippians 2:3-4 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others.

1 Corinthians 13:4-6 Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, does not rejoice in unrighteousness, but rejoices with the truth.

How can I be the most suitable helper for my husband?

Proverbs 31:26 She opens her mouth in wisdom,
And the teaching of kindness is on her tongue.

Proverbs 31:28-29 Her children rise up and bless her;
Her husband *also*, and he praises her, *saying*:
Many daughters have done nobly,
But you excel them all.

Hebrews 13:16 And do not neglect doing good and sharing, for with such sacrifices God is pleased.

1 Peter 3:8-9 To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing

Proverbs 31:16-18 She considers a field and buys it;
From her earnings she plants a vineyard.
She girds herself with strength
And makes her arms strong.
She senses that her gain is good;
Her lamp does not go out at night.

Proverbs 31:23 Her husband is known in the gates,
When he sits among the elders of the land.

Wife Journal

Day:
Date:

Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body.
Ephesians 5:22 –23

How I either supported or opposed the leadership of my husband

How I subjected myself to my husband's authority or how I sought to rule over him

How I honored God today (time in Word, obedience, choosing righteousness over sin)

Specific things I did to love my husband (include Scripture, showing how your actions were love)

How I was the most suitable helper for my husband today

What Scriptures describe the good and the bad I did today

Prayer:

If it was a time of being a doer of the Word, give thanks for God's help (1 Thes. 5.18, Heb. 4.15-16)

Or

If it was a time of not being a doer of the Word, confess sin and repent (Prov. 28.13)

Becoming a Diligent Worker

You can bring honor and glory to God by how you work.

God says much in His Word about why you should work, how you should work as well as what to think and what to say about work. A Christian works from the heart, for the purpose of pleasing God. If an able-bodied believer who should work does not have a job, their full-time occupation is finding a job.

Will you obey Him?

Or will you stand opposed to the Almighty God?

“But,” you might say, “How can I change the patterns of living that have existed my whole life?” God gives you His Word for this transformation. It is enough to enable you to turn from sin and to equip you to do right.

“Your Word I have treasured in my heart,
That I might not sin against You.”
Psalm 119:11

“All Scripture is inspired by God and profitable
for teaching, for reproof, for correction, for training
in righteousness; so that the man of God may
be adequate, equipped for every good work.”
2 Timothy 3:16-17

Put your hope in Him, brother and sister.
The Creator of the universe has provided all you need.
Also, He will strengthen you daily if your heart is to obey Him (2 Chronicles 16:9).

Begin by repenting of past sins.
If you truly intend to turn from your iniquity and will strive to obey God in how you work, pray and tell Him so right now. His response to one repenting is forgiveness and restoration (Psalm 32:5).

Your sanctification has begun.
Be strong in the Lord.
His grace will be sufficient.
May you bear much fruit and prove to be His disciple (John 15:8)

What To Do

- 1) Do the journal daily.
- 2) Study the Scripture page four times per week. On a separate paper, write down what motives and actions must be yours to obey each verse.
- 3) Each week memorize a new verse from that page. Choose the verse that best describes how you are failing to obey God as a worker. Review the memory verses every day.

Becoming a Diligent Worker and The Word of God

Philemon 1:21	Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.
Colossians 3:23	Whatever you do, do your work heartily, as for the Lord rather than for men.
Proverbs 23:12	Apply your heart to discipline And your ears to words of knowledge.
Proverbs 14:23	In all labor there is profit, But mere talk <i>leads</i> only to poverty.
Proverbs 11:2	When pride comes, then comes dishonor, But with the humble is wisdom.
Titus 3:14	Our people must also learn to engage in good deeds to meet pressing needs, so that they will not be unfruitful.
2 Thessalonians 3:10	For even when we were with you, we used to give you this order: if anyone is not willing to work, then he is not to eat, either.
1 Timothy 5:8	But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.
1 Thessalonians 4:11-12	and to make it your ambition to lead a quiet life and attend to your own business and work with your hands, just as we commanded you, so that you will behave properly toward outsiders and not be in any need.
Proverbs 21:2	Every man's way is right in his own eyes, But the LORD weighs the hearts.
Proverbs 23:4-5	Do not weary yourself to gain wealth, Cease from your consideration <i>of it</i> . When you set your eyes on it, it is gone. For <i>wealth</i> certainly makes itself wings Like an eagle that flies <i>toward</i> the heavens.
Proverbs 16:9	The mind of man plans his way, But the LORD directs his steps.
Proverbs 15:12	<i>A scoffer does not love one who reproves him,</i> He will not go to the wise.
Proverbs 12:22	Lying lips are an abomination to the LORD, But those who deal faithfully are His delight.
Proverbs 9:10	The fear of the LORD is the beginning of wisdom, And the knowledge of the Holy One is understanding.

Becoming a Diligent Worker Journal

Day:
Date:

Hourly prayer for help to obey God

6 _____ 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____ 1 _____ 2 _____ 3 _____ 4 _____
 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____

Schedule

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Opportunities to honor God with my effort and labor (include being on time, finishing on time, degree of effort, competing ideas, motives and purposes)

What I did and said

Why I did and said that—what result I was hoping for

What Scripture applies

If I had obeyed the Word, my thoughts, actions and words would have been

Prayer

- Confess (1 John 1.9) and repent of (Proverbs 28.13) all sin
- Give thanks for God's help (2 Corinthians 12:9-10)
- Ask for help to obey tomorrow (Hebrews 4.15-16)

Long-term issues and projects

	Yesterday	Today	The next 7 days
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Planned
Actions:

Actual
Actions:

Description of the entire process:

Comments on where I am in the process:

Deadlines (most recent and upcoming):