

Scriptural Medicine for Wholeness of Heart

How to “Stay Upon Jehovah”

Is. 26:3

DEPEND ON GOD

Only God can make whole, and this is medicine He has given us.

Will you take it?!

Ps. 86:11

Unite my heart to fear thy Name.

Pastor KH

2/14/98

Doctrinal Statement for Mental/Emotional/Volitional Health

3/22/98

Friends,

The work of salvation is God's work. Man is not in control of his instantaneous, eternal salvation nor of his progressive, sanctifying salvation. Yet man has his co-working part (Phil. 2:12,13).

The expression "how to" appears eleven times in the KJV. This booklet is intended to give "how-to" help for mental-emotional health with the prayer that it will encourage all to look to God for their salvation. While the co-working of God and man remains a mystery to man (Job 11:6,7), please understand that your role is to learn to **depend on God** who alone will accomplish your sanctification, including your wholeness of mind, emotions, and will!

Thank you,

KH

This is the second booklet prepared for the people of CBC and especially for those who can identify with Isaiah 50:10.

"Who [is] among you that feareth the LORD, that obeyeth the voice of his servant, that walketh [in] darkness, and hath no light? let him trust in the name of the LORD, and stay upon his God."

The Holy Bible is God's inerrant, infallible, plenary-inspired Self-Revelation to man (II Tim. 3:16,17; II Pet. 1:2-4). The Holy Scriptures reveal that God is one God in three Persons, each with distinct ministries.

God created man whole, directly from the dust of the ground, and breathed into him the breath of life; and man became a living soul (Gen. 2:7).

God made man for God's sake, for man's communion and co-working with Him (Rev. 4:11).

Man chose his own will over God's will when he ate of the one forbidden fruit. God was displeased, man's wholeness became undone, and communion and co-working with God were broken (Rom. 5:12).

God sent His Son, Jesus Christ, born of a virgin, God Himself incarnate, to redeem man from the curse, to purify to Himself a peculiar people for fellowship (I Jn. 1:3) and co-working (Titus 2:14), and to restore man's wholeness.

God sacrificed His incarnate Son on the cross to satisfy His justice that the wages of sin is death and that without the shedding of blood there is no remission of sins.

God raised His Son the third day according to the scriptures, demonstrating His power over sin and the grave.

God is faithful to His Word to forgive and restore those who come to Him in faith in His Word, confessing and repenting of self-will.

God places those who come to Him in simple faith into the body of Christ, to abide in Christ. They are sanctified (changed) by His

Spirit into more and more Christlikeness, strengthened and directed by that beautiful Comforter, to further God's rule in the hearts of men. Man is to reckon himself dead to sin, self, and Satan.

Satan, a created angel, also rebelled against God, and has been allowed for a season to be loose, to war against God and the saints, and to keep the unsaved in blindness.

Man, if saved, will live forever with God in eternal happiness, but if unsaved, in hell and eternal misery, separated from God.

God's plan for the future includes the rapture to heaven of the saved, great tribulation on earth for those left behind, a millennium of peace on earth under the earthly reign of Christ, final judgment on Satan and his cohorts, and then eternity.

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Five Foundational Truths for Wholeness of Heart

How to Have a Healthy Orientation

1. We are alive (and saved) for **God's** sake - not ours (Rev. 4:11; Titus 2:14; Ps. 23:3)! (What does it matter what happens to us?)

Ps. 23:3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

2. We are made for **communion** (and co-working) (I Cor. 1:9; 3:9) with Him, a close, intimate relation with God from which comes peace, direction, desire and ability to study and practice, conviction of where we fall short, and all kinds of blessing! This position is found as we learn to **depend** on Him, and it is the position of abiding in Christ, of being in the light, and of experiencing the ultimate delight. This is growing in the knowledge of God (Jn. 15:5 (1-11); I Jn. 1:3,6,7).

1 Cor. 1:9 God [is] faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord.

Jn. 15:5 I am the vine, ye [are] the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

3. God is in control (Ps. 103:19; Is. 46:9,10; Lam. 3:37,38). We have not chosen Him, but He has chosen us (Jn. 15:16; I Jn. 4:19; II Cor. 5:14).

I Jn. 4:19 We love him, because he first loved us.

4. God's plan for us is Christlikeness (Rom. 8:28,29).

Rom. 8:29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

5. God commands us to know Him, yet He is incomprehensible (Pro. 3:5,6; Job 11:7; Is. 55:10,11; Rom. 8:36-38).

How to Abide in Christ

Jn. 15:1-27; I Jn. 3:23,24

How to Be Filled with Love, Joy, Peace and all the fruit of the Spirit

Gal. 5:22,23

and how to pursue holiness - sanctification, separation, Holy Spirit filling and evangelistic power (Heb. 12:14; Eph. 5:18; Acts 1:8; Phil. 2:12,13).

1. You must first and always accept that only God can make you holy (whole) and fill you with His Spirit and His fruit (I Thes. 5:23,24; Heb. 12:2; Phil. 1:6; Gal. 5:22,23; Titus 3:5).
2. On the human side, there is need to trust Christ, to trust His Word and His work on the cross (Acts 26:18; Heb. 11:6; Mt. 11:21). Thank and praise Him (Ps. 50:23; I Thes. 5:18; Ps. 34:1) for pardon, love, and salvation.
3. Ask for faith and filling (and sanctification) (Lk. 11:13; Jms. 4:2,3; Ps. 85:6; Jn. 15:5).
4. Let the Word of God dwell in your mind (Eph. 5:17-21; Col. 3:16; Jn. 17:17). Meditate on specific verses of scripture (Rom. 10:17).
5. Eschew (put away) evil (Rom. 6:19-21; II Cor. 6:17; 7:1; I Pet. 3:11). Confess and forsake all known sin (Pro. 28:13; I Jn. 1:7-9; Eph. 4:30). This includes companions (Pro. 13:20; I Cor. 15:33).
6. Cleave (join) to good (Heb. 12:14). Resist the devil (Jms. 4:7; I Pet. 5:9. See "Spiritual Warfare" booklet).
7. Accept chastisement (Heb. 12:10,11; Jn. 15:1-5; II Cor. 12:9).
8. Obey His will (Word) (Rom. 6:16-19). Apply specific verses of scripture (Eph. 6:17).
9. Reckon (see, suppose, think, imagine) yourself to be what you ought to be and can be in Christ (Rom. 6:11)!

The Peace Plan

How to Deal with Change

Col. 3:15; II Thes. 3:16; Gal. 5:22,23

“Lord, I’m pleasing you best I know how, and this is my rejoicing. I am lost and utterly helpless unless you help me. Whatever pleases God, I choose to make my delight. My will is to do His will, which, unless He shows me otherwise, is listed as my calling and daily goals. What follows is my understanding of His plan for His child to follow to have peace.”

1. **Trust the Lord for peace** (Rom. 15:13; Is. 26:3; Pro. 3:5,6). This is waiting on the Lord (Ps. 27:14; Job 14:14), depending on Christ and His Spirit and not on the flesh (Rom. 8:1; Gal. 3:3; Jer. 17:5).
 - a. Learn this trust (Mt. 11:28-30); and then relearn it for all the changes of life (Ps. 55:19,22; Job 10:17). Rest in Christ (I Pet. 5:7; Ps. 55:22). Abide in Christ (Jn. 15:5).
 - b. Recognize that He does all things well, and that He has a purpose in everything (Is. 55:8,9; Eph. 1:11), and that His ultimate purpose for us is Christlikeness (Rom. 8:28,29; I Pet. 1:15,16). (Aren’t you - or somebody else - seeing growth?!)
 - c. Do not worry (Mt. 6:33). Do not second guess (Jms. 1:6). Be decisive, assertive (in your calling) and humble, and don’t “look back” (I Cor. 2:15).
 - d. Look to God for faith (Heb. 12:2; Phil. 1:6; Rom. 12:3; Gal. 5:23; Eph. 2:8).
 - e. Let the Word and Spirit mold you and not you do it yourself, or even others, and certainly not the world (Jn. 15:1; Rom. 12:2).
2. **Meditate on scripture.** Let it percolate in you (Josh. 1:8; Ps. 1:2-4).
 - a. Find and use the specific verses of scripture which apply (Rom. 10:17; Eph. 6:16).
 - b. Engage your mind with it, and systematize and balance it with itself (Jn. 15:3; I Cor. 2:13; Pro. 22:21).
 - c. Use the sword as you resist the devil (Eph. 6:17).
 - d. Stay with the parts you do understand, gradually adding to them. “Skip over” parts you don’t understand (Phil. 3:15,16). We’re blessed by possession (Ps. 119:57; Eph. 1:11). Let the Lord lead in His time! Frustration decreases faith. Understanding increases faith, “line upon line” (Is. 28:10,13). Get on the faith spiral!
3. **Cry out for faith, confidence, strength, teaching, deliverance, wisdom, insight, judgment, discernment, enlargement of heart** (Ps. 119: 25-32), love, grace, and **peace** from the Holy Spirit (Lk. 11:13).
 - a. Ask for it (Jms. 4:2, 3).
 - b. Confess your need and lack, and His sufficiency (Acts 4:12).
 - c. Pray with thanksgiving (Phil. 4:6,7).
4. **Eschew destructive, devilish, thinking** (Jms. 3:17 (direction); I Pet. 5:7-11; Lk. 22:31,32; Phil. 4:8).
 - a. Replace with godly thinking (Rom. 10:17; Eph. 6:17; 5:26).
 - b. Reject reason, if it conflicts with God’s Word (Pro. 3:5,6).
 - c. Do not listen to thoughts or feelings from the devil or world or flesh which are recognized by their leading to despair (Ps. 42:5).
 - d. Do not grieve or quench the Holy Spirit (Eph. 4:30; I Thes. 5:19).
 - e. Avoid discussing “sewer” (Phil. 4:8).
 - f. Assume salvation (Rom. 10:13).
 - g. Eschew evil practices (I Pet. 3:11).
 - h. Eschew excessive introspection and self-judgment. (See #10.)
5. **Pray for others** (Job 42:10; I Pet. 5:9).
6. **Express gratitude** to God (and others) (Phil. 4:6,7).

7. **Call to remembrance** - additional helps to trust God!
 - a. Review all of these things.
 - b. These same afflictions are accomplished in all the brethren (I Pet. 5:9); and, it takes time (I Pet. 5:10).
 - c. The Lord let Satan touch Job's body (Job 2:5,6) and emotions are a part of the body (and change) (Ps. 55:19).
 - d. Changing my circumstances won't change me or cause me to handle pressure properly (Rom. 12:2; I Cor. 3:18).
 - e. The attack often comes from Satan in the foundational areas of God's presence and love. "God is not with you. You are a failure. You don't measure up. You have too far to come" are devilish lies. Resist the devil (Jms. 4:7).
 - f. Nothing happens to you that doesn't first pass through God's hands (Ps. 103:19; Is. 46:9,10). All continues in God's hands (Col. 1:17), only with His permission.
 - g. God works in you both to will and to do His good pleasure (Phil. 2:13).
 - h. "I choose to believe God, that He is both great and good, and that He has placed me here and in these circumstances, and that He will meet His needs, others' needs, and my needs, as I go to where the duty is. (This does not mean the work will be easy. Crucify, cast down any despairing thought or feeling.) I will not tolerate resentment that He allows this oppression, or doubt His goodness or ability to save - transform me; instead, I will be grateful for it as it is what I need (since He allows it)" (Jms. 1:2).

8. **Sing psalms and hymns** (and thereby worship, love, and thank God) (Ps. 77:1-15).

9. **Do your duty** (Go to where the duty is.) (Pro. 16:3).
 - a. Serve, minister (Mt. 20:28).
 - b. Keep going; don't quit (I Cor. 15:58).
 - c. Fulfill your ministry. Go ahead and prepare messages, meet others' needs, pray, visit, be a mechanic, grandma, pastor, husband, wife, mom, dad, friend (Col. 4:17; Lk. 22:31,32; Jn. 21:15-17).
 - d. Go against your feelings as necessary (Gal. 5:24; Eph. 2:3).
 - e. "Lord, with your grace, I will do these things even if I don't feel like it (I Thes. 5:28)."

10. **Do not be (overly) introspective**, self-analytical, self-judgmental, perfectionist, or self-solution oriented (Heb. 12:2).
 - a. Listen to God's voice, not your own (Ps. 42:5,11; 43:5).
 - b. Accept yourself as God made you, trained you and granted you faith, including your limitations (Rom. 11:29; 12:3), even as you grow-mature and pursue after holiness (Heb. 12:14), accepting the tension between your responsibility and your inability.

11. **Counsel with one primary older, godly man** (or woman) who knows you (or will come to know you) and your situation and the Word of God well, and "consult" with a few other key faith-encouragers. Be accountable (Pro. 24:6; Heb. 3:13; Mal. 3:16)! Receive encouragement from them (II Chron. 32:7,8).

How to Have a Healthy Mind (Phil. 2:5)

Think properly concerning your significance.

We have significance not in ourselves, but in Jesus Christ, because we are His:

1. **Creatures** - we were created by Jesus Christ, the Creator of all (Ps. 119:73; Jn. 1:1-3; Col. 1:16). Man cannot improve on this creation!
2. **Noticed ones** - We are the objects of His love, attention, provision, discipline, purification (Jn. 3:16; Rom. 5:8; Job 7:17, 18; Mt. 6:25-33; Heb. 12:9; Jn. 17:17).
3. **Ministers and co-laborers** - "He has a plan for my life!" (I Cor. 3:9; II Cor. 5:20).
4. **Pardoned ones** - He is our substitute, and has made such wonderful provision for our sin. We are released, forgiven ones (Titus 3:5).
5. **Sons** - We are the sons of God, joint-heirs with Him of all things (I Jn. 2:1,2).
6. **Friends** - He wants us happy and blessed (Jn. 15:15).
7. **Indwelt ones** - We are indwelt by His Spirit; we are His abode (I Cor. 6:19, 20).
8. **Companions** - He wants our fellowship forever (I Cor. 1:9).
9. **Selected ones** - We were chosen by Him (Jn. 15:16).
10. **Art patrons** - The world was painted by him. His art works for our refreshment and His glory include thunderstorms, gurgling streams and chirping birds (Ps. 19:1-6; Mt. 6:28, 29).
11. **Overseers** - We were given dominion by Him (which was corrupted) (Gen. 1:18).
12. **Recipients of wisdom** - We are given wisdom, knowledge and understanding by Him (Pro. 2:1-5; Jms. 1:5; Ps. 68:11).

How to Have Healthy Emotions (Ps. 16:8,9)

God generally acts in accord with this principle: "We feel the way we feel because we think the way we think and act the way we act." There are times when God allows Satan to touch the bodies (including emotions) of His children, apart from any direct sin on their part (Job 2:5,6).

1. Ask the Lord to unite your heart - mind, emotions, and will - to fear His Name (Ps. 86:11).
2. Meditate on the scriptures which teach to have compassion, joy, peace, and gladness (Gal. 5:22; Mt. 22:37-39; Pro. 17:22); and, meditate on the "great truths" (e.g., Heb.13:5,6; Ps. 56:3,4,13); and on the beauties of Jesus Christ (Heb. 12:2; Jn. 1:29).
3. Avoid emotionally - maligning situations (Rom. 14:19).
4. Crucify the flesh with its affections and lusts, which is identifying (confessing) and putting off (repenting of) the old ungodly habit patterns, emotional responses (Gal. 5:24; Eph. 2:3; 4:22).
5. Be filled with the Spirit, yielding to His mind and trusting His power to produce fruit ("put on") (Gal. 5:22; Eph. 4:24).
6. Be whole-hearted, and concentrate (I Cor. 7:35). Avoid a divided mind (Jms. 1:9).
7. Be with people (Mt. 14:14).
8. Recognize the moving-motivating role of emotions (Eph. 4:26). No emotion is bad, but all emotions need directed (I Cor.14:32,33). Emotions need to be connected with mind and will (Rom. 6:17).
9. Become competent in your calling (Phil. 2:12,13). Set goals, have a plan, get to work (II Tim. 2:15; Pro. 24:27; Ezra 7:10). (Do these things depending of God.)
10. Do the will of God no matter how you feel (Pro.16:3; Ps. 37:5; Heb. 1:9). Happiness and other emotions are by-products. Love your wife and witness (for examples), no matter how you feel.

Transcend your feelings. Praise God no matter how you feel (Ps. 150:6).

1. Choose to trust God to help you to hope, love, have joy, peace and faith (Heb. 11:6; Ps. 16:8-11; 56:3,4).
2. Cultivate a merry heart (Pro. 17:22).
3. Sing unto the Lord (Eph. 5:18-20).
4. In everything give thanks (I Thes. 5:18).

The sum: depend (key) on Jesus Christ, and let Him complete what is lacking (Phil. 2:12,13; I Thes. 5:23). Yielding to the words of God produces properly-ordered emotions (Rom. 15:4, 13). God's commands are invitations to joy.

This is also the thinking in which to bring up your children with good emotional health.

Get on the faith, hope, love, and joy spiral!

(I think) Jim Berg gave the basis for this.

How to Have a Healthy Will

How to Respond to a Hard (or Delightful) Situation
I Thes. 5:18; Phil. 4:4-13; Ps. 9:1; 28:7

SITUATION → GRIEF AND TEARS → CHOICE:

GODLY STEPS

FLESHLY STEPS

- | | |
|--|--|
| 1. Thanking God immediately for the situation | 1. Asking "Why me?" "Why now?" |
| 2. Asking "What is God trying to accomplish in my life?" | 2. Self-pity and envy of those who are not suffering |
| 3. Trusting God to work good from the situation | 3. Anger and attempted blame |
| 4. Setting goals/ Having a plan | 4. Bitterness |
| 5. An attitude of praise
God says: | 5. Depression
Satan says: |
| a. trust my control Ps. 103:19 | a. control it yourself (self-assertion) |
| b. step aside Rom. 12:19-21 | b. avenge yourself (self-pity) |
| c. trust my love I Jn. 4:18 | c. do it yourself (self-protection) |
| d. I am with you Is. 41:10 | d. believe in yourself |

(self-confidence)

Motivate Yourself and People Around You!

Romans 12:1-21; I Tim. 4:16; Heb. 3:13

“short list”

1. Study scripture (Christ and the mercies of God and the mercies of God) (Rom. 12:2).
2. Eschew evil (Rom. 12:9; I Cor. 15:33).
3. Cleave to good (Rom. 12:9).
4. Ask God (Rom. 12:12; Jms. 4:2,3).

The following is a list of scriptural ways to motivate yourself and others from Romans 12.

1. Make God known (v. 1; the mercies of God). Grow in the knowledge and acceptance of the love of God as the premier motivation (Rom. 1-11).
2. Hold up high standards (v. 1; present your bodies a living sacrifice).
3. Reason from scripture (v. 1; which is your reasonable service).
4. Cause the Word of God to be read and memorized (v. 2; renewing of your mind).
5. Preach the Word of God (vs. 1-21; beseech you).
6. Teach “how to” (vs. 1-21) (for motivation).
7. Reward and punish (vs. 2, 19; prove...the will of God; I will repay).
8. See models, and you model (v. 3; For I say through the grace given unto me).
9. Encourage, and be encouraged (beseech) (vs. 1-21).
10. Appeal to team benefit (vs. 4,5; we, being many, are one).
11. Appeal to God’s plan of uniqueness (vs. 6-8; Having then gifts differing according to the grace that is given to us).
12. Use your gifts, and help others use their gifts (vs. 6-8; having then gifts, let us (use them)).

13. Remind to serve according to their measure of faith (vs. 3, 6-8; according to the proportion of faith).

14. Appeal to what is right (vs. 9, 10-21; Abhor that which is evil; cleave to that which is good).

15. Appeal to serving God (v. 11; serving the Lord).

16. Encourage prayer and dependence on Christ, moment by moment (v. 12; continuing instant in prayer).

17. Remember: do what you can and leave the rest to God (v. 18; if it be possible, as much as lieth in you).

Jim Berg gave the basis for this.

Seven Stabilizing Truths for Christians for Handling Trouble

Meditate on these truths until they regulate your life.
Ye do err, not knowing the scriptures nor the power of God,
(Mt. 22:29; Jer. 2:13)
both of which are to be learned (Phil. 4:11).

1. God's LOVE for me is unchanging and sufficient.

Psalm 23:3 He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake

Psalm 42:11 Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

Jeremiah 31:3 The LORD hath appeared of old unto me, [saying], Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

Lamentations 3: 22 It is of the Lord's mercies that we are not consumed, because his compassions fail not.

23 They are new every morning: great is thy faithfulness

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 15:12 This is my commandment, That ye love one another, as I have loved you.

13 Greater love hath no man than this, that a man lay down his life for his friends.

Romans 8:31 What shall we then say to these things? If God [be] for us, who [can be] against us?

32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

33 Who shall lay any thing to the charge of God's elect? It is God that justifieth.

34 Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

35 Who shall separate us from the love of Christ? [shall] tribulation, (no, God still loves us) or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 As it is written, For thy sake (and our sake) we are killed all the day long (in Him we're being sanctified); we are accounted as sheep for the slaughter.

37 Nay, in all these things we are more than conquerors through him that loved us.

38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

Hebrews 12:5 And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him:

6 For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.

7 If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?

1 John 4:10 Herein is love, not that we loved God, but that he loved us, and sent his Son [to be] the propitiation for our sins.

1 John 4:16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

1a. God is with me.

Joshua 1:9 Have I not commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Haggai 2:5 According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: fear ye not.

Matthew 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

1b. Hope, faith, and love are chooseable.

Psalm 16:8 I have set the LORD always before me: because he is at my right hand, I shall not be moved.

Psalm 56:3 What time I am afraid, I will trust in thee.

4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me. (Hope, faith, and love are “chooseable.”)

Isaiah 41: 6 They helped every one his neighbour; and every one said to his brother, Be of good courage.

7 So the carpenter encouraged the goldsmith....

Jeremiah 9:23 Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches:

24 But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.

Luke 11:13 If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?

Acts 5:32 And we are his witnesses of these things; and so also is the Holy Ghost, whom God hath given to them that obey him.

Romans 16:17 Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them.

18 For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.

Philippians 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

13 For it is God which worketh in you both to will and to do of his good pleasure.

14 Do all things without murmurings and disputings:

2. God’s PURPOSE for me is Christlikeness.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose.

29 For whom he did foreknow, he also did predestinate [to be] conformed to the image of his Son, that he might be the firstborn among many brethren.

Colossians 1:28 Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus:

Ephesians 4:11 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;

12 For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:

13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:

2 Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, [even] as by the Spirit of the Lord.

3. God's WORD to me is the final, right answer.

Deuteronomy 6:6 And these words, which I command thee this day, shall be in thine heart:

7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

8 And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes.

9 And thou shalt write them upon the posts of thy house, and on thy gates.

Deuteronomy 30:11 For this commandment which I command thee this day, it [is] not hidden from thee, neither [is] it far off.

12 It [is] not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, that we may hear it, and do it?

13 Neither [is] it beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, that we may hear it, and do it?

14 But the word [is] very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

15 See, I have set before thee this day life and good, and death and evil;

16 In that I command thee this day to love the LORD thy God, to walk in his ways, and to keep his commandments and his statutes and his judgments, that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it.

17 But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them;

18 I denounce unto you this day, that ye shall surely perish, [and that] ye shall not prolong [your] days upon the land, whither thou passest over Jordan to go to possess it.

19 I call heaven and earth to record this day against you, [that] I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:

20 That thou mayest love the LORD thy God, [and] that thou mayest obey his voice, and that thou mayest cleave unto him: for he [is] thy life, and the length of thy days: that thou mayest dwell in the land which the LORD sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.

John 16:13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, [that] shall he speak: and he will shew you things to come.

14 He shall glorify me: for he shall receive of mine, and shall shew [it] unto you.

15 All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew [it] unto you.

Hebrews 4:12 For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.

2 Timothy 3:15 And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.

16 All scripture [is] given by inspiration of God, and [is] profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 That the man of God may be perfect, thoroughly furnished unto all good works.

2 Peter 1:3 According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

1 John 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous.

4. God's GRACE for me is sufficient.

2 Corinthians 12:9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

2 Timothy 2:1 Thou therefore, my son, be strong in the grace that is in Christ Jesus.

Titus 2:11 For the grace of God that bringeth salvation hath appeared to all men,

12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

Hebrews 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as [we are, yet] without sin.

16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

5. God's WISDOM is complete and nonlacking.

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.

Colossians 2:3 In whom are hid all the treasures of wisdom and knowledge.

6. God's SOVEREIGNTY is unopposable.

Psalms 103:19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all.

Psalms 135:6 Whatsoever the LORD pleased, [that] did he in heaven, and in earth, in the seas, and all deep places.

7. God's POWER is sufficient to change me.

Matthew 28:18 And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

II Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

John Stormer gave the basis for this.

TRUST GOD!!!

Five Things for God's children to Remember, and Four Things for Them to Do When Trouble (or Good Times) Come

Job 35:14

Five Things to Remember about God

1. God is sovereign.

Isaiah 46:9 Remember the former things of old: for I [am] God, and [there is] none else; [I am] God, and [there is] none like me,

10 Declaring the end from the beginning, and from ancient times [the things] that are not [yet] done, saying, My counsel (plan) shall stand, and I will do all my pleasure (desire):

2. God is good.

Romans 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

I John 4:16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

Song of Solomon 2:4 He brought me to the banqueting house, and his banner over me was love.

Psalms 71:5 For thou art my hope, O LORD God: thou art my trust from my youth.

14 But I will hope continually, and will yet praise thee more and more.

Hos. 6:3 Then shall we know if we follow on to know the Lord.

3. God knows all things.

I John 3:20 For if our heart condemn us, God is greater than our heart, and knoweth all things.

4. God will work all things out for good.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose.

Psalms 34:19 Many are the afflictions of the righteous: but the Lord delivereth him out of them all.

5. God will give you what you need, when you need it.

Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

I Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Psalms 31:15a My times are in thy hand.

6. Thank Him for the circumstances.

Psalms 119:75 I know, O Lord, that thy judgments are right, and that thou in faithfulness hast afflicted me.

I Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

7. Keep on doing right.

Job 23:11 My foot hath held his steps, his way have I kept, and not declined.
12 Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary [food].

Psalms 106:3 Blessed [are] they that keep judgment, [and] he that doeth righteousness at all times.

8. Seek understanding.

Psalms 111:10 The fear of the Lord is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever.

Proverbs 2:1 My son, if thou wilt receive my words, and hide my commandments with thee;
2 So that thou incline thine ear unto wisdom, [and] apply thine heart to understanding;
3 Yea, if thou criest after knowledge, [and] liftest up thy voice for understanding;
4 If thou seekest her as silver, and searchest for her as [for] hid treasures;
5 Then shalt thou understand the fear of the LORD, and find the knowledge of God.

(Psalms 55:22 Cast your burden on the Lord.)

9. Rejoice in the Lord always.

Philippians 4:4 Rejoice in the Lord always: [and] again I say, Rejoice.

Four Things to Do

Psalms 71:17 O God, thou hast taught me from my youth: and hitherto have I declared thy wondrous works.

18 Now also when I am old and grayheaded, O God, forsake me not; until I have shewed thy strength unto [this] generation, [and] thy power to every one [that] is to come.

19 Thy righteousness also, O God, [is] very high, who hast done great things: O God, who [is] like unto thee!

20 [Thou], which hast shewed me great and sore troubles, shalt quicken me again, and shalt bring me up again from the depths of the earth. Rejoice for the deliverance that is coming.

21 Thou shalt increase my greatness, and comfort me on every side.

22 I will also praise thee with the psaltery, [even] thy truth, O my God: unto thee will I sing with the harp, O thou Holy One of Israel.

23 My lips shall greatly rejoice when I sing unto thee; and my soul, which thou hast redeemed.

Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

1. **Thank God for your situation** (Phil. 4:4-6; Ps. 119:81). This may look hard, and it is (I Thes. 5:18).
2. **Ask God for help in doing the thing that pleases Him** (Phil. 4:6,7; Ps. 119:36). He doesn't ask me to ask Him to remove the fears.
3. **Don't allow fear-producing thoughts to "play in your mind"** (Phil. 4:8). Like a bee to nectar, the mind must be only on spirit-refreshing thoughts (Ps. 119:86). I can't allow my thoughts to run rampant. I must guard my thoughts. I must allow these only down a narrow road (Jms. 1:2 "count it" means "guide down a narrow road.")
4. **Do the loving thing toward God and toward others** that the fear (despair, depression) would keep you from doing, whether you feel like it or not (Phil 4:9,11-13). Keep going (Ps. 119:87).
5. **Learn Christ!** (Phil 4:11; Eph. 4:20; Ps. 119:82; 112:1,7,8). Meditate on God's person - be humble, continually pray and feed on His Word. Learn to perfect your understanding and acceptance of God's love so that you can begin to love God (and to please Him) and others properly, for their sakes as well as for imitating Christ and for your sake - the eliminating of torment (Heb. 13:5,6; Ps. 27:1-3; Rom. 15:4,5; Job 42:10).

If we handle things this way, the God of peace will be with us, and this is our hope (Job 11:18)! Plan! Act courageously!

Jim Berg gave the basis for this.

How to Overcome Fear (Despair and Depression)
Philippians 4

How to Have Victory in Christ (Over Sin)
Romans 6:6-12; 8:1

The cross is the basis of victory over sin and spiritual freedom. At physical conception we inherited our parent's (Adam's) nature, with its inherent sinfulness and sinful propensity. Believers in Christ were crucified in Him by faith and He became their new ancestor.

The obligation to sin has been removed by our union and co-crucifixion with Christ (Rom. 6:6-12). Habit has the grip - not the sin. "I am empowered to obey when I chose to obey." God gives grace to the humble (Jms. 4:6). The old nature is now like a deposed dictator who has been overthrown by a new leader. The citizens may take orders from him if they choose, but they are under no obligation to obey his orders. Walking in the Spirit of Christ is yielding to His mind. Although you are not obligated to obey your old nature, you must choose to please God and thus yield control to him, by yielding to His words. As you do these things, you are learning to depend on the Spirit of Christ, which is the key to victory (Rom. 8:1).

You must consciously choose to please God (Phil. 2:12,13) in each situation and to say "no" to yourself ("put off - put on"; deny yourself; take up your cross). You must choose to do the right thing regardless of how you feel (Rom. 6:12). "I don't have to obey sin, but I must choose to do right."

As you do these things, a new habit pattern will be formed. The inertia from the new habit with the empowerment of the Holy Spirit will enable you to experience continued victory in that area, just as the inertia from the old habit along with the appeal to your old nature kept you in continual defeat. You must practice these things, and practice means sustained, daily effort (Lk. 9:23).

Practice requires endurance. You will be discouraged unless you keep beseeching God for grace (Ps. 119:88), meditating on the

truths of scripture (Rom. 15:4), the benefits of the discipline (Heb. 12: 11-13), and the end of the discipline (which is

Christlikeness and the glory of God). You will thereby grow in grace and in the knowledge of God (II Pet. 1:2-4; 3:18).

"Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed" (Heb. 12: 11-13).

You must fight your feelings (Heb. 10:35,36).

Practice often requires assistance. "And let us consider one another to provoke unto love and to good works" (Heb. 10:24). "But exhort one another daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin" (Heb. 3:13). "Cast not away therefore your confidence, which hath great recompense of reward. For ye have need of patience [endurance], that after ye have done the will of God, ye might receive the promise" (Heb. 10:35,36).

A significant part of this victory process is the "reckoning" part mentioned in Romans 6:11. "Reckon yourself" to be what you ought to be and can be in the Spirit of Christ (Rom. 6:11-22; 8:1)! Reckon (suppose, esteem, count, realize, recognize, think, see, imagine) yourself being filled with love, joy, peace (Jn. 14:26), patience, goodness, faith, humility, and self control (Gal. 5:22,23). Imagine yourself content (Heb. 13:5,6), confident (Job 11:18; Phil. 1:6; II Thes. 3:4; I Jn. 3:28 Pro. 14:26), and adequate (sufficient) (II Cor. 3:5; 9:8; 12:9). See that, in dependence on Christ, His Spirit will give you the needed memory (Jn.14:26), wisdom, understanding, and knowledge (Jms. 1:5). Imagine yourself serving (Mt. 20:28), helping (Gal. 6:2), loving (I Jn. 4:17), and being flexible in your schedule (Ps. 31:15). "I must assume I have these things because God's Word says I do; I should place my

faith in God's Word over my feelings" (II Pet. 1:2-4; Pro. 28:26). And, reckon yourself dead to the opposite - that is not enslaved to hate, bitterness, other sins, or despair. It takes time and effort to learn to "reckon yourself" (I Cor. 15:58; Heb. 12:1; 3:18).

Remember that you cannot demand that God bless you on your timetable (Job 11:11-18; Ps. 31:15); therefore, be ye steadfast (I Cor. 15:58; Heb. 12:1; 3:18). Assume that God will do what He said, and step out in faith (Eph. 5:18; Pro. 16:3). Affiance. Expect great things from God; attempt great things for God. He breaks the power of cancelled sin....

If you had been given \$10 million, and you had been a beggar who had eaten out of garbage cans and dressed in newspaper, your diet and dress would not change until you reckoned yourself rich and began spending the money! Although you are rich in Christ (positionally), you can live as a poor man in the poverty of the flesh. Your checkbook is the Bible, and the promises and commands are the checks! (Do not trust your own feelings over God's Word (Pro. 28:26).)

The Present Portion (in Part)
The LORD Is My Present Portion
Lamentations 3:24

A. In Christ, from Christ, we have:

1. communion, fellowship I Jn. 1:3; I Cor. 1:9
2. (eternal) life with Him Jn. 3:16
3. comfort I Thes. 4:18
4. peace Jn. 14:27
5. hope Rom. 15:4
6. joy I Jn. 1:4
7. confidence Pro. 14:26
8. (being) made clean Jn. 15:3
9. ability to bear fruit Jn. 15:5
10. divine shepherding Ps. 23
11. protection Ps. 18:2
12. someone who is always with us Heb. 13:5
13. interceding of greatest prayer warrior Heb. 4:16
14. honor, blessing, forgetting of misery, clearness, restfulness

B. In Christ, from the Father, we have:

1. communion, fellowship with Him I Jn. 1:3
2. (eternal) life with Him (spiritual life) Job 10:12
3. comfort II Cor. 1:3,4
4. joy Rom. 15:13
5. peace Rom. 15:13
6. hope Rom. 15:13
7. security Job 11:18; Pro. 14:26
8. being loved by Him I Jn. 4:19; Rom 8:38,39; 5:8
9. direct access to the great Physician Dt. 32:39
10. direct access to the Great Provider Phil. 4:19; Heb. 4:16
11. forgiveness (pardon) of all sins, imperfections, blemishes I Jn. 1:9
12. deliverance from falling into sin (I Cor. 10:13) or from habits of sin (Lk. 5:21)
13. salvation, justification, adoption, infusion with His holiness Heb. 12:9,10
14. His protection Job 1:10
15. knowledge of Him who knows the future
16. strength with all might Col. 1:10,11
17. ability to be kept blameless I Cor. 1:5-9
18. ability to be made fearless
19. preservation I Pet. 1:5
20. help Ps. 46:1

C. In Christ, through the Holy Spirit, we have:

The LORD Is My Eternal Portion

Revelation 21:1-8

1. communion, fellowship Phil. 2:1; II Cor. 13:14
2. (eternal) life
3. comfort Jn. 14:26
4. peace Gal. 5:22
5. hope Rom. 15:13
6. joy Gal. 5:22
7. confidence Phil. 1:6
8. direction Jn. 14:26
9. memory of most important Jn. 14:26
10. ability to love Gal. 5:22
11. longsuffering
12. gentleness
13. goodness
14. faith
15. meekness
16. temperance
17. power to do right
18. ability to minister, witness Acts. 1:8; Phil. 2:12,13
19. ability to suffer for Him II Cor. 1:10
20. help Heb. 4:16
21. ability to be made whole
22. ability to be made Christ-like II Cor. 3:18; Rom. 8:29
23. oneness with God Eph. 4:3-6
24. oneness with the saints Eph. 4:3,4
25. have friends, family throughout world I Pet. 4:9
26. understanding of the scriptures I Jn. 2:27; Jn. 14:26

D. In Christ, from the Godhead, we have:

1. importance Job 10:17,18
2. meaning and purpose Col. 1: (9-) 16-20
3. the unifying of knowledge and reality Col. 1:17
4. balance of all, justice
5. true explanation of origins and destinations
6. solution to all problems
7. success Pro. 1:4 (“wisdom”)
8. ability to judge all things I Cor. 2:14
9. wisdom, understanding, knowledge
10. ability to be equitable, subtle, discrete
11. fresh discoveries of favor and lovingkindness Lam. 3:23
12. visitations of providences (circumstantial) and grace (internal)
13. possess(ing) all things II Cor. 6:10
14. hav(ing) enough - ample Lk. 22:35,38; Phil. 4:19

The sum of our portion in Christ: He is our God; we are His people. II Cor. 6:16
The Lord Jesus Christ is my portion.

The Future Portion (in Part)

What is our future portion? the LORD

The parts of our future inheritance are as follows.

1. **eternal life** John 3:16

This is indestructible, abundant, joyous life with Christ which will increase forever.

2. **glorification** Romans 8:18; Eph. 5:27, 28

This is being made completely splendid, noble, honorable, and gorgeous, not having spot, or wrinkle or any such thing, but holy and without blemish!

3. **complete Christ-likeness** Romans 8:29; I Thes. 5:23

This is being made like Him, with a completely whole body, soul, and spirit!

4. **crowns**

a. The **Incorruptible Crown** (I Cor. 9:24-27) is for Christians who are temperate in all things, who bring their bodies into subjection.

b. The **Crown of Rejoicing** (I Thes. 2:19,20; Phil. 4:1) is for those who attempt to win others to Jesus Christ.

c. The **Crown of Righteousness** (II Tim. 4:8) will be given those who love His appearing.

- d. The **Crown of Life** (Jms. 1:12) will be given those who endure temptations and trials and, in spite of these hardships, still love the Lord (Rev. 2:10; 3:11).
- e. The **Crown of Glory** (I Pet. 5:1-4) will be given faithful pastors who feed the flock (not for money but of a willing mind), who do not lord it over God's heritage, and who are good examples for their people.

5. **heaven** Revelation 21:1-8

This is being with God. God Himself shall be with us; we shall be His people, and He shall be our God. There will be no more death, sorrow, crying or pain. There will be light and glory and honor, and nothing defiling and no more curse. The river of the water of life and the tree of life will be there for our delight, refreshment, and healing. We shall serve and reign with Him.

What Will You Do With Jesus?

Revelation 22:6-21

Respond to the Invitation

Summary

Romans 15:4

Learn to depend on God (Pro. 3:5,6; Mt. 11:28-30; Eph. 2:8,9; Phil. 4:11).

Pro. 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Meditate on Christ, and apply specific verses of scripture (Heb. 12:2; Josh. 1:8; II Pet. 1:2-4; Rom. 10:17).

Heb. 12:2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Pray (Lk. 11:13; Jn. 15:5; Jms. 4:2,3).

Lk. 11:13 If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?

Eschew evil thoughts, and resist the devil (Rom. 6:19-21; Jms. 4:6).

Rom. 6:19 I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.

20 For when ye were the servants of sin, ye were free from righteousness.

21 What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.

Confess and forsake sin (Pro. 28:13). Especially eschew pride (including lust for fame) and flee carnality and worldliness (Jms. 4:7; I Jn. 2:15-17).

Pro. 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

Jms. 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Obey God, and help others be reconciled to God (Rom. 6:17; Eph. 6:6; I Jn. 3:23,24; II Cor. 5:18-21).

Rom. 6:17 But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.
1 Thes. 5:23