



FAITH
in
God's
Promises

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Faith In God's Promises Through the Word

Chapter 1

Throughout the ages, men have sought God in behalf of their needs. Many have wondered why God did not see their needs and answer their prayers.

God has provided his children with promises for every aspect of their lives. God is moved by Faith in His word. We receive these promises through our faith in these promises. In the Bible, we are shown that the Lord Jesus is the Word of God. Faith in His Word will bring the answer.

What Jesus taught and what he did is tied inseparably to who he is. John shows Jesus as fully human and fully God. Although Jesus took upon himself full humanity and lived as a man, he never ceased to be the eternal God who has always existed, the Creator and Sustainer of all things, and the source of eternal life. This is the truth about Jesus, and the foundation of all truth. If we cannot or do not believe this basic truth, we will not have enough faith to trust our eternal destiny to him.

John 1-5,14-18

1 In the beginning was the Word, and the Word was with God, and the Word was God.

2 The same was in the beginning with God.

3 All things were made by him; and without him was not any thing made that was made.

4 In him was life; and the life was the light of men.

5 And the light shineth in darkness; and the darkness comprehended it not.

14 And the Word was made flesh, and dwelt among us, (and we beheld his

glory, the glory as of the only begotten of the Father,) full of grace and truth.

15 John bare witness of him, and cried, saying, This was he of whom I spake, He that cometh after me is preferred before me: for he was before me.

16 And of his fulness have all we received, and grace for grace.

17 For the law was given by Moses, but grace and truth came by Jesus Christ.

18 No man hath seen God at any time, the only begotten Son, which is in the bosom of the Father, he hath declared him.

All who welcome Jesus Christ as Lord of their lives are reborn spiritually, receiving new life from God. Through faith in Christ, this new birth changes us from the inside out—rearranging our attitudes, desires, and motives. Being born makes us physically alive and places us in God's family. By putting our faith in God's Word, we are putting our faith in Jesus, and can know without a doubt that what He says He will bring to pass.

Law and grace are both aspects of God's nature that he uses in dealing with us. Moses emphasized God's law and justice, while Jesus Christ came to highlight God's mercy, love, and forgiveness. Moses could only be the giver of the law, while Christ came to fulfill the law (Matthew 5:17). The nature and will of God were revealed in the law; now the nature and will of God are revealed in Jesus Christ. Rather than coming through cold stone tablets, God's revelation ("truth") now comes through a person's life. As we get to know Christ better, our understanding of God will increase.

1 John 5:7

For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one.

The phrase “came by water and blood” may refer to Jesus’ baptism and his crucifixion. At this time, there was a false teaching in circulation that said Jesus was “the Christ” only between his baptism and his death—that is, he was merely human until he was baptized, at which time “the Christ” then descended upon him but then later left him before his death on the cross. But if Jesus died only as a man, he could not have taken upon himself the sins of the world, and Christianity would be an empty religion. Only an act of God could take away the punishment that we deserve for our sin.

Therefore, believe God's promises for you in the Bible, and be completely certain that what He says is absolutely true and will not fail you, regardless of the circumstances you are facing.

Faith in God's Promises For Blessings

Chapter 2

Psalm 1:1-3

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

God doesn't judge people on the basis of race, sex, or national origin. He judges them on the basis of their faith in him and their response to his revealed will. Those who diligently try to obey God's will are blessed. You can learn how to follow God by meditating on his Word. Meditating means spending time reading and thinking about what you have read. It means asking yourself how you should change so you're living as God wants. Knowing and meditating on God's Word are the first steps toward applying it to your everyday life. If you want to follow God more closely, you must know what he says.

When Scripture says, "Whatever he does prospers," it does not mean immunity from failure or difficulties. Nor is it a guarantee of health, wealth, and happiness. What the Bible means by prosperity is this: when we apply God's wisdom, the fruit we bear will be good and receive God's approval.

Psalm 24:4-5

4 He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

5 He shall receive the blessing from the LORD, and righteousness from the God of his salvation.

Swearing by what is false means telling lies under oath. How greatly God values honesty! Dishonesty comes easily, especially when complete truthfulness could cost us something, make us uncomfortable, or put us in an unfavorable light. Dishonest communication hinders relationships. Without honesty, a relationship with God is impossible. If we lie to others, we will begin to deceive ourselves. God cannot hear us or speak to us if we are building a wall of self-deception.

Psalm 40:4

Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.

Waiting for God to help us is not easy, but David received four benefits from waiting: God (1) lifted him out of his despair, (2) set his feet on a rock, (3) gave him a firm place to stand, and (4) put a new song of praise in his mouth. Often blessings cannot be received unless we go through the trial of waiting.

Psalm 84:11-12

11 For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.

12 O LORD of hosts, blessed is the man that trusteth in thee.

God does not promise to give us everything *we* think is good, but he will not withhold what is permanently good. He will give us the means to walk along his paths, but we must do the walking. When we obey him, he will not hold anything back that will help us serve him.

Psalm 94:11-13

11 The LORD knoweth the thoughts of man, that they are vanity.

12 Blessed is the man whom thou chastenest, O LORD, and teachest him out of thy law;

13 That thou mayest give him rest from the days of adversity, until the pit be digged for the wicked.

At times, God must discipline us to help us. This is similar to a loving parent's disciplining his child. The discipline is not very enjoyable to the child, but it is essential to teach him right from wrong. The Bible says that "no discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it" (Hebrews 12:11)

Pride results from overvaluing ourselves and undervaluing others. It leads to restlessness because it makes us dissatisfied with what we have and concerned about what everyone else is doing. It keeps us always hungering for more attention and adoration. By contrast, humility puts others first and allows us to be content with God's leading in our lives. Such contentment gives us security so that we no longer have to prove ourselves to others. Let humility and trust affect your perspective and give you the strength and freedom to serve God and others.

Psalm 5:11-12

11 But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee.

12 For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.

Proverbs 10:22

The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.

God supplies most people with the personal and financial abilities to respond to the needs of others. If we all realized how God has blessed us, and if we all used our resources to do God's will, hunger and poverty would be wiped out. Wealth is a blessing only if we use it in the way God intended.

Proverbs 22:9

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor

Matthew 5:3-12

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn: for they shall be comforted.

5 Blessed are the meek: for they shall inherit the earth.

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

7 Blessed are the merciful: for they shall obtain mercy.

8 Blessed are the pure in heart: for they shall see God.

9 Blessed are the peacemakers: for they shall be called the children of God.

10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

Matthew 5-7 is called the Sermon on the Mount because Jesus gave it on a hillside near Capernaum. This “sermon” probably covered several days of preaching. In it, Jesus proclaimed his attitude toward the law. Position, authority, and money are not important in his kingdom—what matters is faithful obedience from the heart. The Sermon on the Mount challenged the proud and legalistic religious leaders of the day. It called them back to the messages of the Old Testament prophets who, like Jesus, taught that heartfelt obedience is more important than legalistic observance.

The disciples, who were the closest associates of this popular man, were certainly tempted to feel important, proud, and possessive. Being with Jesus gave them not only prestige, but also opportunity for receiving money and power. Jesus assured his disciples, they would be rewarded—but perhaps not in this life.

Galatians 3:8-9

8 And the scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, In thee shall all nations be blessed.

9 So then they which be of faith are blessed with faithful Abraham.

The main argument of the Judaizers was that Gentiles had to become Jews in order to become Christians. Paul exposed the flaw in this argument by showing that real children of Abraham are those who have faith, not those who keep the law. Abraham himself was saved by his faith (Genesis 15:6). All believers in every age and from every nation share Abraham’s blessing. This is a comforting promise to us, a great heritage for us, and a solid foundation for living.

Ephesians 1:3-4

3 Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:

4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

“Who has blessed us in the heavenly realms with every spiritual blessing” means that in Christ we have all the benefits of knowing God—being chosen for salvation, being adopted as his children, forgiveness, insight, the gifts of the Spirit, power to do God’s will, the hope of living forever with Christ. Because we have an intimate relationship with Christ, we can enjoy these blessings now. The *heavenly realms* means that these blessings are eternal, not temporal. The blessings come from Christ’s spiritual realm, not the earthly realm.

James 1:25

But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed

It is important to listen to what God’s Word says, but it is much more important to obey it, to *do* what it says. We can measure the effectiveness of our Bible study time by the effect it has on our behavior and attitudes.

1 Peter 3:8-10

8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

10 For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

Peter lists five key elements that should characterize any group of believers: (1) harmony—pursuing the same goals; (2) sympathy—being responsive to others’ needs; (3) love—seeing and treating each other as brothers and sisters; (4) compassion—being affectionately sensitive and caring; and (5) humility—being willing to encourage one another.

Faith in God's Promises for Deliverance

Chapter 3

2 Timothy 4:18

And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.

Here Paul was affirming his belief in eternal life after death. Paul knew the end was near, and he was ready for it. Paul was confident in God's power even as he faced death. Anyone facing a life and death struggle can be comforted knowing that God will bring each believer safely through death to his heavenly kingdom.

2 Thessalonians 3:3

But the Lord is faithful, who shall stablish you, and keep you from evil.

Beneath the surface of the routine of daily life, a fierce struggle among invisible spiritual powers is being waged. Our main defense is prayer that God will protect us from the evil one and that he will strengthen us. The following guidelines can help you prepare for and survive satanic attacks: (1) take the threat of spiritual attack seriously; (2) pray for strength and help from God; (3) study the Bible to recognize Satan's style and tactics; (4) memorize Scripture so it will be a source of help no matter where you are; (5) associate with those who speak the truth; and (6) practice what you are taught by spiritual leaders.

Psalm 18:2

The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

God's protection of his people is limitless and can take many forms. David characterized God's care with five military symbols. God is like (1) a *rock* that can't be moved by any who would harm us, (2) a *fortress* or place of safety where the enemy can't follow, (3) a *shield* that comes between us and harm, (4) a *horn* of salvation, a symbol of might and power, (5) a *stronghold* high above our enemies. If you need protection, look to God.

Colossians 1:13

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

Paul pointed out that knowledge in itself is empty. To be worth anything, it must lead to a changed life and right living. His prayer for the Colossians has two dimensions: (1) that they might be filled with the knowledge of God's will through all spiritual wisdom and understanding, and (2) that they would bear fruit in every good work, growing in the knowledge of God. Knowledge is not merely to be accumulated; it should give us direction for living.

Psalm 34:4-7

4 I sought the LORD, and he heard me, and delivered me from all my fears.

5 They looked unto him, and were lightened: and their faces were not ashamed.

6 This poor man cried, and the LORD heard him, and saved him out of all his troubles.

7 The angel of the LORD encampeth round about them that fear him, and delivereth them.

God promises great blessings to his people, but many of these blessings require our active participation. He will deliver us from fear (Psalm 34:4), save us out of our troubles (Psalm 34:6), guard and deliver us (Psalm 34:7), show us goodness (Psalm 34:8), supply our needs (Psalm 34:9), listen when we talk to him (Psalm 34:15), and redeem us (Psalm 34:22), but we must do our part. We can appropriate his blessings when we seek him (Psalm 34:4, 10), cry out to him (Psalm 34:6, 17), trust him (Psalm 34:8), fear him (Psalm 34:7, 9), refrain from lying (Psalm 34:13), turn from evil, do good and seek peace (Psalm 34:14), are humble (Psalm 34:18), and serve him (Psalm 34:22).

Psalm 97:10

Ye that love the LORD, hate evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked.

Psalm 32:7

Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

Psalm 125:1-2

1 They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.

2 As the mountains are round about Jerusalem, so the LORD is round about his people from henceforth even for ever.

The people of Israel were persecuted from their earliest days, but never destroyed completely. The same is true of the church. Christians have faced times of severe persecution, but the church has never been destroyed. As Jesus said to Peter, “On this rock I will build my church, and the gates of Hades will not overcome it” (Matthew 16:18). When you face persecution and discrimination, take courage—the church will never be destroyed.

Psalm 33:16-19

16 There is no king saved by the multitude of an host: a mighty man is not delivered by much strength.

17 An horse is a vain thing for safety: neither shall he deliver any by his great strength.

18 Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy;

19 To deliver their soul from death, and to keep them alive in famine.

This is not an ironclad guarantee that all believers will be delivered from death and starvation. Thousands of Christian saints have been beaten to death, whipped, fed to lions, or executed (Romans 8:35-36; Hebrews 11:32-40). God can (and often miraculously does) deliver his followers from pain and death, though sometimes, for purposes known only to him, he chooses not to. When faced with these harsh realities, we must focus on the wise judgments of God. The writer was pleading for God's watchful care and protection. In times of crisis, we can place our hope in God.

Psalm 37:39-40

39 But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.

40 And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.

Psalm 41:1-3

1 Blessed is he that considereth the poor: the LORD will deliver him in time of trouble.

2 The LORD will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.

3 The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.

Psalm 91

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

16 With long life will I satisfy him, and shew him my salvation.

God is a shelter, a refuge when we are afraid. The writer's faith in the Almighty God as Protector would carry him through all the dangers and fears of life. This should be a picture of our trust—trading all our fears for faith in him, no matter how intense our fears. To do this we must “dwell” and “rest” with him (Psalm 91:1). By entrusting ourselves to his protection and pledging our daily devotion to him, we will be kept safe.

One of the functions of angels is to watch over believers (Hebrews 1:14). There are examples of guardian angels in Scripture (1 Kings 19:5; Daniel 6:22; Matthew 18:10; Luke 16:22; Acts 12:7), although there is no indication that one angel is assigned to each believer. Angels can also be God's messengers (Matthew 2:13; Acts 27:23-24). Angels are not visible, except on special occasions (Numbers 22:31; Luke 2:9). Psalm 91:11-12 were quoted by Satan when he tempted Jesus (Matthew 4:6; Luke 4:10-11). It is comforting to know that God watches over us even in times of great stress and fear. The promise of long life is like others that must be claimed through faith.

Faith in God's Promises to Keep Us From Fear

Chapter 4

Psalm 23

1 The LORD is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

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

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.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

In describing the Lord as a shepherd, David wrote out of his own experience because he had spent his early years caring for sheep (1 Samuel 16:10-11). Sheep are completely dependent on the shepherd for provision, guidance, and protection. The New Testament calls Jesus the good shepherd (John 10:11); the great Shepherd (Hebrews 13:20); and the Chief Shepherd (1 Peter 5:4). As the Lord is the good shepherd, so we are his sheep—not frightened, passive animals, but obedient followers, wise enough to follow one who will lead us in the right places and in right ways. This psalm does not focus on the animal-like qualities of sheep, but on the discipleship qualities of those who follow.

When we allow God our shepherd to guide us, we have contentment. When we choose to sin, however, we go our own way and cannot blame God for the environment we create for ourselves. Our shepherd knows the “green pastures” and “quiet waters” that will restore us. We will reach these places only by following him obediently. Rebelling against the shepherd’s leading is actually rebelling against our own best interests. We must remember this the next time we are tempted to go our own way rather than the shepherd’s way.

Death casts a frightening shadow over us because we are entirely helpless in its presence. We can struggle with other enemies—pain, suffering, disease, injury—but strength and courage cannot overcome death. It has the final word. Only one person can walk with us through death’s dark valley and bring us safely to the other side—the God of life, our shepherd. Because life is uncertain, we should follow this shepherd who offers us eternal comfort.

In ancient Near Eastern culture, at a banquet it was customary to anoint a person with fragrant oil as a lotion. Hosts were also expected to protect their guests at all costs. God offers the protection of a host even when enemies surround us. In the final scene of this psalm, we see that believers will dwell with God. God, the perfect shepherd and host, promises to guide and protect us through life to bring us into his house forever.

Psalm 27:1-6

1 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

4 One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.

5 For in the time of trouble he shall hide me in his pavilion: in the secret of

his tabernacle shall he hide me; he shall set me up upon a rock.

6 And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

Fear is a dark shadow that envelops us and ultimately imprisons us within ourselves. Each of us has been a prisoner of fear at one time or another—fear of rejection, misunderstanding, uncertainty, sickness, or even death. But we can conquer fear by using the bright liberating light of the Lord who brings salvation. If we want to dispel the darkness of fear, let us remember with the psalmist that “the LORD is my light and my salvation.”

Psalm 46:1-3

1 God is our refuge and strength, a very present help in trouble.

2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;

3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

The fear of mountains or cities suddenly crumbling into the sea as the result of a nuclear blast haunts many people today. But the psalmist says that even if the world ends, we need not fear. In the face of utter destruction, the writer expressed a quiet confidence in God’s ability to save him. It seems impossible to consider the end of the world without becoming consumed by fear, but the Bible is clear—God is our refuge even in the face of total destruction. He is not merely a temporary retreat; he is our eternal refuge and can provide strength in any circumstance.

Psalm 55:22

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

God wants us to cast our cares on him, but often we continue to bear them ourselves even when we say we are trusting in him. Trust the same strength that sustains you to carry your cares also.

Psalm 56:3-4

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.

David stated, “What can mortal man do to me?” How much harm can people do to us? They can inflict pain, suffering, and death. But no person can rob us of our souls or our future beyond this life. How much harm can we do to ourselves? The worst thing we can do is to reject God and lose our eternal future. Jesus said, “Do not be afraid of those who kill the body but cannot kill the soul” (Matthew 10:28). Instead, we should fear God, who controls this life and the next.

Psalm 56:9-11

9 When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.

10 In God will I praise his word: in the LORD will I praise his word.

11 In God have I put my trust: I will not be afraid what man can do unto me.

Psalm 118:5-6

5 I called upon the LORD in distress: the LORD answered me, and set me in a large place.

6 The LORD is on my side; I will not fear: what can man do unto me?

Proverbs 3:25-26

25 Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh.

26 For the LORD shall be thy confidence, and shall keep thy foot from being taken.

Proverbs 29:25

The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

Fear of people can hamper everything you try to do. In extreme forms, it can make you afraid to leave your home. By contrast, fear of God—respect, reverence, and trust—is liberating. Why fear people who can do no eternal harm? Instead, fear God who can turn the harm intended by others into good for those who trust him.

Jeremiah 17:7-8

7 Blessed is the man that trusteth in the LORD, and whose hope the LORD is.

8 For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

Isaiah 12:2

Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

The end result of the Holy Spirit's work in our lives is deep and lasting peace. Unlike worldly peace, which is usually defined as the absence of conflict, this peace is confident assurance in any circumstance; with Christ's peace, we have no need to fear the present or the future. If your life is full of stress, allow the Holy Spirit to fill you with Christ's peace (see Phil. 4:6-7 for more on experiencing God's peace).

Sin, fear, uncertainty, doubt, and numerous other forces are at war within us. The peace of God moves into our hearts and lives to restrain these hostile forces and offer comfort in place of conflict. Jesus says he will give us that peace if we are willing to accept it from him.

Romans 8:15

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

We are no longer cringing and fearful slaves; instead, we are the Master's children. What a privilege! Because we are God's children, we share in great treasures as co-heirs. God has already given us his best gifts: his Son, forgiveness, and eternal life; and he encourages us to ask him for whatever we need.

Romans 8:28-33

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.

30 Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

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.

God works in “all things”—not just isolated incidents—for our good. This does not mean that all that happens to us is good. Evil is prevalent in our fallen world, but God is able to turn every circumstance around for our long-range good. Note that God is not working to make us happy, but to fulfill his purpose. Note also that this promise is not for everybody. It can be claimed only by those who love God, and are called according to his purpose.

Those who are “called” are those the Holy Spirit convinces and enables to receive Christ. Such people have a new perspective, a new mind-set on life. They trust in God, not life’s treasures; they look for their security in heaven, not on earth; they learn to accept, not resent, pain and persecution because God is with them. If God gave his Son for you, he isn’t going to hold back the gift of salvation! If Christ gave his life for you, he isn’t going to turn around and condemn you! He will not withhold anything you need to live for him.

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Paul mentions three characteristics of the effective Christian leader: power, love, and self-discipline. These are available to us because the Holy Spirit lives in us. Follow his leading each day so that your life will more fully

exhibit these characteristics. See Galatians 5:22-23 for a list of the by-products of the Holy Spirit living in us.

Hebrews 13:5-6

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.

We become content when we realize God's sufficiency for our needs. Christians who become materialistic are saying by their actions that God can't take care of them—or at least that he won't take care of them the way they want. Insecurity can lead to the love of money, whether we are rich or poor. The only antidote is to trust God to meet all our needs.

1 Peter 5:5-7

5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

7 Casting all your care upon him; for he careth for you.

We often worry about our position and status, hoping to get proper recognition for what we do. But Peter advises us to remember that God's recognition counts more than human praise. God is able and willing to bless us according to his timing. Humbly obey God regardless of present circumstances, and in his good time—either in this life or in the next—he will lift you up.

Faith in Good's Promises for Forgiveness

Chapter 5

1 John 1:8-10

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

10 If we say that we have not sinned, we make him a liar, and his word is not in us.

Here John was attacking the second claim of the false teachers: that people had no natural tendency toward sin, that they were “without sin,” and that they were then incapable of sinning. This idea is at best self-deception and at worst a bald-faced lie. The false teachers refused to take sin seriously.

They wanted to be considered Christians, but they saw no need to confess and repent. The death of Christ did not mean much to them because they didn't think they needed it. Instead of repenting and being purified by Christ's blood, they were encouraging sin among believers. In this life we are always capable of sinning, so we should never let down our guard

1 John 2:1-2

1 My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

2 And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.

Jesus has already suffered your penalty in your place. You can't be tried for a case that is no longer on the docket. United with Christ, you are as safe as he is. Don't be afraid to ask Christ to plead your case—he has already won it (see Romans 8:33-34; Hebrews 7:24-25).

Acts 13:38-39 (*Paul talking about Jesus, the Son of God*)

38 Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins:

39 And by him all that believe are justified from all things, from which ye could not be justified by the law of Moses.

This is the Good News of the gospel: that forgiveness of sins and freedom from guilt are available through faith in Christ to all people—including *you*. Have you received this forgiveness? Are you refreshed by it each day?

Psalm 86:5

For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.

Ephesians 1:7-8

7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

8 Wherein he hath abounded toward us in all wisdom and prudence;

To speak of Jesus' blood was an important first-century way of speaking of Christ's death. His death points to two wonderful truths — redemption and forgiveness. *Redemption* was the price paid to gain freedom for a slave (Leviticus 25:47-54). Through his death, Jesus paid the price to release us from slavery to sin. *Forgiveness* was granted in Old Testament times on the basis of the shedding of animals' blood (Leviticus 17:11). Now we are forgiven on the basis of the shedding of Jesus' blood—he died as the perfect

and final sacrifice. (See also Romans 5:9; Ephes. 2:13; Col. 1:20; Hebrews 9:22; 1 Peter 1:19.)

Grace is God's voluntary and loving favor given to those he saves. We can't earn salvation, nor do we deserve it. No religious, intellectual, or moral effort can gain it, because it comes only from God's mercy and love. Without God's grace, no person can be saved. To receive it, we must acknowledge that we cannot save ourselves, that only God can save us, and that our only way to receive this loving favor is through faith in Christ.

Psalm 130:3-5

3 If thou, LORD, shouldest mark iniquities, O Lord, who shall stand?

4 But there is forgiveness with thee, that thou mayest be feared.

5 I wait for the LORD, my soul doth wait, and in his word do I hope.

he earth is built on God's foundations. "It can never be moved" by anyone other than God. Even though one day the heavens and the earth will be destroyed (2 Peter 3:10), he will create a new heaven and a new earth that will last forever (Isaiah 65:17; Rev. 21:1). The same power that undergirds the world also provides a firm foundation for believers.

Psalm 103:2-4

2 Bless the LORD, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

Matthew 9:6

But that ye may know that the Son of man hath power on earth to forgive

sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

It's easy to tell someone his sins are forgiven; it's a lot more difficult to reverse a case of paralysis! Jesus backed up his words by healing the man's legs. Jesus' action showed that his words were true; he had the power to forgive as well as to heal. Talk is cheap, but our words lack meaning if our actions do not back them up. We can say we love God or others, but if we are not taking practical steps to demonstrate that love, our words are empty and meaningless. How well do your actions back up what you say?

Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

his is Christ's law of forgiveness as taught in the Gospels (Matthew 6:14-15; Matthew 18:35; Mark 11:25). We also see it in the Lord's Prayer—"Forgive us our debts, as we also have forgiven our debtors." God does not forgive us *because* we forgive others, but solely because of his great mercy. As we come to understand his mercy, however, we will want to be like him. Having received forgiveness, we will pass it on to others. Those who are unwilling to forgive have not become one with Christ, who was willing to forgive even those who crucified him (Luke 23:34).

Colossians 2:12-14

12 Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.

13 And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

14 Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;

Before we believed in Christ, our nature was evil. We disobeyed, rebelled, and ignored God (even at our best, we did not love him with all our heart,

soul, and mind). The Christian, however, has a new nature. God has crucified the old rebellious nature (Romans 6:6) and replaced it with a new loving nature (Col. 3:9-10). The penalty of sin died with Christ on the cross. God has declared us not guilty, and we need no longer live under sin's power.

Faith in God's Promises for Giving

Chapter 6

Proverbs 19:17

He that hath pity upon the poor lendeth unto the LORD; and that which he hath given will he pay him again.

Here God identifies with the poor as Jesus does in Matthew 25:31-46. As our Creator, God values all of us, whether we are poor or rich. When we help the poor, we honor both the Creator and his creation. God accepts our help as if we had offered it directly to him.

Proverbs 21:25-26

25 The desire of the slothful killeth him; for his hands refuse to labour.

26 He coveteth greedily all the day long: but the righteous giveth and spareth not.

Proverbs 22:9

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor.

Proverbs 28:27

He that giveth unto the poor shall not lack: but he that hideth his eyes shall have many a curse.

God wants us to identify with the needy, not ignore them. The second part of this proverb could be restated positively: "those who open their eyes to poor people will be blessed." If we help others when they are in trouble, they will

do whatever they can to return the favor (see Proverbs 11:24-25). Paul promises that God will supply all our needs (Phil. 4:19); he usually does this through other people. What can you do today to help God supply someone's need?

Proverbs 3:9-10

9 Honour the LORD with thy substance, and with the firstfruits of all thine increase:

10 So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

he *firstfruits* refers to the practice of giving to God's use the first and best portion of the harvest (Deut. 26:9-11). Many people give God their leftovers. If they can afford to donate anything, they do so. These people may be sincere and contribute willingly, but their attitude is nonetheless backward. It is better to give God the first part of our income. This demonstrates that God, not possessions, has first place in our lives and that our resources belong to him (we are only managers of God's resources). Giving to God first helps us conquer greed, helps us properly manage God's resources, and opens us up to receive God's special blessings.

2 Corinthians 9:6-10

6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

9 (As it is written, He hath dispersed abroad; he hath given to the poor: his righteousness remaineth for ever.

10 Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;)

People may hesitate to give generously to God if they worry about having enough money left over to meet their own needs. Paul assured the Corinthians that God was able to meet their needs. The person who gives only a little will receive only a little in return. Don't let a lack of faith keep you from giving freely and generously.

9:7 Our attitude when we give is more important than the amount we give. We don't have to be embarrassed if we can give only a small gift. God is concerned about *how* we give from the resources we have (see Mark 12:41- 44). According to that standard, the giving of the Macedonian churches would be difficult to match (2 Cor. 8:3).

God gives us resources to use and invest for him. Paul uses the illustration of seed to explain that the resources God gives us are not to be hidden, foolishly devoured, or thrown away. Instead, they should be cultivated in order to produce more crops. When we invest what God has given us in his work, he will provide us with even more to give in his service.

God's Promises for Health and Healing

Chapter 7

Isaiah 53:5

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

How could an Old Testament person understand the idea of Christ dying for our sins (our transgressions and iniquities)—actually bearing the punishment that we deserved? The sacrifices suggested this idea, but it is one thing to kill a lamb, and something quite different to think of God's chosen servant as that Lamb. But God was pulling aside the curtain of time to let the people of Isaiah's day look ahead to the suffering of the future Messiah and the resulting forgiveness made available to all mankind.

Psalm 103:2-3

2 Bless the LORD, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

1 Peter 2:24

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

Christ died for *our* sins, in *our* place, so we would not have to suffer the punishment we deserve. This is called *substitutionary atonement*.

James 5:14-16

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James is referring to someone who is incapacitated physically. In Scripture, oil was both a medicine (see the parable of the Good Samaritan in Luke 10:30-37) and a symbol of the Spirit of God (as used in anointing kings, see 1 Samuel 16:1-13). Thus oil can represent both the medical and the spiritual spheres of life. Christians should not separate the physical and the spiritual—Jesus Christ is Lord over both the body and the spirit.

Christ has made it possible for us to go directly to God for forgiveness. But confessing our sins to each other still has an important place in the life of the church. (1) If we have sinned against an individual, we must ask him or her to forgive us. (2) If our sin has affected the church, we must confess it publicly. (3) If we need loving support as we struggle with a sin, we should confess that sin to those who are able to provide that support. (4) If, after confessing a private sin to God, we still don't feel his forgiveness, we may wish to confess that sin to a fellow believer and hear him or her assure us of God's pardon. In Christ's kingdom, every believer is a priest to other believers (1 Peter 2:9).

3 John 1:2

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

John was concerned for Gaius's physical *and* spiritual well-being. This was the opposite of the popular heresy that taught the separation of spirit and matter and despised the physical side of life. Today, many people still fall into this way of thinking. This non-Christian attitude logically leads to one of two responses: neglect of the body and physical health, or indulgence of

the body's sinful desires. God is concerned for both your body and your soul. As a responsible Christian, you should neither neglect nor indulge yourself, but care for your physical needs and discipline your body so that you are at your best for God's service.

Proverbs 12:18

There is that speaketh like the piercings of a sword: but the tongue of the wise is health.

Proverbs 16:24

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Proverbs 3:7-8

7 Be not wise in thine own eyes: fear the LORD, and depart from evil.

8 It shall be health to thy navel, and marrow to thy bones.

Faith in God's Promises to Overcome Laziness

Chapter 8

Warnings and help for those who struggle with laziness.

1 Thessalonians 4:11-12

11 And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;

12 That ye may walk honestly toward them that are without, and that ye may have lack of nothing.

There is more to Christian living than simply loving other Christians. We must be responsible in all areas of life. Some of the Thessalonian Christians had adopted a life of idleness, depending on others for handouts. Some Greeks looked down on manual labor. So Paul told the Thessalonians to work hard and live a quiet life. You can't be effective in sharing your faith with others if they don't respect you. Whatever you do, do it faithfully and be a positive force in society.

Proverbs 24:30-34

30 I went by the field of the slothful, and by the vineyard of the man void of understanding;

31 And, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down.

32 Then I saw, and considered it well: I looked upon it, and received instruction.

33 Yet a little sleep, a little slumber, a little folding of the hands to sleep:

34 So shall thy poverty come as one that travelleth; and thy want as an armed man.

Proverbs 6:6-11

6 Go to the ant, thou sluggard; consider her ways, and be wise:

7 Which having no guide, overseer, or ruler,

8 Provideth her meat in the summer, and gathereth her food in the harvest.

9 How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?

10 Yet a little sleep, a little slumber, a little folding of the hands to sleep:

11 So shall thy poverty come as one that travelleth, and thy want as an armed man.

Those last few moments of sleep are delicious—we savor them as we resist beginning another workday. But Proverbs warns against giving in to the temptation of laziness, of sleeping instead of working. This does not mean we should never rest: God gave the Jews the Sabbath, a weekly day of rest and restoration. But we should not rest when we should be working. The ant is used as an example because it utilizes its energy and resources economically. If laziness turns us from our responsibilities, poverty may soon bar us from the legitimate rest we should enjoy. (See also the chart in Proverbs 28:19.)

Proverbs 13:4

The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat.

Proverbs 12:24

The hand of the diligent shall bear rule: but the slothful shall be under

tribute.

Proverbs 20:4

The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing.

Proverbs 19:15

Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.

Proverbs 10:4-5

4 He becometh poor that dealeth with a slack hand: but the hand of the diligent maketh rich.

5 He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth shame.

Every day has 24 hours filled with opportunities to grow, serve, and be productive. Yet it is so easy to waste time, letting life slip from our grasp. Refuse to be a lazy person, sleeping or frittering away the hours meant for productive work. See time as God's gift and seize your opportunities to live diligently for him.

Proverbs 22:29

Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men.

Ecclesiastes 10:18

By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through.

When the Israelites had immature and irresponsible leaders, their nation fell. The books of 1 and 2 Kings describe the decline of the kingdoms when the leaders were concerned only about themselves. These verses pinpoint the basic problems of these leaders—selfishness and laziness.

Proverbs 27:23-27

23 Be thou diligent to know the state of thy flocks, and look well to thy herds.

24 For riches are not for ever: and doth the crown endure to every generation?

25 The hay appeareth, and the tender grass sheweth itself, and herbs of the mountains are gathered.

26 The lambs are for thy clothing, and the goats are the price of the field.

27 And thou shalt have goats' milk enough for thy food, for the food of thy household, and for the maintenance for thy maidens.

Because life is short and our fortunes uncertain, we should be all the more diligent in what we do with our lives. We should act with foresight, giving responsible attention to our homes, our families, and our careers. We should be responsible stewards, like a farmer with his lands and herds. Thinking ahead is a duty, not an option, for God's people.

Proverbs 28:19-20

19 He that tilleth his land shall have plenty of bread: but he that followeth after vain persons shall have poverty enough.

20 A faithful man shall abound with blessings: but he that maketh haste to be rich shall not be innocent.

Proverbs 20:13

Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.

Proverbs 21:5

The thoughts of the diligent tend only to plenteousness; but of every one that is hasty only to want.

Faithful completion of mundane tasks is a great accomplishment. Such work is patiently carried out according to a plan. Diligence does not come naturally to most people; it is a result of strong character. Don't look for quick and easy answers. Be a diligent servant of God

Proverbs 12:11

He that tilleth his land shall be satisfied with bread: but he that followeth vain persons is void of understanding.

Faith in God's promises for Brotherly Love

Chapter 9

Scriptures about brotherly love.

Mark 12:30-31

30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

31 And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

God's laws are not burdensome. They can be reduced to two simple principles: love God and love others. These commands are from the Old Testament (Deut. 6:5; Leviticus 19:18). When you love God completely and care for others as you care for yourself, then you have fulfilled the intent of the Ten Commandments and the other Old Testament laws. According to Jesus, these two commandments summarize all God's laws. Let them rule your thoughts, decisions, and actions. When you are uncertain about what to do, ask yourself which course of action best demonstrates love for God and love for others.

Romans 13:8-9

8 Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law.

9 For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself.

Why is love for others called a debt? We are permanently in debt to Christ for the lavish love he has poured out on us. The only way we can even begin

to repay this debt is by loving others in turn. Because Christ's love will always be infinitely greater than ours, we will always have the obligation to love our neighbors.

Somehow many of us have gotten the idea that self-love is wrong. But if this were the case, it would be pointless to love our neighbors as ourselves. But Paul explains what he means by self-love. Even if you have low self-esteem, you probably don't willingly let yourself go hungry. You clothe yourself reasonably well. You make sure there's a roof over your head if you can. You try not to let yourself be cheated or injured. And you get angry if someone tries to ruin your marriage. This is the kind of love we need to have for our neighbors. Do we see that others are fed, clothed, and housed as well as they can be? Are we concerned about issues of social justice? Loving others as ourselves means to be actively working to see that their needs are met. Interestingly, people who focus on others rather than on themselves rarely suffer from low self-esteem.

Romans 12:9-10

9 Let love be without dissimulation. Abhor that which is evil; cleave to that which is good.

10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Most of us have learned how to pretend to love others—how to speak kindly, avoid hurting their feelings, and appear to take an interest in them. We may even be skilled in pretending to feel moved with compassion when we hear of others' needs, or to become indignant when we learn of injustice. But God calls us to real and sincere love that goes far beyond pretense and politeness. Sincere love requires concentration and effort. It means helping others become better people. It demands our time, money, and personal involvement. No individual has the capacity to express love to a whole community, but the body of Christ in your town does. Look for people who need your love, and look for ways you and your fellow believers can love your community for Christ.

We can honor others in one of two ways. One involves ulterior motives. We honor our bosses so they will reward us, our employees so they will work

harder, the wealthy so they will contribute to our cause, the powerful so they will use their power for us and not against us. God's other way involves love. As Christians, we honor people because they have been created in God's image, because they are our brothers and sisters in Christ, and because they have a unique contribution to make to Christ's church. Does God's way of honoring others sound too difficult for your competitive nature? Why not try to outdo one another in showing honor? Put others first!

Ephesians 5:2

And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.

Just as children imitate their parents, we should imitate Christ. His great love for us led him to sacrifice himself so that we might live. Our love for others should be of the same kind—a love that goes beyond affection to self- sacrificing service.

1 Thessalonians 4:9

But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another.

There is more to Christian living than simply loving other Christians. We must be responsible in all areas of life. Some of the Thessalonian Christians had adopted a life of idleness, depending on others for handouts. Some Greeks looked down on manual labor. So Paul told the Thessalonians to work hard and live a quiet life. You can't be effective in sharing your faith with others if they don't respect you. Whatever you do, do it faithfully and be a positive force in society.

1 Peter 1:22

Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

“Sincere love” involves selfless giving; a self-centered person can’t truly love. God’s love and forgiveness free you to take your eyes off yourselves and to meet others’ needs. By sacrificing his life, Christ showed that he truly loves you. Now you can love others by following his example and giving of yourself sacrificially.

1 Peter 3:8-9

8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

Peter lists five key elements that should characterize any group of believers: (1) harmony—pursuing the same goals; (2) sympathy—being responsive to others’ needs; (3) love—seeing and treating each other as brothers and sisters; (4) compassion—being affectionately sensitive and caring; and (5) humility—being willing to encourage one another and rejoice in each other’s successes. These five qualities go a long way toward helping believers serve God effectively.

Peter developed the qualities of compassion and humility the hard way. In his early days with Christ, these attitudes did not come naturally to his impulsive, strong-willed personality (see Mark 8:31-33; John 13:6-9 for examples of Peter’s blustering). But the Holy Spirit changed Peter, molding his strong personality to God’s use, and teaching him tenderness and humility.

In our fallen world, it is often deemed acceptable by some to tear people down verbally or to get back at them if we feel hurt. Peter, remembering Jesus’ teaching to turn the other cheek (Matthew 5:39), encourages his readers to pay back wrongs by praying for the offenders. In God’s kingdom, revenge is unacceptable behavior, as is insulting a person, no matter how indirectly it is done. Rise above getting back at those who hurt you. Instead of reacting angrily to these people, pray for them.

1 John 3:16-18

16 Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren.

17 But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?

18 My little children, let us not love in word, neither in tongue; but in deed and in truth.

Real love is an action, not a feeling. It produces selfless, sacrificial giving. The greatest act of love is giving oneself for others. How can we lay down our lives? By serving others with no thought of receiving anything in return. Sometimes it is easier to say we'll die for others than to truly live for them— this involves putting others' desires first. Jesus taught this same principle of love in John 15:13

These verses give an example of how to lay down our lives for others—to help those in need. This is strikingly similar to James's teaching (James 2:14-17). How clearly do your actions say you really love others? Are you as generous as you should be with your money, possessions, and time?

1 John 3:23

And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment.

In the Bible, a person's name stands for his or her character. It represents who he or she really is. We are to believe not only in Jesus' words, but also in his very person as the Son of God. Moreover, to believe "in the name" means to pattern your life after Christ's, to become more like him by uniting yourself with him. And if we are living like Christ, we will "love one another."

John 13:34-35

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

To love others was not a new commandment (see Leviticus 19:18), but to love others as much as Christ loved others was revolutionary. Now we are to love others based on Jesus' sacrificial love for us. Such love will not only bring unbelievers to Christ; it will also keep believers strong and united in a world hostile to God. Jesus was a living example of God's love, as we are to be living examples of Jesus' love.

Jesus says that our Christlike love will show we are his disciples. Do people see petty bickering, jealousy, and division in your church? Or do they know you are Jesus' followers by your love for one another?

Love is more than simply warm feelings; it is an attitude that reveals itself in action. How can we love others as Jesus loves us? By helping when it's not convenient, by giving when it hurts, by devoting energy to others' welfare rather than our own, by absorbing hurts from others without complaining or fighting back. This kind of loving is hard to do. That is why people notice when you do it and know you are empowered by a supernatural source. The Bible has another beautiful description of love in 1 Cor. 13.

1 John 4:7-12

7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

8 He that loveth not knoweth not God; for God is love.

9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.

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.

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

12 No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us.

Everyone believes that love is important, but love is usually thought of as a feeling. In reality, love is a choice and an action, as 1 Cor. 13:4-7 shows. God is the source of our love: he loved us enough to sacrifice his Son for us. Jesus is our example of what it means to love; everything he did in life and death was supremely loving. The Holy Spirit gives us the power to love; he lives in our hearts and makes us more and more like Christ. God's love always involves a choice and an action, and our love should be like his. How well do you display your love for God in the choices you make and the actions you take?

John says, "God is love," not "Love is God." Our world, with its shallow and selfish view of love, has turned these words around and contaminated our understanding of love. The world thinks that love is what makes a person feel good and that it is all right to sacrifice moral principles and others' rights in order to obtain such "love." But that isn't real love; it is the exact opposite—selfishness. And God is not that kind of "love." Real love is like God, who is holy, just, and perfect. If we truly know God, we will love as he does.

Love explains (1) why God creates—because he loves, he creates people to love; (2) why God cares—because he loves them, he cares for sinful people; (3) why we are free to choose—God wants a loving response from us; (4) why Christ died—his love for us caused him to seek a solution to the problem of sin; and (5) why we receive eternal life—God's love expresses itself to us forever.

4:10 Nothing sinful or evil can exist in God's presence. He is absolute goodness. He cannot overlook, condone, or excuse sin as though it never happened. He loves us, but his love does not make him morally lax. If we trust in Christ, however, we will not have to bear the penalty for our sins (1 Peter 2:24). We will be acquitted (Romans 5:18) by his atoning sacrifice.

If no one has ever seen God, how can we ever know him? John in his Gospel said, "God the One and Only, who is at the Father's side, has made him known" (John 1:18). Jesus is the complete expression of God in human form

and he has revealed God to us. When we love one another, the invisible God reveals himself to others through us, and his love is made complete.

Some people enjoy being with others. They make friends with strangers easily and always are surrounded by many friends. Other people are shy or reserved. They have a few friends, but they are uncomfortable talking with people they don't know or mingling in crowds. Shy people don't need to become extroverts in order to love others. John isn't telling us *how many* people to love, but *how much* to love the people we already know. Our job is to love faithfully the people God has given us to love, whether there are two or two hundred of them. If God sees that we are ready to love others, he will bring them to us. No matter how shy we are, we don't need to be afraid of the love commandment. God provides us the strength to do what he asks.

John 15:16-17

16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

17 These things I command you, that ye love one another.

Because Jesus Christ is Lord and Master, he should call us servants; instead he calls us friends. How comforting and reassuring to be chosen as Christ's friends. Because he is Lord and Master, we owe him our unqualified obedience, but most of all, Jesus asks us to obey him because we love him.

Jesus made the first choice—to love and to die for us, to invite us to live with him forever. We make the next choice—to accept or reject his offer. Without *his* choice, we would have no choice to make.

Faith in God's Promises to Love God

Chapter 10

Scriptures about loving the Lord.

Deuteronomy 7:9

Know therefore that the LORD thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations;

Deuteronomy 6:4-5

4 Hear, O Israel: The LORD our God is one LORD:

5 And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.

This passage provides the central theme of Deuteronomy. It sets a pattern that helps us relate the Word of God to our daily lives. We are to love God, think constantly about his commandments, teach his commandments to our children, and live each day by the guidelines in his Word. God emphasized the importance of parents' teaching the Bible to their children. The church and Christian schools cannot be used to escape from this responsibility. The Bible provides so many opportunities for object lessons and practical teaching that it would be a shame to study it only one day a week. Eternal truths are most effectively learned in the loving environment of a God-fearing home.

Jesus said that loving God with all of ourselves is the first and greatest commandment (Matthew 22:37-39). This command, combined with the command to love your neighbor (Leviticus 19:18), encompasses all the other Old Testament laws.

John 14:23-24

23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.

24 He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me.

Because the disciples were still expecting Jesus to establish an earthly kingdom and overthrow Rome, they found it hard to understand why he did not tell the world at large that he was the Messiah. Not everyone, however, could understand Jesus' message. Ever since Pentecost, the gospel of the kingdom has been proclaimed in the whole world, and yet not everyone is receptive to it. Jesus saves the deepest revelations of himself for those who love and obey him.

Psalm 145:20

The LORD preserveth all them that love him: but all the wicked will he destroy.

Psalm 91:14-16

14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

16 With long life will I satisfy him, and shew him my salvation.

Psalm 97:10

Ye that love the LORD, hate evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked.

A sincere desire to please God will result in an alignment of your desires with God's desires. You will love what God loves and hate what God hates. If you love the Lord, you will hate evil. If you do not despise the actions of people who take advantage of others, if you admire people who only look out for themselves, or if you envy those who get ahead using any means to accomplish their ends, then your primary desire in life is not to please God. Learn to love God's ways and hate evil in every form—not only the obvious sins but also the socially acceptable ones.

Matthew 22:35-40

35 Then one of them, which was a lawyer, asked him a question, tempting him, and saying,

36 Master, which is the great commandment in the law?

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

39 And the second is like unto it, Thou shalt love thy neighbour as thyself.

40 On these two commandments hang all the law and the prophets.

The Pharisees, who had classified over 600 laws, often tried to distinguish the more important from the less important. So one of them, an “expert in the law,” asked Jesus to identify the most important law. Jesus quoted from Deut. 6:5 and Leviticus 19:18. By fulfilling these two commands, a person keeps all the others. They summarize the Ten Commandments and the other Old Testament moral laws.

Jesus says that if we truly love God and our neighbor, we will naturally keep the commandments. This is looking at God's law positively. Rather than worrying about all we should *not* do, we should concentrate on all we *can* do to show our love for God and others.

1 Corinthians 8:3

But if any man love God, the same is known of him.

Love is more important than knowledge. Knowledge can make us look good and feel important, but we can all too easily develop an arrogant, know-it-all attitude. Many people with strong opinions are unwilling to listen to and learn from God and others. We can obtain God's knowledge only by loving him (see James 3:17-18). And we can know and be known by God only when we model him by showing love (1 John 4:7-8).

1 Corinthians 2:9-12

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

We cannot imagine all that God has in store for us, both in this life and for eternity. He will create a new heaven and a new earth (Isaiah 65:17; Rev. 21:1), and we will live with him forever. Until then, his Holy Spirit comforts and guides us. Knowing the wonderful and eternal future that awaits us gives us hope and courage to press on in this life, to endure hardship, and to avoid giving in to temptation. This world is not all there is. The best is yet to come.

The “deep things of God” refers to God's unfathomable nature and his wonderful plan—Jesus' death and resurrection—and to the promise of salvation, revealed only to those who believe that what God says is true. Those who believe in Christ's death and resurrection and put their faith in him will know all they need to know to be saved,

Faith in the Promises of God's Love For You.

Chapter 11

Scriptures that show God and His Son's love for you.

Romans 5:7-8

7 For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die.

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

While we were still sinners—these are amazing words. God sent Jesus Christ to die for us, not because we were good enough, but because he loved us. Whenever you feel uncertain about God's love for you, remember that he loved you even before you turned to him. If God loved you when you were a rebel, he can surely strengthen you, now that you love him in return.

Romans 8:35-39

35 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 As it is written, For thy sake we are killed all the day long; 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.

These words were written to a church that would soon undergo terrible persecution. In just a few years, Paul’s hypothetical situations would turn into painful realities. This passage reaffirms God’s profound love for his people. No matter what happens to us, no matter where we are, we can never be lost to his love. Suffering should not drive us away from God, but help us to identify with him further and allow his love to reach us and heal us.

These verses contain one of the most comforting promises in all Scripture. Believers have always had to face hardships in many forms: persecution, illness, imprisonment, even death. These could cause them to fear that they have been abandoned by Christ. But Paul exclaims that it is *impossible* to be separated from Christ. His death for us is proof of his unconquerable love. Nothing can stop Christ’s constant presence with us. God tells us how great his love is so that we will feel totally secure in him. If we believe these overwhelming assurances, we will not be afraid.

1 John 3:1

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

As believers, our self-worth is based on the fact that God loves us and calls us his children. We are his children *now*, not just sometime in the distant future. Knowing that we are his children should encourage us to live as Jesus did. For other references about being part of God’s family, see Romans 8:14-17; Galatians 3:26-27; Galatians 4:6-7.

1 John 3:1 tells us who we are—members of God’s family (“children of God”). 1 John 3:2 tells us who we are becoming—reflections of God. The rest of the chapter tells us what we have as we grow to resemble God: (1) victory over sin (1 John 3:4-9); (2) love for others (1 John 3:10-18); and (3) confidence before God (1 John 3:19-24).

1 John 4:9-10

9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.

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.

Jesus is God's *only* Son. While all believers are sons and daughters of God, only Jesus lives in this special unique relationship (see John 1:18; John 3:16).

Love explains (1) why God creates—because he loves, he creates people to love; (2) why God cares—because he loves them, he cares for sinful people; (3) why we are free to choose—God wants a loving response from us; (4) why Christ died—his love for us caused him to seek a solution to the problem of sin; and (5) why we receive eternal life—God's love expresses itself to us forever.

Nothing sinful or evil can exist in God's presence. He is absolute goodness. He cannot overlook, condone, or excuse sin as though it never happened. He loves us, but his love does not make him morally lax. If we trust in Christ, however, we will not have to bear the penalty for our sins (1 Peter 2:24). We will be acquitted (Romans 5:18) by his atoning sacrifice.

John 3:16-17

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.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

The entire gospel comes to a focus in this verse. God's love is not static or self-centered; it reaches out and draws others in. Here God sets the pattern of true love, the basis for all love relationships—when you love someone dearly, you are willing to give freely to the point of self-sacrifice. God paid

dearly with the life of his Son, the highest price he could pay. Jesus accepted our punishment, paid the price for our sins, and then offered us the new life that he had bought for us. When we share the gospel with others, our love must be like Jesus'—willingly giving up our own comfort and security so that others might join us in receiving God's love.

Some people are repulsed by the idea of eternal life because their lives are miserable. But eternal life is not an extension of a person's miserable, mortal life; eternal life is God's life embodied in Christ given to all believers now as a guarantee that they will live forever. In eternal life there is no death, sickness, enemy, evil, or sin. When we don't know Christ, we make choices as though this life is all we have. In reality, this life is just the introduction to eternity. Receive this new life by faith and begin to evaluate all that happens from an eternal perspective.

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.

Ephesians 2:3-5

3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

4 But God, who is rich in mercy, for his great love wherewith he loved us,

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

The fact that all people, without exception, commit sin proves that without Christ we have a sinful nature. We are lost in sin and cannot save ourselves. Does this mean only Christians do good? Of course not—many people do good to others. On a relative scale, many are moral, kind, and law-abiding. Comparing these people to criminals, we would say that they are very good indeed. But on God's absolute scale, *no one* is good enough to earn salvation ("you were dead in your transgressions and sins," Ephes. 2:1). Only through being united with Christ's perfect life can we become good in God's sight.

“Objects of wrath” refers to those who are to receive God’s wrath because of their rejection of Christ.

2 Thessalonians 2:16-17

16 Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace,

17 Comfort your hearts, and stablish you in every good word and work.

Titus 3:3-5

3 For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.

4 But after that the kindness and love of God our Saviour toward man appeared,

5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

Following a life of pleasure and giving in to every sensual desire leads to slavery. Many think freedom consists in doing anything they want. But this path leads to a slavish addiction to sensual gratification. A person is no longer free, but is a slave to what his or her body dictates (2 Peter 2:19). Christ frees us from the desires and control of sin. Have you been released?

Paul summarized what Christ does for us when he saves us. We move from a life full of sin to one where we are led by God’s Holy Spirit. *All* our sins, not merely some, are washed away. Washing refers to the water of baptism, which is a sign of salvation. In becoming a Christian, the believer acknowledges Christ as Lord and recognizes Christ’s saving work. We gain eternal life with *all* its treasures. We have *renewal* by the Holy Spirit, and he continually renews our hearts. None of this occurs because we earned or deserved it; it is all God’s gift.

John 15:9-11

9 As the Father hath loved me, so have I loved you: continue ye in my love.

10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

When things are going well, we feel elated. When hardships come, we sink into depression. But true joy transcends the rolling waves of circumstance. Joy comes from a consistent relationship with Jesus Christ. When our lives are intertwined with his, he will help us walk through adversity without sinking into debilitating lows and manage prosperity without moving into deceptive highs. The joy of living with Jesus Christ daily will keep us level-headed, no matter how high or low our circumstances.

Faith in God's Promise for a Good Marriage and Family

Chapter 12

Scriptures concerning marriage & family life.

2 Corinthians 6:14-16

14 Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

15 And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?

16 And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.

Paul urges believers not to form binding relationships with nonbelievers, because this might weaken their Christian commitment, integrity, or standards. It would be a mismatch. Earlier, Paul had explained that this did not mean isolating oneself from nonbelievers (see 1 Cor. 5:9-10). Paul even tells Christians to stay with their nonbelieving spouses (1 Cor. 7:12-13). Paul wants believers to be active in their witness for Christ to nonbelievers, but they should not lock themselves into personal or business relationships that could cause them to compromise the faith. Believers should do everything in their power to avoid situations that could force them to divide their loyalties.

Belial is a name that Paul uses for Satan. For those who have discovered God's light, there can be no fellowship or compromise with the darkness (1 Cor. 10:20-21).

Separation from the world involves more than keeping our distance from sinners; it means staying close to God (see 2 Cor. 7:1-2). It involves more than avoiding entertainment that leads to sin; it extends into how we spend our time and money. There is no way to separate ourselves totally from all sinful influences. Nevertheless, we are to resist the sin around us, without either giving up or giving in.

Hebrews 13:4

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Proverbs 18:22

Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD.

This verse states that it is good to be married. Today's emphasis on individual freedom is misguided. Strong individuals are important, but so are strong marriages. God created marriage for our enjoyment and he pronounced it good. This is one of many passages in the Bible that show marriage as a joyful and good creation of God (Genesis 2:21-25; Proverbs 5:15-19; John 2:1-11).

Proverbs 19:13-14

13 A foolish son is the calamity of his father: and the contentions of a wife are a continual dropping.

14 House and riches are the inheritance of fathers: and a prudent wife is from the LORD.

Ephesians 5:22-33

22 Wives, submit yourselves unto your own husbands, as unto the Lord.

23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.

25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

26 That he might sanctify and cleanse it with the washing of water by the word,

27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

30 For we are members of his body, of his flesh, and of his bones.

31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

32 This is a great mystery: but I speak concerning Christ and the church.

33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

Submitting to another person is an often misunderstood concept. It does not mean becoming a doormat. Christ—at whose name “every knee should bow, in heaven and on earth and under the earth” (Phil. 2:10)—submitted his will to the Father, and we honor Christ by following his example. When we submit to God, we become more willing to obey his command to submit to others, that is, to subordinate our rights to theirs. In a marriage relationship, both husband and wife are called to submit. For the wife, this means willingly following her husband’s leadership in Christ. For the husband, it means putting aside his own interests in order to care for his wife. Submission is rarely a problem in homes where both partners have a strong

relationship with Christ and where each is concerned for the happiness of the other.

In Paul's day, women, children, and slaves were to submit to the head of the family—slaves would submit until they were freed, male children until they grew up, and women and girls their whole lives. Paul emphasized the equality of all believers in Christ (Galatians 3:28), but he did not suggest overthrowing Roman society to achieve it. Instead, he counseled all believers to submit to one another by choice—wives to husbands and also husbands to wives; slaves to masters and also masters to slaves; children to parents and also parents to children.

This kind of mutual submission preserves order and harmony in the family while it increases love and respect among family members.

Although some people have distorted Paul's teaching on submission by giving unlimited authority to husbands, we cannot get around it—Paul told wives to submit to their husbands. The fact that a teaching is not popular is no reason to discard it. According to the Bible, the man is the spiritual head of the family, and his wife should acknowledge his leadership. But real spiritual leadership involves service. Just as Christ served the disciples, even to the point of washing their feet, so the husband is to serve his wife. A wise and Christ-honoring husband will not take advantage of his leadership role, and a wise and Christ-honoring wife will not try to undermine her husband's leadership. Either approach causes disunity and friction in marriage.

Why did Paul tell wives to submit and husbands to love? Perhaps Christian women, newly freed in Christ, found submission difficult; perhaps Christian men, used to the Roman custom of giving unlimited power to the head of the family, were not used to treating their wives with respect and love. Of course both husbands and wives should submit to each other (Ephes. 5:21), just as both should love each other.

Some Christians have thought that Paul was negative about marriage because of the counsel he gave in 1 Cor. 7:32-38. These verses in Ephesians, however, show a high view of marriage. Here marriage is not a practical necessity or a cure for lust, but a picture of the relationship between Christ and his church! Why the apparent difference? Paul's counsel in 1 Corinthians was designed for a state of emergency during a time of persecution and crisis. Paul's counsel to the Ephesians is more the Biblical

ideal for marriage. Marriage, for Paul, is a holy union, a living symbol, a precious relationship that needs tender, self-sacrificing care.

Paul devotes twice as many words to telling husbands to love their wives as to telling wives to submit to their husbands. How should a man love his wife? (1) He should be willing to sacrifice everything for her. (2) He should make her well-being of primary importance. (3) He should care for her as he cares for his own body. No wife needs to fear submitting to a man who treats her in this way.

Christ's death sanctifies and cleanses the church. He cleanses us from the old ways of sin and sets us apart for his special sacred service (Hebrews 10:29; Hebrews 13:12). Christ cleansed the church by the "washing" of baptism. Through baptism we are prepared for entrance into the church just as ancient Near Eastern brides were prepared for marriage by a ceremonial bath. It is God's Word that cleanses us (John 17:17; Titus 3:5).

The union of husband and wife merges two persons in such a way that little can affect one without also affecting the other. Oneness in marriage does not mean losing your personality in the personality of the other. Instead, it means caring for your spouse as you care for yourself, learning to anticipate his or her needs, helping the other person become all he or she can be. The creation story tells of God's plan that husband and wife should be one (Genesis 2:24), and Jesus also referred to this plan (Matthew 19:4-6).

Ephesians 6:1-4

1 Children, obey your parents in the Lord: for this is right.

2 Honour thy father and mother; which is the first commandment with promise;

3 That it may be well with thee, and thou mayest live long on the earth.

4 And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

There is a difference between obeying and honoring. To obey means to do as one is told; to honor means to respect and love. Children are not commanded to disobey God in obeying their parents. Adult children are not asked to be

subservient to domineering parents. Children are to obey while under their parents' care, but the responsibility to honor parents is for life.

If our faith in Christ is real, it will usually prove itself at home, in our relationships with those who know us best. Children and parents have a responsibility to each other. Children should honor their parents even if the parents are demanding and unfair. Parents should care gently for their children, even if the children are disobedient and unpleasant. Ideally, of course, Christian parents and Christian children will relate to each other with thoughtfulness and love. This will happen if both parents and children put the others' interests above their own—that is, if they submit to one another.

Some societies honor their elders. They respect their wisdom, defer to their authority, and pay attention to their comfort and happiness. This is how Christians should act. Where elders are respected, long life is a blessing, not a burden to them.

The purpose of parental discipline is to help children grow, not to exasperate and provoke them to anger or discouragement (see also Col. 3:21). Parenting is not easy—it takes lots of patience to raise children in a loving, Christ-honoring manner. But frustration and anger should not be causes for discipline. Instead, parents should act in love, treating their children as Jesus treats the people he loves. This is vital to children's development and to their understanding of what Christ is like.

Colossians 3:18-21

18 Wives, submit yourselves unto your own husbands, as it is fit in the Lord.

19 Husbands, love your wives, and be not bitter against them.

20 Children, obey your parents in all things: for this is well pleasing unto the Lord.

21 Fathers, provoke not your children to anger, lest they be discouraged.

Paul gives rules for three sets of household relationships: (1) husbands and wives, (2) parents and children, and (3) masters and slaves. In each case there is mutual responsibility to submit and love, to obey and encourage, to work hard and be fair. Examine your family and work relationships. Do you relate to others as God intended? See Ephes. 5:21-6:9 for similar instructions.

Christian marriage involves mutual submission, subordinating our personal desires for the good of the loved one, and submitting ourselves to Christ as Lord. For more on submission, see the notes on Ephes. 5:21-33.

Children must be handled with care. They need firm discipline administered in love. Don't alienate them by nagging, deriding, or destroying their self-respect so that they lose heart.

1 Peter 3:1-7

1 Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;

2 While they behold your chaste conversation coupled with fear.

3 Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel;

4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

5 For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands:

6 Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

7 Likewise, ye husbands, dwell with them according to knowledge, giving

honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

When a man became a Christian, he usually would bring his whole family into the church with him (see, for example, the story of the conversion of the Philippian jailer in Acts 16:29-33). By contrast, a woman who became a Christian usually came into the church alone. Under Roman law, the husband and father had absolute authority over all members of his household, including his wife. Demanding her rights as a free woman in Christ could endanger her marriage if her husband disapproved.

Peter reassured Christian women who were married to unbelievers that they did not need to preach to their husbands. Under the circumstances, their best approach would be one of loving service: they should show their husbands the kind of self-giving love that Christ showed the church. By being exemplary wives, they would please their husbands. At the very least, the men would then allow them to continue practicing their “strange” religion. At best, their husbands would join them and become Christians too.

A changed life speaks loudly and clearly, and it is often the most effective way to influence a family member. Peter instructs Christian wives to develop inner beauty rather than being overly concerned about their outward appearance. Their husbands will be won over by their love rather than by their looks. Live your Christian faith quietly and consistently in your home, and your family will see Christ in you.

Titus 2:1-6

1 But speak thou the things which become sound doctrine:

2 That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.

3 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

4 That they may teach the young women to be sober, to love their husbands, to love their children,

5 To be discreet, chaste, keepers at home, good, obedient to their own

husbands, that the word of God be not blasphemed.

6 Young men likewise exhort to be sober minded.

Self-control was an important aspect in early Christianity. The Christian community was made up of people from differing backgrounds and viewpoints, making conflict inevitable. Christians existed in a pagan and often hostile world. To stay above reproach, men and women needed wisdom and discernment to be discreet, and to master their wills, tongues, and passions so that Christ would not be dishonored. How's your self-control?

Women who were new Christians were to learn how to have harmony in the home by watching older women who had been Christians for some time. We have the same need today. Younger wives and mothers should learn to live in a Christian manner—loving their husbands and caring for their children—through observing exemplary women of God. If you are of an age or position where people look up to you, make sure that your example is motivating younger believers to live in a way that honors God.

1 Corinthians 7:1-16

1 Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman.

2 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

3 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

4 The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

6 But I speak this by permission, and not of commandment.

7 For I would that all men were even as I myself. But every man hath his proper gift of God, one after this manner, and another after that.

8 I say therefore to the unmarried and widows, it is good for them if they abide even as I.

9 But if they cannot contain, let them marry: for it is better to marry than to burn.

10 And unto the married I command, yet not I, but the Lord, Let not the wife depart from her husband:

11 But and if she depart, let her remain unmarried or be reconciled to her husband: and let not the husband put away his wife.

12 But to the rest speak I, not the Lord: If any brother hath a wife that believeth not, and she be pleased to dwell with him, let him not put her away.

13 And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him.

14 For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy.

15 But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but God hath called us to peace.

16 For what knowest thou, O wife, whether thou shalt save thy husband? or how knowest thou, O man, whether thou shalt save thy wife?

After discussing disorder in the church, Paul moves to the list of questions that the Corinthians had sent him, including subjects of marriage, singleness, eating meat offered to idols, propriety in worship, orderliness in the Lord's Supper, spiritual gifts, and the resurrection. Questions that plague churches today are remarkably similar to these, so we can receive specific guidance in these areas from the letter.

Sexual temptations are difficult to withstand because they appeal to the normal and natural desires that God has given us. Marriage provides God's way to satisfy these natural sexual desires and to strengthen the partners against temptation. Married couples have the responsibility to care for each other; therefore, husbands and wives should not withhold themselves sexually from one another, but should fulfill each other's needs and desires. (See also the note on 1 Cor. 10:13.)

The Corinthian church was in turmoil because of the immorality of the culture around them. Some Greeks, in rejecting immorality, rejected sex and marriage altogether. The Corinthian Christians wondered if this was what they should do also, so they asked Paul several questions: "Because sex is perverted, shouldn't we also abstain in marriage?" "If my spouse is unsaved, should I seek a divorce?" "Should unmarried people and widows remain unmarried?" Paul answered many of these questions by saying, "For now, stay put. Be content in the situation where God has placed you. If you're married, don't seek to be single. If you're single, don't seek to be married. Live God's way, one day at a time, and he will show you what to do."

Spiritually, our bodies belong to God when we become Christians because Jesus Christ bought us by paying the price to release us from sin (see 1 Cor. 6:19-20). Physically, our bodies belong to our spouses because God designed marriage so that, through the union of husband and wife, the two become one (Genesis 2:24). Paul stressed complete equality in sexual relationships. Neither male nor female should seek dominance or autonomy.

Both marriage and singleness are gifts from God. One is not morally better than the other, and both are valuable to accomplishing God's purposes. It is important for us, therefore, to accept our present situation. When Paul said he wished that all people were like him (i.e., unmarried), he was expressing his desire that more people would devote themselves *completely* to the ministry without the added concerns of spouse and family, as he had done. He was not criticizing marriage—after all, it is God's created way of providing companionship and populating the earth.

Sexual pressure is not the best motive for getting married, but it is better to marry the right person than to "burn with passion." Many new believers in Corinth thought that all sex was wrong, and so engaged couples were deciding not to get married. In this passage, Paul was telling couples who wanted to marry that they should not frustrate their normal sexual drives by

avoiding marriage. This does not mean, however, that people who have trouble controlling themselves should marry the first person who comes along. It is better to deal with the pressure of desire than to deal with an unhappy marriage.

Faith in God's Promises for Parenting

Chapter 13

Scriptures about parenting/child rearing.

Proverbs 22:6

Train up a child in the way he should go: and when he is old, he will not depart from it.

“In the way he should go” is literally, “according to his [the child’s] way.” It is natural to want to bring up all our children alike or train them the same way. This verse implies that parents should discern the individuality and special strengths that God has given each one. While we should not condone or excuse self-will, each child has natural inclinations that parents can develop. By talking to teachers, other parents, and grandparents, we can better discern and develop the individual capabilities of each child.

Many parents want to make all the choices for their child, but this hurts him or her in the long run. When parents teach a child how to make decisions, they don’t have to watch every step he or she takes. They know their children will remain on the right path because they have made the choice themselves. Train your children to choose the right way.

Proverbs 23:13-14

13 Withhold not correction from the child: for if thou beatest him with the rod, he shall not die.

14 Thou shalt beat him with the rod, and shalt deliver his soul from hell.

The stern tone of discipline here is offset by the affection expressed in Proverbs 23:15. However, many parents are reluctant to discipline their children at all. Some fear they will forfeit their relationship, that their children will resent them, or that they will stifle their children's development. But correction won't kill children, and it may prevent them from foolish moves that will.

Proverbs 22:15

Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.

Young children often do foolish and dangerous things simply because they don't understand the consequences. Wisdom and common sense are not transferred by just being a good example. The wisdom a child learns must be taught consciously. "The rod of discipline" stands for all forms of discipline or training. Just as God trains and corrects us to make us better, so parents must discipline their children to make them learn the difference between right and wrong. To see how God corrects us, read Proverbs 3:11-12.

Proverbs 13:24

He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes.

It is not easy for a loving parent to discipline a child, but it is necessary. The greatest responsibility that God gives parents is the nurture and guidance of their children. Lack of discipline puts parents' love in question because it shows a lack of concern for the character development of their children. Disciplining children averts long-range disaster. Without correction, children grow up with no clear understanding of right and wrong and with little direction to their lives. Don't be afraid to discipline your children. It is an act of love. Remember, however, that your efforts cannot make your children wise; they can only encourage your children to seek God's wisdom above all else!

Proverbs 29:15

The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.

Parents of young children often weary of disciplining them. They feel like all they do is nag, scold, and punish. When you're tempted to give up and let your children do what they want, or when you wonder if you've ruined every chance for a loving relationship with them, remember—kind, firm correction helps them learn, and learning makes them wise. Consistent, loving discipline will ultimately teach them to discipline themselves.

Proverbs 29:17

Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul.

Colossians 3:21

Fathers, provoke not your children to anger, lest they be discouraged.

Children must be handled with care. They need firm discipline administered in love. Don't alienate them by nagging, deriding, or destroying their self-respect so that they lose heart.

Children must be handled with care. They need firm discipline administered in love. Don't alienate them by nagging, deriding, or destroying their self-respect so that they lose heart.

Ephesians 6:4

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

There is a difference between obeying and honoring. To obey means to do as one is told; to honor means to respect and love. Children are not commanded to disobey God in obeying their parents. Adult children are not asked to be subservient to domineering parents. Children are to obey while under their parents' care, but the responsibility to honor parents is for life.

If our faith in Christ is real, it will usually prove itself at home, in our relationships with those who know us best. Children and parents have a responsibility to each other. Children should honor their parents even if the parents are demanding and unfair. Parents should care gently for their children, even if the children are disobedient and unpleasant. Ideally, of course, Christian parents and Christian children will relate to each other with thoughtfulness and love. This will happen if both parents and children put the others' interests above their own—that is, if they submit to one another.

Some societies honor their elders. They respect their wisdom, defer to their authority, and pay attention to their comfort and happiness. This is how Christians should act. Where elders are respected, long life is a blessing, not a burden to them.

The purpose of parental discipline is to help children grow, not to exasperate and provoke them to anger or discouragement (see also Col. 3:21). Parenting is not easy—it takes lots of patience to raise children in a loving, Christ-honoring manner. But frustration and anger should not be causes for discipline. Instead, parents should act in love, treating their children as Jesus treats the people he loves. This is vital to children's development and to their understanding of what Christ is like.

Faith in God's Promises to Praise

Chapter 14

Scriptures concerning praise.

Hebrews 13:15

By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

How can we learn to be content? Strive to live with less rather than desiring more; give away out of your abundance rather than accumulating more; relish what you have rather than resent what you're missing. See God's love expressed in what he has provided, and remember that money and possessions will all pass away.

We become content when we realize God's sufficiency for our needs. Christians who become materialistic are saying by their actions that God can't take care of them—or at least that he won't take care of them the way they want. Insecurity can lead to the love of money, whether we are rich or poor. The only antidote is to trust God to meet all our needs.

1 Peter 2:9

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light;

Christians sometimes speak of “the priesthood of all believers.” In Old Testament times, people did not approach God directly. A priest acted as intermediary between God and sinful human beings. With Christ's victory on the cross, that pattern changed. Now we can come directly into God's

presence without fear (Hebrews 4:16), and we are given the responsibility of bringing others to him also (2 Cor. 5:18-21). When we are united with Christ as members of his body, we join in his priestly work of reconciling God and man.

People often base their self-concept on their accomplishments. But our relationship with Christ is far more important than our jobs, successes, wealth, or knowledge. We have been chosen by God as his very own, and we have been called to represent him to others. Remember that your value comes from being one of God's children, not from what you can achieve. You have worth because of what *God does*, not because of what you do.

Psalm 69:30-35

30 I will praise the name of God with a song, and will magnify him with thanksgiving.

31 This also shall please the LORD better than an ox or bullock that hath horns and hoofs.

32 The humble shall see this, and be glad: and your heart shall live that seek God.

33 For the LORD heareth the poor, and despiseth not his prisoners.

34 Let the heaven and earth praise him, the seas, and every thing that moveth therein.

35 For God will save Zion, and will build the cities of Judah: that they may dwell there, and have it in possession.

When David says, "May your hearts live!" he means, "You will feel glad and joyful." Most people want lasting joy and will try almost anything to obtain it, from scrambling for more money to being involved in sexual escapades. The only genuine source of happiness is God, and we receive lasting joy only by seeking him. How are you trying to find happiness?

Seek God and live as he directs you (Matthew 6:33-34), and true joy will soon follow.

Psalm 9:1-2

1 I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works.

2 I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.

Praise is expressing to God our appreciation and understanding of his worth. It is saying “thank you” for each aspect of his divine nature. Our inward attitude becomes outward expression. When we praise God, we help ourselves by expanding our awareness of who he is. In each psalm you read, look for an attribute or characteristic of God for which you can thank him.

Psalm 9:11

Sing praises to the LORD, which dwelleth in Zion: declare among the people his doings.

God does not live only in Zion (another name for Mount Moriah, the hill on which the temple was built); he is everywhere all the time. The focal point of Israelite worship, however, came to be Jerusalem and its beautiful temple.

God was present in the tabernacle (Exodus 25:8-9) and in the temple built by Solomon (2 Chron. 7:16). From this central place of worship, the Jews were to tell the world about the one true God.

Psalm 18:3

I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

God’s protection of his people is limitless and can take many forms. David characterized God’s care with five military symbols. God is like (1) a *rock* that can’t be moved by any who would harm us, (2) a *fortress* or place of safety where the enemy can’t follow,

(3) a *shield* that comes between us and harm, (4) a *horn* of salvation, a symbol of might and power, (5) a *stronghold* high above our enemies. If you need protection, look to God.

Psalm 22:23

Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.

Psalm 33:1-3

1 Rejoice in the LORD, O ye righteous: for praise is comely for the upright.

2 Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings.

3 Sing unto him a new song; play skilfully with a loud noise.

David, who some believe wrote this psalm, was an accomplished harpist (1 Samuel 16:15-25). He frequently spoke about musical instruments throughout his psalms. He undoubtedly composed music for many of the psalms, and he commissioned music for temple worship (1 Chron. 25).

Psalm 34:1-3

1 I will bless the LORD at all times: his praise shall continually be in my mouth.

2 My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad.

3 O magnify the LORD with me, and let us exalt his name together.

God promises great blessings to his people, but many of these blessings require our active participation. He will deliver us from fear (Psalm 34:4), save us out of our troubles (Psalm 34:6), guard and deliver us (Psalm 34:7), show us goodness (Psalm 34:8), supply our needs (Psalm 34:9),

listen when we talk to him (Psalm 34:15), and redeem us (Psalm 34:22), but we must do our part. We can appropriate his blessings when we seek him (Psalm 34:4, 10), cry out to him (Psalm 34:6, 17), trust him (Psalm 34:8), fear him (Psalm 34:7, 9), refrain from lying (Psalm 34:13), turn from evil, do good and seek peace (Psalm 34:14), are humble (Psalm 34:18), and serve him (Psalm 34:22).

Psalm 47:6-7

6 Sing praises to God, sing praises: sing praises unto our King, sing praises.

7 For God is the King of all the earth: sing ye praises with understanding.

Psalm 48:1

Great is the LORD, and greatly to be praised in the city of our God, in the mountain of his holiness.

Psalm 50:23

Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God.

Psalm 63:3-6

3 Because thy lovingkindness is better than life, my lips shall praise thee.

4 Thus will I bless thee while I live: I will lift up my hands in thy name.

5 My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

6 When I remember thee upon my bed, and meditate on thee in the night watches.

Hiding from his enemies in the barren Desert of Judah, David was intensely lonely. He longed for a friend he could trust to ease his loneliness. No wonder he cried out, “O God, . . . my soul thirsts for you, . . . in a dry and

weary land.” If you are lonely or thirsty for something lasting in your life, remember David’s prayer. God alone can satisfy our deepest longings!

Psalm 100:3-5

3 Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

God is our Creator; we did not create ourselves. Many people live as though they are the creator and center of their own little world. This mind-set leads to a greedy possessiveness and, if everything should be taken away, a loss of hope itself. But when we realize that God created us and gives us all we have, we will want to give to others as God gave to us (2 Cor. 9:8). Then, if all is lost, we still have God and all he gives us.

God alone is worthy of being worshiped. What is your attitude toward worship? Do you willingly and joyfully come into God’s presence, or are you just going through the motions, reluctantly going to church? This psalm tells us to remember God’s goodness and dependability, and then to worship with thanksgiving and praise!

Faith in God's Promises to Answer Prayer

Chapter 15

Scriptures about Prayer.

Mark 11:23-25

23 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

he kind of prayer that moves mountains is prayer for the fruitfulness of God's kingdom. It would seem impossible to move a mountain into the sea, so Jesus used that picture to say that God can do anything. God will answer your prayers, but not as a result of your positive mental attitude. Other conditions must be met: (1) you must be a believer; (2) you must not hold a grudge against another person; (3) you must not pray with selfish motives; (4) your request must be for the good of God's kingdom. To pray effectively, you need faith in God, not faith in the object of your request. If you focus only on your request, you will be left with nothing if your request is refused.

Jesus, our example for prayer, prayed, "Everything is possible for you. . . Yet not what I will, but what you will" (Mark 14:36). Our prayers are often

motivated by our own interests and desires. We like to hear that we can have anything. But Jesus prayed with *God's* interests in mind. When we pray, we should express our desires, but want his will above ours. Check yourself to see if your prayers focus on your interests or God's.

Philippians 4:6-7

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Imagine never being “anxious about anything”! It seems like an impossibility—we all have worries on the job, in our homes, at school. But Paul's advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray.

God's peace is different from the world's peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings. It comes from knowing that God is in control. Our citizenship in Christ's kingdom is sure, our destiny is set, and we can have victory over sin. Let God's peace guard your heart against anxiety.

John 15:7-8

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

Fruit is not limited to soulwinning. In this chapter, answered prayer, joy, and love are mentioned as fruit (John 15:7, 11-12). Galatians 5:22-24 and 2 Peter 1:5-8 describe additional fruit: qualities of Christian character.

Remaining in Christ means (1) believing that he is God's Son (1 John 4:15), (2) receiving him as Savior and Lord (John 1:12), (3) doing what God says (1 John 3:24), (4) continuing to believe the gospel (1 John 2:24), and (5) relating in love to the community of believers, Christ's body (John 15:12).

Many people try to be good, honest people who do what is right. But Jesus says that the only way to live a truly good life is to stay close to him, like a branch attached to the vine. Apart from Christ our efforts are unfruitful. Are you receiving the nourishment and life offered by Christ, the vine? If not, you are missing a special gift he has for you.

Matthew 7:7-11

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

9 Or what man is there of you, whom if his son ask bread, will he give him a stone?

10 Or if he ask a fish, will he give him a serpent?

11 If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

Jesus tells us to persist in pursuing God. People often give up after a few halfhearted efforts and conclude that God cannot be found. But knowing God takes faith, focus, and follow-through, and Jesus assures us that we will be rewarded. Don't give up in your efforts to seek God. Continue to ask him for more knowledge, patience, wisdom, love, and understanding. He will give them to you.

The child in Jesus' example asked his father for bread and fish—good and necessary items. If the child had asked for a poisonous snake, would the wise father have granted his request? Sometimes God knows we are praying for “snakes” and does not give us what we ask for, even though we persist in our prayers. As we learn to know God better as a loving Father, we learn to ask for what is good for us, and then he grants it.

Christ is showing us the heart of God the Father. God is not selfish, begrudging, or stingy, and we don't have to beg or grovel as we come with our requests. He is a loving Father who understands, cares, and comforts. If humans can be kind, imagine how kind God, the Creator of kindness, can be.

Jesus used the expression "If you, then, though you are evil" to contrast sinful and fallible human beings with the holy and perfect God.

Matthew 6:5-6

5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Some people, especially the religious leaders, wanted to be seen as "holy," and public prayer was one way to get attention. Jesus saw through their self-righteous acts, however, and taught that the essence of prayer is not public style but private communication with God. There is a place for public prayer, but to pray only where others will notice you indicates that your real audience is not God.

1 John 5:14-15

14 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

he emphasis here is on God's will, not our will. When we communicate with God, we don't demand what we want; rather we discuss with him what *he* wants for us. If we align our prayers to his will, he will listen; and we can be certain that if he listens, he will give us a definite answer. Start praying with confidence!

James 5:15

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

The emphasis here is on God's will, not our will. When we communicate with God, we don't demand what we want; rather we discuss with him what *he* wants for us. If we align our prayers to his will, he will listen; and we can be certain that if he listens, he will give us a definite answer. Start praying with confidence!

John 14:12-14

12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.

14 If ye shall ask any thing in my name, I will do it.

Jesus is not saying that his disciples would do more amazing miracles—after all, raising the dead is about as amazing as you can get. Rather, the disciples, working in the power of the Holy Spirit, would carry the gospel of God's kingdom out of Palestine and into the whole world.

When Jesus says we can ask for anything, we must remember that our asking must be in his name—that is, according to God's character and will. God will not grant requests contrary to his nature or his will, and we cannot use his name as a magic formula to fulfill our selfish desires. If we are sincerely following God and seeking to do his will, then our requests will be in line with what he wants, and he will grant them. (See also John 15:16; John 16:23.)

John 16:23-24

23 And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you.

24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

Jesus is talking about a new relationship between the believer and God. Previously, people approached God through priests. After Jesus' resurrection, any believer could approach God directly. A new day has dawned and now all believers are priests, talking with God personally and directly (see Hebrews 10:19-23). We approach God, not because of our own merit, but because Jesus, our great high priest, has made us acceptable to God.

Romans 8:31-33

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.

Do you ever think that because you aren't good enough for God, he will not save you? Do you ever feel as if salvation is for everyone else but you? Then these verses are especially for you. If God gave his Son for you, he isn't going to hold back the gift of salvation! If Christ gave his life for you, he isn't going to turn around and condemn you! He will not withhold anything you need to live for him. The book of Romans is more than a theological explanation of God's redeeming grace—it is a letter of comfort and confidence addressed to you.

Faith in God's Promises for Safety and Protection

Chapter 16

Scriptures and promises for those in need of safety and protection.

Psalm 4:8

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Psalm 91:9-13

9 Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

One of the functions of angels is to watch over believers (Hebrews 1:14). There are examples of guardian angels in Scripture (1 Kings 19:5; Daniel 6:22; Matthew 18:10; Luke 16:22; Acts 12:7), although there is no indication that one angel is assigned to each believer. Angels can also be God's messengers (Matthew 2:13; Acts 27:23-24).

Angels are not visible, except on special occasions (Numbers 22:31; Luke 2:9). Psalm 91:11-12 were quoted by Satan when he tempted Jesus (Matthew 4:6; Luke 4:10-11). It is comforting to know that God watches over us even in times of great stress and fear.

Proverbs 3:21-23

21 My son, let not them depart from thine eyes: keep sound wisdom and discretion:

22 So shall they be life unto thy soul, and grace to thy neck.

23 Then shalt thou walk in thy way safely, and thy foot shall not stumble.

What is the difference between sound judgment and discernment? Discernment (or discretion) is the ability God gives to many people to think and make correct choices. Sound judgment, however, he gives only to those who follow him. Sound judgment includes discernment, but goes beyond it. It also includes the knowledge that comes from instruction, training, and discipline, and the insight that results from knowing and applying God's truths.

Proverbs 18:10

The name of the LORD is a strong tower: the righteous runneth into it, and is safe.

1 Samuel 2:9

He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail.

Hannah praised God for his answer to her prayer for a son. The theme of her poetic prayer is her confidence in God's sovereignty and her thankfulness for everything he had done. Mary, the mother of Jesus, modeled her own praise song, called the Magnificat, after Hannah's prayer (Luke 1:46-55). Like Hannah and Mary, we should be confident of God's ultimate control over the events in our lives,

and we should be thankful for the ways God has blessed us. By praising God for all good gifts, we acknowledge his ultimate control over all the affairs of life.

Hannah praised God for being a Rock—firm, strong, and unchanging. In our fast-paced world, friends come and go, and circumstances change. It's difficult to find a solid foundation that will not change. Those who devote their lives to achievements, causes, or possessions have as their security that which is finite and changeable. The possessions that we work so hard to obtain will all pass away. But God is always present. Hope in him. He will never fail.

2 Samuel 22:3-4

3 The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence.

4 I will call on the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

Proverbs 30:5

Every word of God is pure: he is a shield unto them that put their trust in him.

Psalms 138:7

7 Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.

Psalms 84:11-12

11 For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.

12 O LORD of hosts, blessed is the man that trusteth in thee.

God does not promise to give us everything *we* think is good, but he will not withhold what is permanently good. He will give us the means to walk along his paths, but we must do the walking. When we obey him, he will not hold anything back that will help us serve him.

Psalm 121:4-8

4 Behold, he that keepeth Israel shall neither slumber nor sleep.

5 The LORD is thy keeper: the LORD is thy shade upon thy right hand.

6 The sun shall not smite thee by day, nor the moon by night.

7 The LORD shall preserve thee from all evil: he shall preserve thy soul.

8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Faith in God's Promises to Give You Strength

Chapter 17

Scriptures and promises to help strengthen you.

Psalm 18:1-3

1 I will love thee, O LORD, my strength.

2 The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

3 I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

This psalm is almost a duplicate of 2 Samuel 22. It may have been written toward the end of David's life when there was peace. God is praised for his glorious works and blessings through the years. God's protection of his people is limitless and can take many forms. David characterized God's care with five military symbols. God is like (1) a *rock* that can't be moved by any who would harm us, (2) a *fortress* or place of safety where the enemy can't follow, (3) a *shield* that comes between us and harm, (4) a *horn* of salvation, a symbol of might and power, (5) a *stronghold* high above our enemies. If you need protection, look to God.

Psalm 18:31-33

31 For who is God save the LORD? or who is a rock save our God?

32 It is God that girdeth me with strength, and maketh my way perfect.

33 He maketh my feet like hinds' feet, and setteth me upon my high places.

God promises to give us strength to meet challenges, but he doesn't promise to eliminate them. If he gave us no rough roads to walk, no mountains to climb, and no battles to fight, we would not grow. He does not leave us alone with our challenges, however. Instead he stands beside us, teaches us, and strengthens us to face them.

Psalm 27:1-3

1 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

Fear is a dark shadow that envelops us and ultimately imprisons us within ourselves. Each of us has been a prisoner of fear at one time or another—fear of rejection, misunderstanding, uncertainty, sickness, or even death. But we can conquer fear by using the bright liberating light of the Lord who brings salvation. If we want to dispel the darkness of fear, let us remember with the psalmist that “the LORD is my light and my salvation.”

Psalm 27:14

14 Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

David knew from experience what it meant to wait for the Lord. He had been anointed king at age 16, but didn't become king until he was 30. During the interim, he was chased through the desert by jealous King Saul. David had to wait on God for the fulfillment of his promise to reign. Later, after becoming king, he was chased by his rebellious son, Absalom.

Waiting for God is not easy. Often it seems that he isn't answering our prayers or doesn't understand the urgency of our situation.

That kind of thinking implies that God is not in control or is not fair. But God is worth waiting for. Lamentations 3:24-26 calls us to hope in and wait for the Lord because often God uses waiting to refresh, renew, and teach us. Make good use of your waiting times by discovering what God may be trying to teach you in them.

Psalm 28:7-8

7 The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

8 The LORD is their strength, and he is the saving strength of his anointed.

Psalm 29:11

The LORD will give strength unto his people; the LORD will bless his people with peace.

Throughout history, God has revealed his power through mighty miracles over nature, such as the great flood (Genesis 6-9). He promises to continue to reveal his power. Paul urged us to understand how great God's power is (Ephes. 1:18-23). The same power that raised Christ from the dead is available to help us with our daily problems. When you feel weak and limited, don't despair. Remember that God can give you strength. The power that controls creation and raises the dead is available to you.

Psalm 31:24

Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.

Psalm 37:39-40

39 But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.

40 And the LORD shall help them, and deliver them: he shall deliver them

from the wicked, and save them, because they trust in him.

Psalm 41:1-3

1 Blessed is he that considereth the poor: the LORD will deliver him in time of trouble.

2 The LORD will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.

3 The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.

The Bible often speaks of God's care for the weak, poor, and needy, and of his blessing on those who share this concern. God wants our generosity to reflect his own free giving. As he has blessed us, we should bless others.

Psalm 46:1-3

The fear of mountains or cities suddenly crumbling into the sea as the result of a nuclear blast haunts many people today. But the psalmist says that even if the world ends, we need not fear. In the face of utter destruction, the writer expressed a quiet confidence in God's ability to save him. It seems impossible to consider the end of the world without becoming consumed by fear, but the Bible is clear—God is our refuge even in the face of total destruction. He is not merely a temporary retreat; he is our eternal refuge and can provide strength in any circumstance.

God is our refuge and strength, a very present help in trouble.

Psalm 62:6-7

6 He only is my rock and my salvation: he is my defence; I shall not be moved.

7 In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.

David expressed his feelings to God and then reaffirmed his faith. Prayer can release our tensions in times of emotional stress. Trusting God to be our rock, salvation, and fortress (Psalm 62:2) will change our entire outlook on life. No longer must we be held captive by resentment toward others when they hurt us. When we are resting in God's strength, nothing can shake us.

Psalm 118:14

The LORD is my strength and song, and is become my salvation.

Psalm 144:1-2

1 Blessed be the LORD my strength which teacheth my hands to war, and my fingers to fight:

2 My goodness, and my fortress; my high tower, and my deliverer; my shield, and he in whom I trust; who subdueth my people under me.

Proverbs 10:29

The way of the LORD is strength to the upright: but destruction shall be to the workers of iniquity.

Isaiah 12:2

Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

Isaiah 26:4

Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

Isaiah 40:28-31

28 Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

29 He giveth power to the faint; and to them that have no might he increaseth strength.

30 Even the youths shall faint and be weary, and the young men shall utterly fall:

31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Even the strongest people get tired at times, but God's power and strength never diminish. He is never too tired or too busy to help and listen. His strength is our source of strength. When you feel all of life crushing you and cannot go another step, remember that you can call upon God to renew your strength.

Philippians 4:13

I can do all things through Christ which strengtheneth me.

Can we really do everything? The power we receive in union with Christ is sufficient to do his will and to face the challenges that arise from our commitment to doing it. He does not grant us superhuman ability to accomplish anything we can imagine without regard to his interests. As we contend for the faith we will face troubles, pressures, and trials. As they come, ask Christ to strengthen you.

Faith in God's Promise To Overcome Temptation

Chapter 18

Scriptures and promises to help you overcome temptation.

2 Peter 2:9

The Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished:

Our faith must go beyond what we believe; it must become a dynamic part of all we do, resulting in good fruit and spiritual maturity. Salvation does not depend on good deeds, but it results in good deeds. A person who claims to be saved while remaining unchanged does not understand faith or what God has done for him or her.

1 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.

In a culture filled with moral depravity and sin-inducing pressures, Paul gave strong encouragement to the Corinthians about temptation. He said: (1) wrong desires and temptations happen to everyone, so don't feel you've been singled out; (2) others have resisted temptation, and so can you; (3) any temptation can be resisted because God will help you resist it. God helps you resist temptation by helping you (1) recognize those people and situations that give you trouble, (2) run from anything you know is wrong, (3) choose to do only what is right,

(4) pray for God's help, and (5) seek friends who love God and can offer help when you are tempted. Running from a tempting situation is your first step on the way to victory (see 2 Tim. 2:22).

James 1:12-15

12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:

14 But every man is tempted, when he is drawn away of his own lust, and enticed.

15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

The crown of life is like the victory wreath given to winning athletes (see 1 Cor. 9:25). God's crown of life is not glory and honor here on earth, but the reward of eternal life—living with God forever. The way to be in God's winners' circle is by loving him and staying faithful even under pressure.

Temptation comes from evil desires inside us, not from God. It begins with an evil thought and becomes sin when we dwell on the thought and allow it to become an action. Like a snowball rolling downhill, sin grows more destructive the more we let it have its way. The best time to stop a temptation is before it is too strong or moving too fast to control. See Matthew 4:1-11; 1 Cor. 10:13; and 2 Tim. 2:22 for more about escaping temptation.

People who live for God often wonder why they still have temptations. Does God tempt them? God *tests* people, but he does not *tempt* them by trying to seduce them into sin. God allows Satan to tempt people, however, in order to refine their faith and to help them grow in their dependence on Christ. We can resist the temptation to sin by turning to God for strength and choosing to obey his Word.

It is easy to blame others and make excuses for evil thoughts and wrong actions. Excuses include (1) it's the other person's fault; (2) I couldn't help it; (3) everybody's doing it; (4) it was just a mistake; (5) nobody's perfect; (6) the devil made me do it; (7) I was pressured into it; (8) I didn't know it was wrong; (9) God is tempting me. A person who makes excuses is trying to shift the blame from himself or herself to something or someone else. A Christian, on the other hand, accepts responsibility for his or her wrongs, confesses them, and asks God for forgiveness.

James 1:2-4

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

James doesn't say *if* you face trials, but *whenever* you face them. He assumes that we will have trials and that it is possible to profit from them. The point is not to pretend to be happy when we face pain, but to have a positive outlook ("consider it pure joy") because of what trials can produce in our lives. James tells us to turn our hardships into times of learning. Tough times can teach us perseverance. For other passages dealing with perseverance (also called patience and steadfastness), see Romans 2:7; Romans 5:3-5; Romans 8:24-25; 2 Cor. 6:3-7; 2 Peter 1:2-9.

We can't really know the depth of our character until we see how we react under pressure. It is easy to be kind to others when everything is going well, but can we still be kind when others are treating us unfairly? God wants to make us mature and complete, not to keep us from all pain. Instead of complaining about our struggles, we should see them as opportunities for growth. Thank God for promising to be with you in rough times. Ask him to help you solve your problems or to give you the strength to endure them. Then be patient. God will not leave you alone with your problems; he will stay close and help you grow.

Hebrews 4:15-16

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.

We tend to think that *doing* wrong is sin. But James tells us that sin is also *not* doing right. (These two kinds of sin are sometimes called sins of commission and sins of omission.) It is a sin to lie; it can also be a sin to know the truth and not tell it. It is a sin to speak evil of someone; it is also a sin to avoid him or her when you know he or she needs your friendship. We should be willing to help as the Holy Spirit guides us. If God has directed you to do a kind act, to render a service, or to restore a relationship, do it. You will experience a renewed and refreshed vitality to your Christian faith.

Ephesians 6:10-18

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

In the Christian life we battle against rulers and authorities (the powerful evil forces of fallen angels headed by Satan, who is a vicious fighter, see 1 Peter 5:8). To withstand their attacks, we must depend on God's strength and use every piece of his armor. Paul is not only giving this counsel to the church, the body of Christ, but to all individuals within the church. The whole body needs to be armed. As you do battle against "the powers of this dark world," fight in the strength of the church, whose power comes from the Holy Spirit.

These who are not "flesh and blood" are demons over whom Satan has control. They are not mere fantasies—they are very real. We face a powerful army whose goal is to defeat Christ's church. When we believe in Christ, these beings become our enemies, and they try every device to turn us away from him and back to sin. Although we are assured of victory, we must engage in the struggle until Christ returns, because Satan is constantly battling against all who are on the Lord's side. We need supernatural power to defeat Satan, and God has provided this by giving us his Holy Spirit within us and his armor surrounding us. If you feel discouraged, remember Jesus' words to Peter: "On this rock I will build my church, and the gates of Hades will not overcome it" (Matthew 16:18).

GOD'S ARMOR FOR US

We are engaged in a spiritual battle—all believers find themselves subject to Satan's attacks because they are no longer on Satan's side. Thus, Paul tells us to use every piece of God's armor to resist Satan's attacks and to stand true to God in the midst of those attacks.

*Piece of
Armor/
Use*

Application

**Belt/
Truth**

Satan fights with lies, and sometimes his lies sound like truth; but only believers have God's truth, which can defeat Satan's lies

**Breastplate/
Righteousness**

Satan often attacks our hearts—the seat of our emotions, self-worth, and trust. God's righteousness is the breastplate that protects our hearts and ensures his approval. He approves of us because he loves us and sent his Son to die for us.

**Footgear/
Readiness to
spread the Good
News**

Satan wants us to think that telling others the Good News is a worthless and hopeless task—the size of the task is too big and the negative responses are too much to handle. But the footgear God gives us is the motivation to continue to proclaim the true peace that is available in God—news everyone needs to hear

**Shield/
Faith**

What we see are Satan's attacks in the form of insults, setbacks, and temptations. But the shield of faith protects us from Satan's flaming arrows. With God's perspective, we can see beyond our circumstances and know that ultimate victory is ours.

Helmet/

Satan wants to make us doubt God, Jesus, and our salvation.

Salvation **The helmet protects our minds from doubting God's saving work for us.**

**Sword/
The Spirit, the
Word of God** **The sword is the only weapon of offense in this list of armor.**
There are times when we need to take the offensive against Satan. When we are tempted, we need to trust in the truth of God's Word.

James 4:7

5 Do ye think that the scripture saith in vain, The spirit that dwelleth in us lusteth to envy?

6 But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

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

Although God and the devil are at war, we don't have to wait until the end to see who will win. God has *already* defeated Satan (Rev. 12:10-12), and when Christ returns, the devil and all he stands for will be eliminated forever (Rev. 20:10-15). Satan is here now, however, and he is trying to win us over to his evil cause. With the Holy Spirit's power, we can resist the devil, and he will flee from us.

How can you come near to God? James gives five ways: (1) *Submit to God* (James 4:7). Yield to his authority and will, commit your life to him and his control, and be willing to follow him. (2) *Resist the devil* (James 4:7). Don't allow Satan to entice and tempt you. (3) *Wash your hands. . . and purify your hearts* (that is, lead a pure life) (James 4:8). Be cleansed from sin, replacing your desire to sin with your desire to experience God's purity. (4) *Grieve and mourn and wail* in sincere sorrow for your sins (James 4:9). Don't be afraid to express deep heartfelt sorrow for what you have done. (5) *Humble yourself before the Lord*, and he will lift you up (James 4:10; 1 Peter 5:6).

Faith in God's Promises to Overcome Worry and Anxiety

Chapter 19

Scriptures and promises to help you with worry and anxiety.

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

The end result of the Holy Spirit's work in our lives is deep and lasting peace. Unlike worldly peace, which is usually defined as the absence of conflict, this peace is confident assurance in any circumstance; with Christ's peace, we have no need to fear the present or the future. If your life is full of stress, allow the Holy Spirit to fill you with Christ's peace (see Phil. 4:6-7 for more on experiencing God's peace).

Sin, fear, uncertainty, doubt, and numerous other forces are at war within us. The peace of God moves into our hearts and lives to restrain these hostile forces and offer comfort in place of conflict. Jesus says he will give us that peace if we are willing to accept it from him.

As God the Son, Jesus willingly submits to God the Father. On earth, Jesus also submitted to many of the physical limitations of his humanity (Phil. 2:6).

1 Peter 5:6-7

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

7 Casting all your care upon him; for he careth for you.

We often worry about our position and status, hoping to get proper recognition for what we do. But Peter advises us to remember that God's recognition counts more than human praise. God is able and willing to bless us according to his timing. Humbly obey God regardless of present circumstances, and in his good time—either in this life or in the next—he will lift you up.

Carrying your worries, stresses, and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility, however, to recognize that God cares, to admit your need, and to let others in God's family help you. Sometimes we think that struggles caused by our own sin and foolishness are not God's concern. But when we turn to God in repentance, he will bear the weight even of those struggles. Letting God have your anxieties calls for action, not passivity. Don't submit to circumstances, but to the Lord who controls circumstances.

Psalm 55:22

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Isaiah 26:3-4

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

4 Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

We can never avoid strife in the world around us, but with God we can know perfect peace even in turmoil. When we are devoted to him, our whole attitude is steady and stable. Supported by God's unchanging love and mighty power, we are not shaken by the surrounding chaos (see Phil. 4:7). Do you want peace? Keep your thoughts on and your trust in God.

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.

God works in “all things”—not just isolated incidents—for our good. This does not mean that all that happens to us is good. Evil is prevalent in our fallen world, but God is able to turn every circumstance around for our long- range good. Note that God is not working to make us happy, but to fulfill his purpose. Note also that this promise is not for everybody. It can be claimed only by those who love God and are called according to his purpose. Those who are “called” are those who the Holy Spirit convinces and enables to receive Christ. Such people have a new perspective, a new mind-set on life. They trust in God, not life’s treasures; they look for their security in heaven, not on earth; they learn to accept, not resent, pain and persecution because God is with them.

Philippians 4:19

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

We can trust that God will always meet our needs. Whatever we need on earth he will always supply, even if it is the courage to face death as Paul did. Whatever we need in heaven he will supply. We must remember, however, the difference between our wants and our needs. Most people want to feel good and avoid discomfort or pain. We may not get all that we want. By trusting in Christ, our attitudes and appetites can change from wanting everything to accepting his provision and power to live for him.

Philippians 4:6-7

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Imagine never being “anxious about anything”! It seems like an impossibility. We all have worries on the job, in our homes, at school. But Paul’s advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray.

God’s peace is different from the world’s peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings.

It comes from knowing that God is in control. Our citizenship in Christ's kingdom is sure, our destiny is set, and we can have victory over sin. Let God's peace guard your heart against anxiety.

Matthew 6:24-34

24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Jesus says we can have only one master. We live in a materialistic society where many people serve money. They spend all their lives collecting and storing it, only to die and leave it behind. Their desire for money and what it can buy far outweighs their commitment to God and spiritual matters. Whatever you store up, you will spend much of your time and energy thinking about. Don't fall into the materialistic trap, because "the love of money is a root of all kinds of evil" (1 Tim. 6:10). Can you honestly say that God, and not money, is your master? One test is to ask which one occupies more of your thoughts, time, and efforts.

Jesus contrasted heavenly values with earthly values when he explained that our first loyalty should be to those things that do not fade, cannot be stolen or used up, and never wear out. We should not be fascinated with our possessions, lest *they* possess *us*. This means we may have to do some cutting back if our possessions are becoming too important to us. Jesus is calling for a decision that allows us to live contentedly with whatever we have because we have chosen what is eternal and lasting.

What is Faith?

Chapter 20

Scriptures to Help Understand Faith

It is very important that we have a clear understanding of what faith is, because it is through our faith that we receive God's promises.

In Hebrews 11:1, the Lord gives us His definition of faith.

Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen.

As you can see from the above scripture, faith is a substance. The word substance is translated from the Greek word hupostasis.

Hupostasis is defined as "a setting under or foundation."

From this definition, you can see that faith is the support or foundation for receiving the things that we hope for - the promises of God being fulfilled in our lives.

In addition from Hebrews 11:1, you can see that faith is evidence.

What is faith the proof or conviction of?

Faith is the proof and conviction within our hearts that what God tells us is true. Faith is taking God at His Word, which leads us to say with our actions that He is true.

Faith trusts God and involves being assured and confident that God will do exactly what He says He will. Faith says God is true .

1 John 5:14-15

14 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

The emphasis here is on God's will, not our will. When we communicate with God, we don't demand what we want; rather we discuss with him what *he* wants for us. If we align our prayers to his will, he will listen; and we can be certain that if he listens, he will give us a definite answer. Start praying with confidence!

Matthew 7:7-8

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Jesus tells us to persist in pursuing God. People often give up after a few halfhearted efforts and conclude that God cannot be found. But knowing God takes faith, focus, and follow-through, and Jesus assures us that we will be rewarded. Don't give up in your efforts to seek God. Continue to ask him for more knowledge, patience, wisdom, love, and understanding. He will give them to you.

James 5:15

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

James is referring to someone who is incapacitated physically. In Scripture, oil was both a medicine (see the parable of the Good Samaritan in Luke

10:30-37) and a symbol of the Spirit of God (as used in anointing kings, see 1 Samuel 16:1-13). Thus oil can represent both the medical and the spiritual spheres of life. Christians should not separate the physical and the spiritual—Jesus Christ is Lord over both the body and the spirit.

People in the church are not alone. Members of Christ’s body should be able to count on others for support and prayer, especially when they are sick or suffering. The elders should be on call to respond to the illness of any member, and the church should stay alert to pray for the needs of all its members.

“The prayer offered in faith” does not refer to the faith of the sick person, but to the faith of the people praying. God heals, faith doesn’t, and all prayers are subject to God’s will. But our prayers are part of God’s healing process. That is why God often waits for our prayers of faith before intervening to heal a person.

In salvation, faith says the gospel is true, which is that the Lord Jesus died for your sins, that He was buried, and that God raised Him from the dead on the third day.

1 Corinthians 15:1,3-4

1 Moreover, brethren, I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand;

3 For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures;

4 And that he was buried, and that he rose again the third day according to the scriptures:

Most churches contain people who do not yet believe. Some are moving in the direction of belief, and others are simply pretending. Imposters, however, are not to be removed (see Matthew 13:28-29), for that is the Lord’s work alone. The Good News about Jesus Christ will save us *if* we firmly believe it and faithfully follow it.

Faith in the gospel leads you to receive through faith (without works) Jesus as your Lord and Saviour, resulting in eternal life, justification and remission of sins.

Eternal Life For all who Trust in Jesus

John 3:14-17

14 And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:

15 That whosoever believeth in him should not perish, but have eternal life.

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.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

When the Israelites were wandering in the desert, God sent a plague of snakes to punish the people for their rebellious attitudes. Those doomed to die from snakebite could be healed by obeying God's command to look up at the elevated bronze snake and by believing that God would heal them if they did (see Numbers 21:8-9). Similarly, our salvation happens when we look up to Jesus, believing he will save us. God has provided this way for us to be healed of sin's deadly bite.

The entire gospel comes to a focus in this verse in John 3:16. God's love is not static or self-centered; it reaches out and draws others in. Here God sets the pattern of true love, the basis for all love relationships—when you love someone dearly, you are willing to give freely to the point of self-sacrifice. God paid dearly with the life of his Son, the highest price he could pay.

Jesus accepted our punishment, paid the price for our sins, and then offered us the new life that he had bought for us. When we share the gospel with others, our love must be like Jesus'—willingly giving up our own comfort and security so that others might join us in receiving God's love.

Some people are repulsed by the idea of eternal life because their lives are miserable. But eternal life is not an extension of a person's miserable, mortal

life; eternal life is God's life embodied in Christ given to all believers now as a guarantee that they will live forever. In eternal life there is no death, sickness, enemy, evil, or sin. When we don't know Christ, we make choices as though this life is all we have. In reality, this life is just the introduction to eternity. Receive this new life by faith and begin to evaluate all that happens from an eternal perspective.

To "believe" is more than intellectual agreement that Jesus is God. It means to put our trust and confidence in him that he alone can save us. It is to put Christ in charge of our present plans and eternal destiny. Believing is both trusting his words as reliable, and relying on him for the power to change. If you have never trusted Christ, let this promise of everlasting life be yours— and believe.

Justified by Faith

Romans 5:1-2

1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

2 By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

Romans 4:5,23-25

5 But to him that worketh not, but believeth on him that justifieth the ungodly, his faith is counted for righteousness.

23 Now it was not written for his sake alone, that it was imputed to him;

24 But for us also, to whom it shall be imputed, if we believe on him that raised up Jesus our Lord from the dead;

25 Who was delivered for our offences, and was raised again for our justification.

When some people learn that they are saved by God through faith, they start to worry. "Do I have enough faith?" they wonder, "Is my faith strong

enough to save me?” These people miss the point. It is Jesus Christ who saves us, not *our* feelings or actions, and he is strong enough to save us no matter how weak our faith is. Jesus offers us salvation as a gift because he loves us, not because we have earned it through our powerful faith. What, then, is the role of faith? Faith is believing and trusting in Jesus Christ, and reaching out to accept his wonderful gift of salvation.

When we believe, an exchange takes place. We give Christ our sins, and he gives us his righteousness and forgiveness (see 2 Cor. 5:21). There is nothing we can do to earn this. Only through Christ can we receive God’s righteousness. What an incredible bargain this is for us! But sadly, many still choose to pass up this gift to continue “enjoying” their sin.

Remission (Forgiveness) of sins

Acts 10:43

To him give all the prophets witness, that through his name whosoever believeth in him shall receive remission of sins.

Peter’s brief and powerful sermon contains a concise statement of the gospel: Jesus’ perfect life of servanthood; his death on the cross; his resurrection, personally witnessed and experienced by Peter; Jesus’ fulfillment of the Scriptures; and the necessity of personal faith in him. A sermon or witness for Christ does not need to be long to be effective. It should be Spirit-led and should center on Christ, the way and the truth and the life.

Two examples of prophets testifying about Jesus and his forgiveness of sins are Isaiah 52:13-53:12 and Ezekiel 36:25-26.

Ephesians 1:7

In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

To speak of Jesus’ blood was an important first-century way of speaking of Christ’s death. His death points to two wonderful truths—redemption and

forgiveness. *Redemption* was the price paid to gain freedom for a slave (Leviticus 25:47-54). Through his death, Jesus paid the price to release us from slavery to sin. *Forgiveness* was granted in Old Testament times on the basis of the shedding of animals' blood (Leviticus 17:11). Now we are forgiven on the basis of the shedding of Jesus' blood—he died as the perfect and final sacrifice. (See also Romans 5:9; Ephes. 2:13; Col. 1:20; Hebrews 9:22; 1 Peter 1:19.)

Grace is God's voluntary and loving favor given to those he saves. We can't earn salvation, nor do we deserve it. No religious, intellectual, or moral effort can gain it, because it comes only from God's mercy and love. Without God's grace, no person can be saved. To receive it, we must acknowledge that we cannot save ourselves, that only God can save us, and that our only way to receive this loving favor is through faith in Christ.

All Scripture quotations are taken from the King James Version (KJV) of the Bible.

References

Holy Bible: King James Translation

Additional comments taken from:

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