

A How To Guide
For
Administering
The
Christian Twelve Step Recovery Program
By
Recovered Through Christ Ministry

@Copyright 2009 By Recovered Through Christ, Inc.

This book is printed in the United States of America.

This Book is dedicated to all who suffer for righteousness sake.

Blessed *are* those who hunger and thirst for righteousness,
[Matt 5:6](#)

Blessed *are* the pure in heart,
[Matt 5:8](#)

Blessed are those who are persecuted for righteousness' sake,
For theirs is the kingdom of heaven.
[Matt 5:10](#)

INTRODUCTION

What the Christian 12 Steps are about and Group Info

People come into the Christian 12 Step Program mainly because they want to be free from some addiction. However, we know that the healing of our relationship with God and with others is a vital necessity before other problems are healed.

The Christian 12 Steps are about the Healing Power and Love of Jesus Christ.

The First Nine Steps are when Jesus heals our relationships.

Steps One through Seven are about the healing of our relationship with ourselves and with God.

Steps Eight and Nine are how God heals our relationships with others.

Steps Ten, Eleven and Twelve are about allowing God to maintain our relationships and to enable us to Minister His Love to others.

Because Jesus tells us to take the log out of our own eye before taking the speck out of our brother's eye and that we need to be reconciled to our brother before leaving our gift at the altar, Jesus instantly begins to heal us after we become willing to allow Him to work in our lives. Anger and Resentments are lifted. Addictions to alcohol, drugs, cigarettes, gambling, food, sex, are not only healed but healed without any withdrawal symptoms!

Depression of all kind is lifted. And for those who lost their way, who need to be restored, to be brought back to wholeness within the body of Christ are restored to fellowship. And a desire to help others becomes paramount in their lives.

The Group

Whether working one on one or in a group the Holy Spirit is always in control and in charge. No agenda becomes more important than His. If someone is in need of prayer or in to need to talk they are given the utmost attention. Although long drunkalogs or psychobabble is not encouraged, we realize that newcomers often have the necessity to do these things before they are able to hear.

Working one on one in the steps is different from the group because unless the person is already in a ministry, they usually are unable to minister until after they complete Step Twelve. In the group setting, the members instantly are able to minister to one another. And the exchange of phone numbers and emails are highly encouraged.

All Scripture for each Step will be given out and gone over before going on to the next Step. Everyone will be instructed to have a Bible. Anyone is allowed to join the group at anytime. They will be given copies of all the Step Scriptures.

Those who have friends or family members with problems can also contribute to the group. Anyone can come and just listen .

Participation will be by asking what the Step means and what the corresponding Scripture Verse means in connection to the Step.

The Group will also have an updated Prayer List to be distributed. Anyone who has gone through the Christian 12 Steps can help those in need. These individuals are also be able to run a group.

The Law is an usher to lead the way to grace. God is the God
of the humble, the miserable, the afflicted.

It is His nature to exalt the humble, to comfort the sorrowing,
to heal the broken-hearted, to justify the sinners,
and to save the condemned.

The fatuous idea that a person can be holy by himself
denies God the pleasure of saving sinners.

God must therefore first take the sledge-hammer of the Law
in His fists and smash the beast of self-righteousness
and its brood of self-confidence, self-wisdom, self-righteousness,
and self-help. When the conscience has been thoroughly
frightened by the Law it welcomes the Gospel of grace
with its message of a Savior who came into the world,
not to break the bruised reed, nor to quench the smoking flax,
but to preach glad tidings to the poor, to heal the broken-hearted,
and to grant forgiveness of sins to all the captives.

This is why we call Jesus Christ the “Savior”. Jesus came down to earth to save
us from our sins. The purpose of the Steps is to bring the unsaved sinner, or the carnal
Christian, to the saving grace of Jesus Christ.

We find Christ because He finds us. We love Him because He first loved us.
We become His because He chooses us, calling us and sanctifying us after he justifies us.
Nothing in this life or in the life to come can separate them from the love of God which is
in Christ Jesus.

This assurance means, to the believer, that he can go forward boldly into whatever path he feels led because he knows that it is God who goes before. It further means that he is eternally secure in the Love of God because he has been sealed-not of himself-by the Holy Spirit until the final day of fulfillment. The Holy Spirit not only makes a child of sin to become a child of God, He also leads the new believer into a new way of life which is in conformity to the will of God; into holiness of life and Sanctification. As love of God increases within him, love for his Christian brothers and for his human neighbors everywhere will correspondingly increase.

The ministry of the Word, will become paramount in the life of all who go through these steps with sincerity of heart.

For *it is* impossible for those who were once enlightened, and have tasted the heavenly gift, and have become partakers of the Holy Spirit, and have tasted the good word of God and the powers of the age to come, if they fall away, to renew them again to repentance, since they crucify again for themselves the Son of God, and put *Him* to an open shame.
Heb 6:4-6

The apostle is not speaking of the falling away of mere professors, never convinced or influenced by the gospel. Such have nothing to fall away from, but an empty name, or hypocritical profession. Neither is he speaking of partial declinings or backslidings.

Nor are such sins meant, as Christians fall into through the strength of temptations, or the power of some worldly or fleshly lust. But the falling away here mentioned, is an open and avowed renouncing of Christ, from enmity of heart against him, his cause, and people, by men approving in their minds the deeds of his murderers, and all this after they have received the knowledge of the truth, and tasted some of its comforts.

Of these it is said, that it is impossible to renew them again unto repentance.

Not because the blood of Christ is not sufficient to obtain pardon for this sin; but this sin, in its very nature, is opposite to repentance and every thing that leads to it. If those who through mistaken views of this passage, as well as of their own case, fear that there is no mercy for them, would attend to the account given of the nature of this sin, that it is a total and a willing renouncing of Christ, and his cause, and joining with his enemies, it would relieve them from wrong fears. We should ourselves beware, and caution others, of every approach near to a gulf so awful as apostacy; yet in doing this we should keep close to the word of God, and be careful not to wound and terrify the weak, or discourage the fallen and penitent. Believers not only taste of the word of God, but they drink it in.

And this fruitful field or garden receives the blessing. But the merely nominal Christian, continuing unfruitful under the means of grace, or producing nothing but deceit and selfishness, was near the awful state above described; and everlasting misery was the end reserved for him. Let us watch with humble caution and prayer as to ourselves.

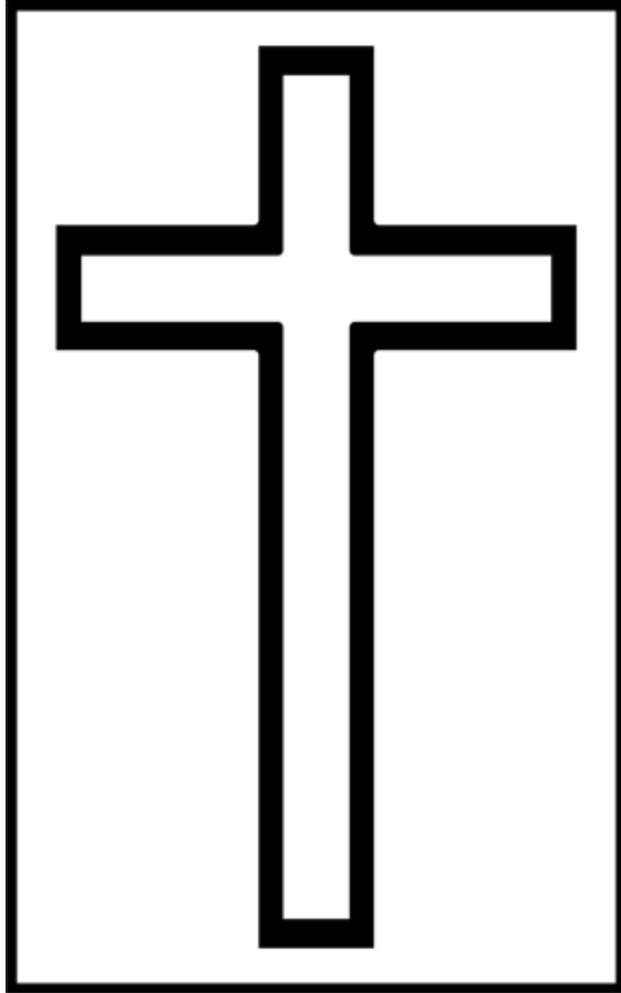
We are not to disallow someone from working the steps because either they say or we believe they cannot be saved. That is between them and God. We should never become so full of ourselves that we begin to play God. However, due to clashes in personalities, certain individuals should be referred to someone else.

The Christian 12 Step Recovery Program Workbook is to be used in conjunction with this guide book. The Workbook is used for the Third Step Prayers, Fourth Step Format, the Seventh Step Prayers, the Eight Step Format, the Ninth Step Prayer, Tenth Step Daily Moral Inventory and the Eleventh Step Morning Prayer.

Chapter 13 finishes the work on the steps.

The following chapters are meant to allow you to have a greater insight into the person and work of the Holy Spirit. To give you the definition and Scriptural meaning of a particular step, sin, or emotional and spiritual problems.

These chapters should be studied before you start to work with someone.



To bring someone into a close personal relationship with Jesus is our primary purpose!

CONTENTS

Introduction

CHAPTER	PAGE
1. Working With Others.....	12
2. Step One.....	24
3. Step Two.....	30
4. Step Three.....	50
5. Step Four.....	56
6. Step Five.....	60
7. Step Six.....	61
8. Step Seven.....	62
9. Step Eight.....	67
10. Step Nine.....	69
11. Step Ten.....	72
12. Step Eleven.....	88
13. Step Twelve.....	93
14. A Sin List for Christian Workers....	111
15. Bible Verses for Emotional And Spiritual Problems.....	150
16. The Holy Spirit.....	190
17. Sin Checklist.....	202
Notes	204
About the Ministry.....	205

CHAPTER 1

WORKING WITH OTHERS

Paul states in Acts 26:20, "...*that they should repent and turn to God*" before he mentions "works."

Salvation comes first, then the works (i.e., fruits). The works are befitting of the repentance which has already taken place. Paul states in Romans 12:1, "*I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your **reasonable service.***"

Please notice that these men were already saved, i.e., "brethren" (see Romans 1:7). Paul pleads with them now to "present" their bodies a living sacrifice. Clearly, these men had a choice to make, i.e., whether or not they would present their bodies as a living sacrifice to God in holy living. Paul calls this their "reasonable service."

This is exactly what Paul meant in Acts 26:20 when he said "*do works meet for repentance.*" It is befitting of one who has been saved (i.e., they've repented and turned to the Lord Jesus in faith for forgiveness of sin), that they should now present their bodies as a living sacrifice to God and *DO WORKS MEET FOR REPENTANCE*. This is what Paul means in Acts 26:20.

Working with Others

We can now see that the “works” of these steps after step three are the “works” of an already saved and blood bought child of God!

Always keep in mind that whether a person is Christian or not, they are both coming to us for help. We are to treat the sin and go after that- not the sinner. Remember, God hates the sin but loves the sinner! We should never initiate nor be allowed to be drawn into debates of any kind. Therefore, we are not to be judgmental, but to counsel with the love of God which is patient and kind.

The first 13 chapters are the Christian 12 Steps. Use these only when the Holy Spirit reveals to you that someone is ready to go through them.

The Sin Scriptures are to help you work with those who are having trouble with a particular sin or sins.

The Emotional and Spiritual Scripture chapter is to help you counsel those with one or more of these problems.

The chapter on the Holy Spirit is for you and your client to remember who is in charge and who is doing the healing.

The Sin Checklist is used for all clients and should be used by you during the first few initial meetings to check off the sins you are hearing.

Recovered Through Christ

We first ask the person to either fill out a questionnaire if the meeting is in person, or we ask them the following questions if the meeting is on the internet or over the phone.

- 1) Are they or have they suffered from any disease? 2) What type of doctor prescribed medications are they taking? 3) Have they had any operations? 4) Have they ever been or presently seeing someone for counseling? 4) Why are they coming to you? 5) What kind of help do they think you can give them? 6) How long do they think it will take to get the help they need? 7) When do they want to get better? 8) Have they been referred to you by someone else?

This questionnaire will help you decide if you can help the person or if they need to be referred to someone else. Especially, if the person is drunk, on drugs, suicidal, or appear to have a severe mental condition. We are then to give them the following numbers to call: the national number for suicide-1800-784-2433

- National Drug & Alcohol Treatment Hotline
800-662-HELP
- National Domestic Violence Hotline
800-799-7233
- National Child Abuse Hotline
800-4-A-CHILD
- National Youth Crisis Hotline
800-HIT-HOME
- National Adolescent Suicide Hotline
800-621-4000
- National Runaway Hotline
800-621-4000
- Panic Disorder Information Hotline
800- 64-PANIC
- Project Inform HIV/AIDS Treatment Hotline
800-822-7422

Working with Others

**National Alliance for the Mentally Ill (NAMI)
State Affiliate List:**

Alabama AMI
Telephone: (205)833-8336

Alaska AMI
Telephone: (907)277-1300

Arizona AMI (AAMI)
Telephone: (602)244-8166

Arkansas AMI-Help And Hope Inc
Telephone: (501)661-1548

California AMI
Telephone: (916)567-0163

Colorado AMI
Telephone: (303)321-3104

Connecticut AMI
Telephone: (203)586-2319

AMI DC Threshold
Telephone: (202)546-0646

AMID (AMI Delaware)
Telephone: (302)427-0787

Florida AMI
Telephone: (904)222-3400

Georgia AMI
Telephone: (404)894-8860

Hawaii State AMI
Telephone: (808)737-2778

Idaho AMI
Telephone: (208)376-2143

Recovered Through Christ

AMI Illinois State Coalition
Telephone: (217)522-1403

Indiana AMI
Telephone: (317)236-0056

AMI Of Iowa
Telephone: (515)254-0417

Kansas AMI
Telephone: (913)233-0755

Kentucky AMI
Telephone: (502)245-5284

Louisiana AMI
Telephone: (504)343-6928

AMI - Maine
Telephone: (207)622-5767

AMI Of Maryland Inc.
Telephone: (800)467-0075, (410)467-7100

AMI Of Massachusetts Inc
Telephone: (617)426-2299

AMI Of Michigan
Telephone: (517)485-4049

AMI Of Minnesota, Inc.
Telephone: (612)645-2948

Mississippi AMI
Telephone: (601)992-1227

Missouri Coalition Of AMI
Telephone: (800)374-2138, (314)634-7727

MONAMI (Montana AMI)
Telephone: (406)443-7871

Working with Others

Nebraska AMI
Telephone: (402)489-6239

AMI Of Nevada
Telephone: (702)254-2666

AMI Of New Hampshire
Telephone: (603)225-5359

New Jersey AMI
Telephone: (609)695-4554

AMI New Mexico
Telephone: (505)254-0643

AMI - New York State
Telephone: (800)950-3228, (518)462-2000

North Carolina AMI
Telephone: (919)851-0063

North Dakota AMI
Telephone: (701)852-5324

AMI Of Ohio
Telephone: (800)686-2646, (614)444-2646

Oklahoma AMI
Telephone: (800)583-1264

Oregon AMI
Telephone: (503)370-7774

AMI Of Pennsylvania
Telephone: (717)238-1514

AMI Of Rhode Island
Telephone: (401)464-3060

South Dakota AMI
Telephone: (800)551-2531, (605)697-7210

Recovered Through Christ

South Carolina AMI
Telephone: (803)779-7849

Tennessee AMI
Telephone: (615)531-8264

Texas AMI
Telephone: (512)474-2225

Utah AMI
Telephone: (801)584-2023

AMI Of Vermont
Telephone: (800)639-6480, (802)257-5546

Virginia AMI
Telephone: (800)484-7753 x(8264), (804)225-8264

AMI Of Washington State
Telephone: (206)438-0211

West Virginia AMI
Telephone: (304)342-0497

AMI Of Wisconsin Inc
Telephone: (608)242-7223

Wyoming AMI
Telephone: (307)234-6246

Working with Others

After giving them the questions and believing that you can help them you should then ask them to give you a brief history of their problem or situation. During their talk you should take notes by answering for yourself the following questions: 1) Is the person a Christian? 2) Are you hearing of a sin? 3) Are they in denial? 4) Are they the perpetrator, victim, or both ? 5) How long has the sin been going on?

After their talk you can ask them as many questions as necessary to help you to arrive at these answers. Note: we should never use the word “sin” within our first initial meetings with a client. If they bring up the word then we are not to give any credence to it but to make a check mark on our SIN CHECKLIST.

Using the “SIN CHECKLIST” is of vital importance. The Bible tells us that all have sinned and fall short of the glory of God. Therefore, all of us are either now or in the past engaged in a sin or sins or have been or are presently the victim of a sin or sins. By the wisdom and discernment of God we are able to hear the sin or sins right from our very first initial consultation. Although we may discover more during future sessions we now have a basis to work with and to pray about. Place a check mark next to the sin or sins that you are hearing to help you be a minister that is rightly endeavoring to be used as an instrument of God’s love because you are now treating the sin and not the sinner. Note: the person can be both a sinner and a victim of someone else’s sin.

Recovered Through Christ

We are not FBI agents, but FBE agents! F=Find the Sin, B=Bring it to Light, E=Eradicate the Sin. This is the whole process of the Christian Twelve Step Recovery Program. By finding the sin operating in a person's life we are able to bring the sin to the light of Jesus, and Jesus will heal the person of the sin.

If you both decide that you want to continue with future sessions then give them an appointment time when you will be available. Ask them to bring a Bible to all future sessions. If they do not have a Bible then lend them one until they finish the steps.

Using the words "devil" or "Satan" in the early initial conversations with a client is not recommended. If the person brings up the devil, evil spirits, etc. we are not to lend any credence by continuing in this course of conversation. We should always be mindful "to talk about Jesus!" and not let the client side track us in that endeavor. This does not mean that the words cannot be used. However, they should only be used in a way that gives them the least amount of power because the one who has all of the power, guidance, and wisdom in our conversations with the client is the Holy Spirit of God. And never make the mistake of telling someone that they are of the devil, they are controlled by the devil, or what they just said or did is of the devil. Again, we are not to play God but to allow God to heal.

Working with Others

Before beginning to work with someone do the following. 1) Pray to God for the person, that His will be done in their life. 2) Pray to God to be filled with His Holy Spirit so that you can minister in love, wisdom, and discernment. 3) Go over the following Scriptures and the Scriptures in the Twelfth Step. 4) Make copies of the entire step Scripture verses. 5) Make copies of the Fourth, and Eight step formats. 6) Make copies of the Third, Seventh, Ninth, and Eleventh step prayers. 7) Make copies of the Tenth step daily moral inventory.

Note: copies of these formats and prayers can be found in the Workbook. And the number of copies you will need will depend on how many people you are working with in person. Of course, on the internet or over the phone, you will have to direct them to use their Bible to go over the verses with you. And you will have to tell them how to do the formats and the daily inventory. To get the Workbook – <http://www.recoveredthroughchrist.com>

Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. [2 Cor 1:3-4](#)

Recovered Through Christ

For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another.

[Gal 5:13](#)

Finally, all *of you be* of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* courteous

[1 Peter 3:8](#)

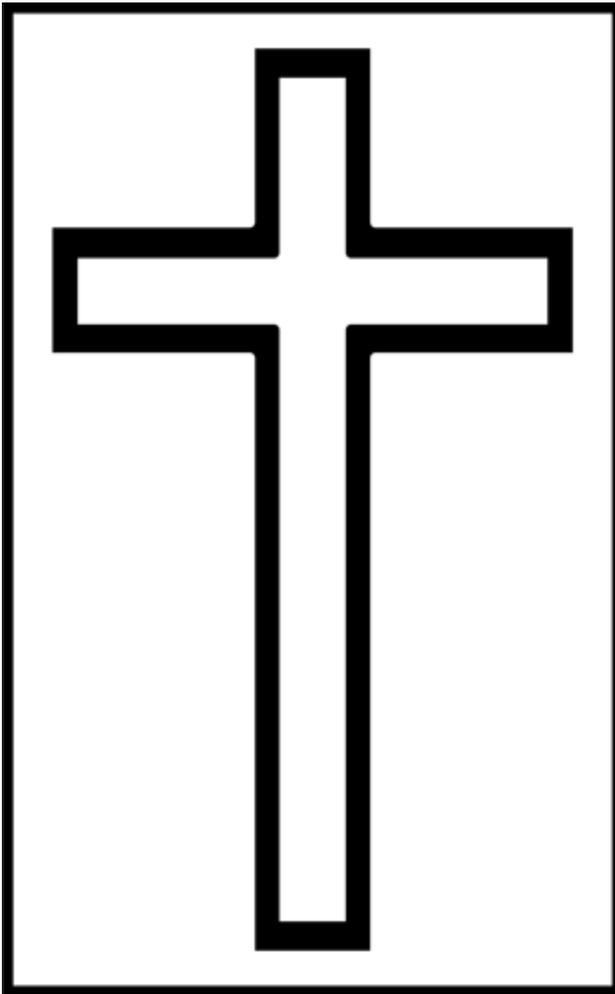
As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. If anyone speaks, *let him speak* as the oracles of God. If anyone ministers, *let him do it* as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.

[1 Peter 4:10-11](#)

By this we know love, because He laid down His life for us. And we also ought to lay down *our* lives for the brethren. But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? My little children let us not love in word or in tongue, but in deed and in truth. And by this we know that we are of the truth, and shall assure our hearts before Him. For if our heart condemns us, God is greater than our heart, and knows all things.

Working with Others

Beloved, if our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight. 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. Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us. [1 John 3:16-24](#)



CHAPTER 2

STEP ONE

Pray before starting the session. Hand the person (or if online or phone have them go to the Bible verse) a copy of the Scripture verses for step one. After reading each verse, ask them what they believe it means. Then give them feedback on your interpretation. Note: we are not to try to brain-wash nor brow beat anyone with scripture but let the Word of God work in the person's life. And if the person needs to talk more at this point than read then so let them.

At the end of the session either give them a copy of the first step Scriptures or tell them the verses online or on the phone so that they can study them and bring them back to the next session (if you haven't finished them). Pray after ending the session.

I ADMIT THAT I AM POWERLESS OVER THE EFFECTS OF MY SEPARATION OR LACK OF FELLOWSHIP WITH GOD, AND THAT MY LIFE HAS BECOME UNMANAGEABLE.

Step One

Have you noticed that the First Step has several parts to it? 1) Admission- to overcome denial or to stop the blame game or the victim role. 2) Powerless- tried many things, therapy, self-help book, exercise, other programs, etc. And now realize there is nothing else that can be done. The end has been reached. A feeling of helplessness of being POWERLESS! 3) Effects of separation from God – starts in the Garden of Eden when man first sinned against God. Then the realization that it is sin that has separated us back then and now from God. We then venture onto the next steps in our journey and come to believe that God loves us and that His intentions are for none of us to perish. We then accept His Son into our hearts and know we have eternal life because Jesus made the ultimate sacrifice for us and died for our sins, past-present and future. 4) Lack of Fellowship with God- this part of the step is for the believer who has already accepted Jesus and has eternal life but keeps struggling to live a holy, Godly, Christ-like life because they have become a carnal Christian. They may love God and want to obey Him but they do not recognize the means- the POWER! They in some effect are still POWERLESS!

Recovered Through Christ

We all know these Christians. We may have been one ourselves, we may still be one, we may question their salvation or our own salvation. God may have shown them many ways or tried to give them many opportunities to follow Him and live a sanctified Holy Life so that He may come and fellowship with them, but they either did not recognize that these things came from God or thought they never needed to do anything because if God wanted to make them live a Holy Life He would perform the miracle! Has that happened in some cases -absolutely, but it is rare.

As the book “Faith In the Night Seasons” by Chuck and Nancy Missler states; “ Faith seems to have two parts to it: First, there is the portion of faith that God places in our hearts when we are first born again. As Ephesians 2:8 say, ‘For by grace are ye saved through faith and that not of yourselves, it is the gift of God. ‘ The second aspect of faith, however, is only activated by our own personal choice to moment by moment, trust and believe. This is called the Shield of Faith, (Ephesians 6:16) It’s Jesus’ faith yes. But, we must choose, moment by moment to put it on. In other words, we literally raise this shield by making faith choices (non-feeling choices) to believe what God’s Word says.”

Step One

Therefore, we need to face carnal Christianity and just stop using the excuses that they are either 1) not saved or 2) hypocrites. Gluttony needs to yield to temperance, lust to chaste love; sloth to healthy initiative, etc. and this is where the steps four through twelve come to play for the already saved believer in Jesus. 5) Our lives have become unmanageable- for the non-believer this could be seen as their entire life, they may have lost everything and can no longer function or it may also be true for the backslid Christian. But most carnal Christians are able to manage their lives (or so they think) to some extent – or at least think their lives are better off now than before coming to Jesus. However, their new Christian life has become unmanageable in the sense that 1) They have no fellowship with God 2) They can no longer see Him working in their lives. 3) They always keep thinking that if they would find the right church, the right Bible Study, the right Christian book, etc. Sound familiar?

The stinking thinking returns to a carnal Christian in that they are always looking elsewhere for help instead of to Jesus. Steps four through twelve are to train us to get the focus back on Jesus and keep it there!

Recovered Through Christ

Then the LORD saw that the wickedness of man *was* great in the earth, and *that* every intent of the thoughts of his heart *was* only evil continually. Genesis 6:5

But your iniquities have separated you from your God; and your sins have hidden *His* face from you, So that He will not hear. Isaiah 59:2

For the flesh lusts against the Spirit and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. Galatians 5:17

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God. Galatians 5:19-21

Step One

“What I do, I do not understand. For I do not do what I want, but I do what I hate.” “ I know nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” “Miserable one that I am! Who will deliver me? Thanks be to God through Jesus Christ our Lord.” Romans 7:15, 17, 24-25

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

And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,
Ephesians 5:18

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God. Psalm 42:11

CHAPTER 3

STEP TWO

Pray before beginning the session. Go over all the Scripture verses together as you did in step one. And again, give them a copy of the verses. Pray after ending the session.

I BELIEVE THAT THE POWER OF JESUS CHRIST, THROUGH THE WORKING OF THE HOLY SPIRIT, WILL RESTORE ME TO FELLOWSHIP WITH GOD.

For those of you who are still searching here are some Attributes of God for you.

1. SELF-EXISTENT: God has no cause; He does not depend on anything for his continued existence.
 - a. I AM WHO I AM (Ex. 3:14; see John 5:58)
 - b. Life in Himself (John 5:26)
 - c. First and Last, Alpha and Omega, Beginning and End; as the Beginning, God has no cause (Isa. 41:4; 44:6; 48:12; Rev. 1:8, 17; 2:8; 3:14; 21:6; 22:13)
 - d. No God before or after Yahweh (Isa. 43:10)

Step Two

2. TRANSCENDENT: God is entirely distinct from the universe, as the carpenter is distinct from the bench; excluding pantheism (God in all) and animism (everything is a god).

- a. Separate from the world (Isa. 4:22; Acts 17:24)
- b. Contrasted with the world (Psa. 102:25-27; I John 2:15-17)
- c. Implied by doctrine of creation (Gen. 1:1; Isa. 42:5)

3. IMMANENT: Though transcendent, God is present with and in the world; excluding deism (God is out there but not here).

- a. God is near, so He can be known (Deut. 4:7; Jer. 23:23; Acts 17:27)
- b. Bound up with God's omnipresence (Psa. 139:7-10; Jer. 23:24; Acts 17:28)

4. IMMUTABLE: God is perfect in that He never changes nor can He change with respect to His being, attributes, purpose, or promises; excluding process theology, Mormon doctrine of eternal progression.

- a. Unchangeable (Psa. 102:26-27; Isa. 51:6; Mal. 3:6; Rom. 1:23; Heb. 1:11-12; James 1:17; Heb. 13:8)
- b. God's relations with changing men spoken of as God changing (Ex. 32:9-14; Psa. 18:25-27)

Recovered Through Christ

5. ETERNAL: God is perfect in that He transcends all time and temporal limitations, and is thus infinite with respect to time.
 - a. Duration through endless ages (Ps. 90:2; 93:2; 102:12; Eph. 3:21)
 - b. Unlimited by time (Psa. 90:4; 2 Pet. 3:8)
 - c. Creator of the ages (i.e., of time itself; Heb. 1:2; 11:3)
 - d. Implied by doctrines of transcendence, self-existence, and immutability.

6. OMNIPRESENT: God is perfect in that He transcends all space and spatial limitations, and is thus infinite with respect to space, with His whole Being filling every part of the universe and being present everywhere (not diffused through the universe, but present at each point in His fullness).
 - a. The universe cannot contain God (1 Kings 8:27; Isa. 66:1; Acts 7:48-49)
 - b. Present everywhere (Psa. 139:7-10; Acts 17:28; of Christ, Matt. 18:20; 28:20)
 - c. Fills all things (Jer. 23:23-24; of Christ, Eph. 1:23; 4:10; Col. 3:11)
 - d. Implied by doctrine of transcendence

7. OMNIPOTENT: God is perfect in that He can do all things consistent with the perfection of His being. God cannot do the self-contradictory (e.g., make a rock He cannot lift), nor can He do that which is contrary to His perfect nature (e.g., He cannot change, He cannot lie, etc.).

Step Two

- a. Nothing too difficult (Gen. 18:24; Jer. 32:17, 27; Zech. 8:6; Matt. 3:9)
- b. All things possible (Job 42:2; Psa. 115:3; Matt. 19:26; Mark 10:27; Luke 1:37; 18:27; Eph. 1:11)
- c. God cannot lie, be tempted, deny Himself, etc. (2 Tim. 2:13; Titus 1:2; Heb. 6:18; James 1:13)

8. OMNISCIENT: God is perfect in that He knows all things, including events before they happen.

- a. Perfect in knowledge, Job 37:16
- b. Knows the heart (1 Sam. 16:7; 1 Chr. 28:9, 17; Psa. 139:1-4; Jer. 17:10a)
- c. Knows all events to come (Isa. 41:22-23; 42:9; 44:7)

9. INCORPOREAL: God has no body or parts, and is immaterial, being a simple and infinite being of spirit; excluding the Mormon doctrine of God as an exalted man.

- a. God is spirit (John 4:24)
- b. God is not a man (Num. 23:19; 1 Sam. 15:29)
- c. Implied by doctrines of self-existence, transcendence, omnipresence, and creation.

Recovered Through Christ

10. ONE: God is a perfectly unique and simple being, existing as one infinite Being called God. There is therefore only one God, who is called Yahweh in the Old Testament, and who reveals Himself in the persons of the Father, Son and Holy Spirit in the New Testament; thus excluding polytheism, tritheism (belief in three gods), and subordinationism (in which Christ is a lesser god subordinate to the Almighty God).
- a. Only one God (Deut. 6:4; Isa. 43:10; 44:6, 8; 45:5-7, 21-22; Zech. 14:9; 1 Cor. 8:4-6; Gal. 3:20; Eph. 4:5-6; 1 Tim. 2:5; James 2:19)
 - b. All other “gods” are only “so-called,” (1 Cor. 8:4-6; 2 Thess. 2:4)
 - c. Moses was “as God,” not God or divine (Ex. 4:16; 7:1)
 - d. Satan, idols, and the belly are all false gods (Psa. 96:4-5; 1 Cor. 10:20; 2 Cor. 4:4; Phil. 3:19)
 - e. Wicked judges called “gods” in irony, not to describe nature (Psa. 82:1, 6; John 10:34-36)
 - f. Yahweh is Elohim (Gen. 2:4; Deut. 4:35, 39; Psa. 100:3 [thus excluding the view of Mormonism that Jehovah and Elohim are distinct beings])
 - g. Implied by the doctrines of self-existence, transcendence, and omnipotence

Step Two

11. CREATOR: God is the One through whom all things have come into existence; by His unbounded power and knowledge He created finite existence ex nihilo and formed the universe as it now is.

- a. Created all things (Gen. 1:1; Psa. 33:6; 102:25; John 1:3; Rom. 11:36; Heb. 1:2; 11:3)
- b. Made all things by Himself (Isa. 44:24)
- c. Implied by doctrine of self-existence

12. PERSONAL: God, as the author of personhood in the created universe, cannot be less than personal Himself; thus He experiences relationships with other persons, or self-conscious beings. Note that God may be more than personal, indeed, His infinite nature suggests that He must be.

- a. Scripture everywhere assumes the personhood of God in the use of personal pronouns, in recording Him speaking and acting willfully, etc. (e.g., Gen. 1:3, 26; Heb. 1:1-2; etc.)
- b. God gives Himself a name (Yahweh), and says “I am” (Exod. 3:14)
- c. Implied by doctrine of creation

Recovered Through Christ

13. INCOMPREHENSIBLE: God is incomprehensible, not in the sense that the concept of God is unintelligible, but in the sense that God cannot be fully and directly known by finite creatures, because of His uniqueness and His infinitude.

- a. None like God (Ex. 8:10; 9:14; 15:11; 2 Sam. 7:22; 1 Chr. 17:20; Psa. 86:8; 1 Kgs. 8:23; Isa. 40:18, 25; 44:7; 56:5, 9; Jer. 10:6-7; Micah 7:18)
- b. Analogical language necessary to describe God (Ezek. 1:26-28; Rev. 1:13-16)
- c. God cannot be comprehended as He really is (1 Cor. 8:2-3)
- d. God can only be known as the Son reveals Him (John 1:18; Matt. 11:25-27)

14. MORALLY PERFECT: The following are the moral attributes of God; they are listed here together because God's moral nature is perfectly unified, with no tension between His wrath and His love, for example.

- a. GOOD: God is morally excellent, and does only good (Gen. 1:31; Deut. 8:16; Psa. 107:8; 118:1; Nahum 1:7; Mark 10:18; Rom. 8:28)
- b. HOLY: God is morally transcendent, utterly separated from all evil, and perfectly pure (Ex. 3:5; Lev. 19:2; Psa. 5:4-6; 99:5; Isa. 6:3; 8:13; Hab. 1:12-13; 1 Pet. 1:14-19)

Step Two

- c. **RIGHTEOUS:** God is perfectly moral in all that He does, doing everything right (Isa. 45:21; Zeph. 3:5; Rom. 3:26)
- d. **TRUE:** God is perfectly truthful, and cannot lie (John 17:17; Titus 1:2; Heb. 6:18)
- e. **LOVING:** God's moral character is pure love, sacrificial giving for the true benefit of another (Deut. 7:7-8; Jer. 31:3; John 3:16; Heb. 12:6)
- f. **WRATHFUL:** God's moral perfection requires Him to show displeasure against anything which seeks to act contrary to its moral purpose, to judge that which rebels against His authority as Creator and Lord (Psa. 103:8-9; Rom. 2:5; 11:22; Heb. 10:31)

SOME WORKS OF THE HOLY SPIRIT

Access to God - For through Him we both have access by one Spirit to the Father. Eph 2:18

Empowers - For our gospel did not come to you in word only, but also in power, and in the Holy Spirit and in much assurance, as you know what kind of men we were among you for your sake. 1 Thess 1:5

Recovered Through Christ

Yes, we may have been hurt by our life history. We may be full of wounds inflicted by those we love and by those who should have loved us. People may have robbed us of everything that we held dear to our hearts. We became nothing by ourselves. We were lying in dust and could not get up again. Our life had prevented us from walking upright. We became dependent on the compassion of others.

Jesus sees us and does not pass us by. Full of compassion He bends over and pours Oil on our wounds. (Oil is a symbol of healing). He then lays our suffering on His shoulders and raises them to the cross that sets us upright. He creates us anew. He has picked us up and carried us to the cross.

We are healed by His love. We are given strength and life by His power. We not only can see the cross as a symbol of love but as a place where we can bring others to be healed as well.

There is healing in His hands. Reach out and touch Him. He is waiting with open arms stretched out on the cross to show how much He loves you. He wants you to know that He will never leave you nor forsake you. He will be your best friend of friends.

Step Two

His love will give you warmth. His love will make you whole. His love will heal your broken heart. His love will put you on the path to be more like Him. His love will heal you and all of your relationships. His love will heal your family. His love will heal your heart. He will put His love in you. God is love and you will have His Spirit living in you. You will never fully understand nor grasp how wide, how deep, how high, and how eternal His love is but you will experience it. You will know beyond a shadow of a doubt that the most rewarding aspect of this life and the next is experiencing the love of God.

The Bible tells us that unless we have love we have nothing. We can be an eloquent speaker, have faith large enough to move mountains, give all you have to the poor, etc. But if you do not have love all is for naught. It means nada-nothing! There is only one way to have real love in your life and that is with Godly love. Godly love comes to us by believing in His Son Jesus Christ and first accepting His love He showed by dying for us so we can have eternal life. Once we do this, God puts His love- His Spirit in our hearts and creates a new heart of love that enables us to do His work by loving our neighbor as ourselves.

Recovered Through Christ

The Power of Jesus

...how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him. Acts 10:38

In the name of our Lord Jesus Christ, when you are gathered together, along with my spirit, with the power of our Lord Jesus Christ, 1 Cor 5:4

But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. Luke 5:15

But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name.

John 20:31

Step Two

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Matthew 7:7-8

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

John 1:1

For it is God who works in you to will and to act according to His good purpose.

Philippians 2:13

But as it is written:

“Eye has not seen, nor ear heard,

Nor have entered into the heart of man

The things which God has prepared for those who love Him.” 1 Corinthians 2:9

The LORD opens *the eyes of* the blind;

The LORD raises those who are bowed down;

The LORD loves the righteous. Psalm 146:8

“I will heal their backsliding; I will love them freely, For My anger has turned away from him. Hosea 14:4

Draw near to God and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts...James 4:8

Recovered Through Christ

Then they cried out to the LORD in their trouble And He saved them out of their distresses. Psalm 107:13

In my distress I called upon the LORD, and cried out to my God; He heard my voice from His temple, and my cry *entered* His ears. 2 Samuel 22:7

I waited patiently for the LORD; And He inclined to me, and heard my cry. Psalm 40:1

I sought the LORD, and He heard me, and delivered me from all my fears. Psalm 34:4

And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that *were* on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD.” Joshua 24:15

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them. Ezekiel 36:26

Step Two

The LORD *is* good to those who wait for Him, To the soul *who* seeks Him. *It is* good that *one* should hope and wait quietly For the salvation of the LORD. Lamentations 3:25-26

And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. John 6:35

Come to Me, all *you* who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke *is* easy and My burden is light." Matthew 11:28-30

But thanks *be* to God, who gives us the victory through our Lord Jesus Christ. I Corinthians 15:57

WHO IS THIS JESUS?

GENESIS: He is the "Seed of Woman" (Genesis 3:15)

EXODUS: He is the "Passover Lamb" (Exodus 12:3-13)

Recovered Through Christ

LEVITICUS: He is our Great "High Priest" (Lev. Chap 8 & 9) (Heb. Chap 8, 9 & 10)

NUMBERS: He is the "Pillar of Cloud by day and Pillar of Fire by night" (Num. 14:14)(Nehemiah 9:12 & 19)

DEUTERONOMY: He is the "Prophet like unto Moses" (Deut. 18:15 - 22 (Acts 3: 22 - 26)

JOSHUA: He is the "Captain of our Salvation" (Joshua 5:14) (Hebrews 2: 10)

JUDGES: He is our "Lawgiver" (Judges - Entire Book)

RUTH: He is our "Kinsman - Redeemer" (Ruth 4:11 - 22)

1 & 2 SAMUEL: He is our "Trusted Prophet" (2 Samuel 22:2 - 3) (Hebrews 2: 13)

1 & 2 KINGS: He is our "Reigning King" (1 & 2 Kings-Entire Books)

1 & 2 CHRONICLES: He is our "Reigning King" (1 & 2 Chronicles-Entire Books)

EZRA: He is our "Faithful Scribe" (Ezra - Entire Book)

NEHEMIAH: He is the "Rebuilder of the broken-down walls of human lives" (Entire Book)

Rebuilt Jerusalem (Chapters 7 & 8 -- They gathered the people together to reorganize their lives.)

Step Two

ESTHER: He is our "Mordecai" (Esther: Chapter 10 - Greatness of Mordecai)

JOB: He is our "Day's Spring from on High and Ever-living Redeemer. . . ."

(Spring of Faith - Job 19:25 - 27)

(God's Speech - Job, Chapters 38 - 41)

(Job's Restoration - (Job, Chapter 42)

PSALMS: He is the "Lord our Shepherd" (Psalms 23) He is our "Secret Place of the Most High" (Psalms 91)

PROVERBS: He is our "Wisdom" (Proverbs - Entire Book)

ECCLESIASTES: He is our "Wisdom" (Ecclesiastes-Entire Book)

SONG OF SOLOMON: He is the "Lover and a Bridegroom" (Solomon - Entire Book)

ISAIAH: He is the "Prince of Peace" (Isaiah 9:6)

JEREMIAH: He is the "Righteous Branch" (Jeremiah 23:5)

LAMENTATIONS: He is the "Weeping Prophet" (Lamentations 1:16-22)

EZEKIEL: He is the "Wonderful Four-Faced Man" (Ezekiel 1:5-6)

DANIEL: He is the "Fourth Man in the Burning, Fiery Furnace" (Daniel 3:25)

HOSEA: He is the "Faithful Husband Forever Married to the Backslider" (Hosea 2:13-23)

JOEL: He is the "Baptizer in the Holy Ghost and Fire" (Joel 2:28-29)

AMOS: He is the "Burden-Bearer" (Amos 9:11-15)

Recovered Through Christ

OBADIAH: He is the "Mighty to Save" (Obadiah 21)

JONAH: He is our "Great Foreign Missionary" (Jonah 3:1-10)

MICAH: He is the "Messenger of the Beautiful Feet" (Micah 4:1-7, Nahum 1:15, Isaiah 52:7)

NAHUM: He is the "Avenger of God's Elect" (Nahum: Chapters 1 & 2)

HABAKKUK: He is "God's Evangelist, (Habakkuk 3:13) Crying Revive Thy Work in the Midst of the Years" (Habakkuk 3:2)

ZEPHANIAH: He is the "Saviour" (Zephaniah 3:14 - 20)

HAGGAI: He is the "Restorer of God's Lost Heritage" (Haggai - Entire Book)

ZECHARIAH: He is the "Fountain Opened in the House of David (Zechariah 13:1) for Sin and Uncleanness" (Zechariah: Chap. 13 & 14)

MALACHI: He is the "Sun of Righteousness Rising With Healing in His Wings" (Malachi 4:2)

WHO IS THIS JESUS?

MATTHEW: He is the "Messiah" (Matthew 16:16 - 17)

MARK: He is the "Wonder-Worker" (Mark - Entire Book)

LUKE: He is the "Son of Man" (Luke 5:24, 6:5, 22, 7:34, 9:22, 26, 44, 56, 58, 11:30, 12:8, 10, 40, 17:22, 24, 26, 30, 18:8, 31, 19:10, 21:27, 36, 22:22, 48, 69, 24:7)

Step Two

JOHN: He is the "Son of God" (John 1:18, 34, 49, 3:16, 17, 18, 35, 36, 5:19, 20, 21, 22, 23, 25, 26, 6:40, 69, 8 : 35, 36, 9:35, 10:36, 11:4, 27, 14:13, 17:1, 19:7, 20:31)

THE ACTS: He is the "Holy Spirit" (The Holy Ghost, Acts - Entire Book)

ROMANS: He is our "Justifier" (Romans 3:26)

1 & 2 CORINTHIANS: He is the "Gifts of The Spirit" (1 Cor. 12:1, 4, 9, 28, 30, 31, 14:1, 12- 2 Cor. 9:15)

GALATIANS: He is our "Redeemer from the Curse of the Law" (Galatians 3:10, 13)

EPHESIANS: He is the "Christ of Unsearchable Riches" (Ephesians 3:8)

PHILIPPIANS: He is the "God that Supplies All of our Needs" (Philippians 1:19, 4: 19)

COLOSSIANS: He is the "Fullness of the God-Head, Bodily" (Colossians 1:19, 2:9)

1 & 2 THESSALONIANS: He is our "Soon-Coming King" (1 Thes. 2:19, 3:13, 4:15, 5:23 - 2 Thes. 2:1, 8, 9)

1 & 2 TIMOTHY: He is our "Mediator Between God and Man" (1 Tim. 2:5 - 2 Tim. 2: 9, 10)(Heb. 8:6, 9:15, 12:24)

TITUS: He is our "Faithful Pastor" (Titus - Entire Book)

Recovered Through Christ

PHILEMON: He is the "Friend that Sticketh Closer than a Brother" (Philemon -Entire Book)

HEBREWS: He is the "Blood of the Everlasting Covenant" (Hebrews 13:20, Chap 2 thru 13)

JAMES: He is our "Great Physician" (James 5:14 - 18)

1 & 2 PETER: He is the "Chief Shepherd, Who Soon Shall Appear (1 Pet. 5:4- 2 Pet.-Entire Book)

1,2 & 3 JOHN: He is the "Everlasting Love" (1 John 2:5, 3:1 - All of Chapters 3, 4 & 5)

(2 John - Entire Book of 13 verses)

(1 John - Entire Book of 14 verses)

JUDE: He is the "Lord Coming with Ten-Thousands of His Saints" (Jude: Verses 14 & 15)

REVELATION: He is the "King Of Kings and Lord of Lords" (Rev. 17:14, All of Rev. Chapter 22)

WHO IS THIS JESUS?

He is Abel's Sacrifice (Genesis 4:4)

He is Noah's Rainbow (Genesis 9:13, 14 & 16) - (Revelation 4:3, 10:1)

He is Abraham's Ram (Genesis 22: Entire Chapter) - (Ram, see Chapter 22:13)

Step Two

He is Isaac's Wells (Genesis 26:15 thru 33)

He is Jacob's Ladder (Genesis 28:12 thru 22)

He is Issachar's Burdens (Genesis 49:14, 15)

He is Samuel's Horn of Oil (1 Samuel 16:1 Thru 13)

He's David's Slingshot (1 Samuel Chapter 17)

He's Isaiah's Fig Poultice (2 Kings 20:5 - 7 & Isaiah 38:21)

He's Hezekiah's Sun-Dial (2 Kings 20:9 - 11 & Isaiah 38:8)

He's John's Pearly, White City (Revelation - Entire Chapter 21 - Pearls, Verse 21)

He's Peter's Healing Shadow (Acts 5:15)

He's Paul's Handkerchiefs and Aprons (Acts 19:12)

He's a Husband to the Widow (Isaiah 54:4 - 6, Psalms 146:9)

Father to the Orphan. (Lamentations 5:3, Psalms 146:9)

He's the Pearl of Great Price (Matthew 13:46)

And a Shadow of a Great Rock in a Weary Land (Isaiah 32:2)

He's the Prince of Peace (Isaiah 9:6)

And the Government of my life and your life is upon His Shoulders (Isaiah 9:6)

He is Jesus of Nazareth - The SON OF THE LIVING GOD!

CHAPTER 4

STEP THREE

Pray before the session. Go over all the Scripture verses. Pray after the session.

I WILL MAKE A DECISION TO TURN MY WILL AND MY LIFE OVER TO THE CARE OF GOD.

Greater love has no one than this, than to lay down one's life for his friends. John 15:13

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Romans 5:8

You shall love the LORD your God with all your heart, with all your soul, and with all your strength. Deuteronomy 6:5

For unto us a Child is born,
Unto us a Son is given;
And the government will be upon His shoulder.
And His name will be called
Wonderful, Counselor, Mighty God,
Everlasting Father, Prince of Peace. Isaiah 9:6

Step Three

For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord.

Romans 6:23

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John 3:16

The LORD your God in your midst,

The Mighty One, will save;

He will rejoice over you with gladness,

He will quiet *you* with His love,

He will rejoice over you with singing.” Zephaniah 3:17

“Likewise, I say to you, there is joy in the presence of the angels of God over one sinner who repents.” Luke 15:10

“For the Father Himself loves you, because you have loved Me, and have believed that I came forth from God” John 16:27

“Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.” John 5:24

Recovered Through Christ

That I may cause those who love me to inherit wealth,
That I may fill their treasuries. Proverbs 8:21

“Because he has set his love upon Me, therefore I will deliver him;
I will set him on high, because he has known My name.” Psalm 91:14

Now by this we know that we know Him, if we keep His commandments. He who says, “I know Him,” and does not keep His commandments, is a liar, and the truth is not in him. But whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him. He who says he abides in Him ought himself also to walk just as He walked. 1 John 2:3-6

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever. 1 John 2:15-17

Step Three

For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1 John 5:4

“The LORD *is* my rock and my fortress and my deliverer;” 2 Samuel 22:2

You prepare a table before me in the presence of my enemies;

You anoint my head with oil;

My cup runs over.

Surely goodness and mercy shall follow me

All the days of my life;

And I will dwell in the house of the LORD

Forever. Psalm 23:5-6

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

For He Himself is our peace, who has made both one, and has broken down the middle wall of separation. Ephesians 2:13-14

Jesus Christ *is* the same yesterday, today, and forever. Hebrews 13:8

Recovered Through Christ

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

Philippians 4:19

I am not come to call the righteous but sinners, to repentance."

[Luke 5:32](#)

Or do you despise the riches of his kindness and forbearance and long patience? Do you not know that the kindness of God is leading you to repentance?

[Romans 2:4](#)

The Lord does not loiter over his promise, as some men esteem loitering; but he is longsuffering toward you, not purposing that any should perish, but that all should pass on to repentance.

[2 Peter 3:9](#)

For the gifts and the calling of God [are] not subject to repentance.

[Romans 11:29](#)

Step Three

Now tell them you are going to pray. If you are doing in person then the both of you go on your knees. If online or phone then just have them say the prayers after you. Have them place one hand on the Bible, you place one hand's over theirs and the other hand you place on their head. Then you ask them to repeat the following prayers after you:

Lord Jesus Christ, I know you love me because You died on the cross bearing my sins. Thank you Lord, for revealing to me my lost sinful condition.

I confess that I am a sinner, dead in sin, and cannot save myself. I do now, by faith, gladly accept You as my personal savior, and thank you Dear Lord for eternal salvation.

God the Father, I come to you in the name of Jesus Christ of Nazareth. Jesus Christ, I ask you to come into my heart. I give you my life and my will, and pray that Your perfect will be done for me today.

God, I offer myself to thee - to build me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always. Amen

CHAPTER 5

STEP FOUR

Pray before the session. Go over the Scriptures. After you are done give them a copy of the Fourth step format and if online or the phone tell them the categories to put in the format and explain it to them from the workbook. Tell them to make an appointment after they are finished with the inventory. Pray after the session.

I WILL TAKE A SEARCHING AND FEARLESS MORAL INVENTORY OF MYSELF.

Let us examine our ways and test them,
And let us return to the Lord. Lamentations .3:40

“Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye? Or how can you say to your brother, ‘Let me remove the speck from your eye’; and look, a plank *is* in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.” Matthew 7:1-5

Step Four

For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account. Hebrews 4:12-13

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does. James 1:22-25

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

He who walks with integrity walks securely,

But he who perverts his ways will become known. Proverbs 10:9

Recovered Through Christ

Fear not, for I *am* with you;

Be not dismayed, for I *am* your God.

I will strengthen you,

Yes, I will help you,

I will uphold you with My righteous right hand.’ Isaiah 41:10

Have you not known?

Have you not heard?

The everlasting God, the LORD,

The Creator of the ends of the earth,

Neither faints nor is weary.

His understanding is unsearchable.

He gives power to the weak,

And to *those who have* no might He increases strength.

Even the youths shall faint and be weary,

And the young men shall utterly fall,

But those who wait on the LORD

Shall renew *their* strength;

They shall mount up with wings like eagles, They shall

Run and not be weary.

They shall walk and not faint. Isaiah 40:28-31

Step Four

But declared first to those in Damascus and in Jerusalem, and throughout all the region of Judea, and then to the Gentiles, that they should repent, turn to God, and do works befitting repentance. Acts 26:20

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6-7

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. “Luke 6:37
...“Do not be afraid; only believe.” Mark 5:36

Thus also faith by itself, if it does not have works, is dead. James 2:17

CHAPTER 6

STEP FIVE

Pray before the session. Go over the Scriptures.

The sin or sins should have been brought to light by now. However, we still need to ask the person to identify the sin that applies to each person in their Fourth Step. Ask them if a sin from the list you have applies to them in a particular relationship. If the person does not admit a sin that you have checked on your list then you can ask them about it. Pray after the session.

I WILL ADMIT TO GOD, TO MYSELF AND TO ANOTHER HUMAN BEING, THE
EXACT NATURE OF MY WRONGS.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. James 5:16

“For where two or three are gathered together in My name, I am there in the midst of them.” Matthew 18:20

CHAPTER 7

STEP SIX

Pray before the session. Go over the Scriptures. Then ask the person if they are ready to have God heal them of the effects of these sins. Pray after the session.

I WILL BECOME ENTIRELY READY TO HAVE GOD REMOVE ALL OF MY SINS

Whoever tries to keep his life will lose it, and whoever loses his life will preserve it.
Luke.17:33

For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? Mark 8:36-37

Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. 2 Timothy 2:22

There is one who makes himself rich, yet *has* nothing;

And one who makes himself poor, yet *has* great riches. Proverbs 13:7

My guilt overwhelms me— it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. My days are filled with grief. Psalms 38:4-6

CHAPTER 8

STEP SEVEN

Pray before the session. Go over the Scriptures. Afterwards, the both of you go on your knees like the Third Step.

I WILL HUMBLY ASK HIM TO REMOVE THEM.

Humble yourselves in the sight of the Lord, and He will lift you up. James 4:10

Is anything too hard for the Lord...Genesis 18:14

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 2 Corinthians 12:9

For You, O God, have tested us;

You have refined us as silver is refined.

You brought us into the net;

You laid affliction on our backs.

You have caused men to ride over our heads;

We went through fire and through water;

But You brought us out to rich *fulfillment*. *Psalm 66:10-12*

Step Seven

So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries upon him because he cares for you. 1 Peter 5:6-7

Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint (him) with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.

Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful. James 5: 14-16

But he should ask in faith, not doubting, for the one who doubts is like a wave of the sea that is driven and tossed about by the wind. For that person must not suppose that he will receive anything from the Lord, James 1:6-7

On that day you will not question me about anything. Amen, amen, I say to you, whatever you ask the Father in my name he will give you. Until now you have not asked anything in my name; ask and you will receive, so that your joy may be complete. John 16:23-24

Recovered Through Christ

Have mercy upon me, O God, According to Your loving kindness; According to the multitude of Your tender mercies, Blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin.

For I acknowledge my transgressions,
And my sin *is* always before me.

Against You, You only, have I sinned,
And done *this* evil in Your sight—

That You may be found just when You speak,
And blameless when You judge. Psalms 51:1-4

Psalm 32

A Psalm of David.

Oh, what joy for those whose rebellion is forgiven,
whose sin is put out of sight!

Yes, what joy for those whose record the LORD has cleared of sin, whose lives are lived
in complete honesty!

When I refused to confess my sin, I was weak and miserable, and I groaned all day long.
Day and night your hand of discipline was heavy on me. My strength evaporated like
water in the summer heat. Interlude

Step Seven

Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.

Interlude

Therefore, let all the godly confess their rebellion to you while there is time that they may not drown in the floodwaters of judgment.

For you are my hiding place; you protect me from trouble.

You surround me with songs of victory. Interlude

The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you.

Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control."

Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD.

So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!

Create in me a clean heart, O God. Renew a right spirit within me.

Do not banish me from your presence, and don't take your Holy Spirit from me.

Restore to me again the joy of your salvation, and make me willing to obey you.

Then I will teach your ways to sinners, and they will return to you. Psalms 51:10-13

Recovered Through Christ

From the depths of despair, O LORD, I call for your help.

Hear my cry, O Lord. Pay attention to my prayer.

LORD, if you kept a record of our sins, who, O Lord, could ever survive?

But you offer forgiveness that we might learn to fear you.

I am counting on the LORD; yes, I am counting on him.

I have put my hope in his word. Psalms 130:1-5

With the sin list in hand; Say the following prayers: Lord, here is Your child _____ they am coming to You in all humility to humbly ask Your forgiveness, believing that anything they ask in prayer, they humbly shall receive.

They then repeat the following prayer after you and admit their sins to you and to God.

I humbly ask you oh Lord, to remove my shortcomings and forgive me of my sins and ask in all humility that You will remove my sins because I am one of Your children and I truly believe. My sins are: (they read the List admitted To in Step Five) Thank You

Jesus, Thank You Jesus, Thank You Jesus,

Amen, Amen, Amen.

Now say this prayer: My creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single sin which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding. Praise God, thank You Jesus, Praise God, thank You Jesus, Praise God, thank You Jesus!

After saying these prayers and while still on your knees, take the anointing oil (can be found in most Christian book stores) and make the sign of the cross on their forehead saying; In the Name of the Father, and of the Son, and of the Holy Ghost.

CHAPTER 9

STEP EIGHT

Pray before the session. Go over the Scriptures. Afterwards, hand them the Eight Step Format. Tell them to go back to their Fourth Step and write down the persons name and the corresponding sin next to their name in this Eight Step Format. Tell them that they must be willing to make amends to all of the people on their list. If they are not willing they are to pray for each person and ask God for the willingness. Once this is done, they are to call you and make an appointment. Pray after the session.

I WILL MAKE A LIST OF ALL PERSONS I HAVE HARMED, AND
BECOME WILLING TO MAKE AMENDS TO THEM ALL.

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Matthew 5:23-24

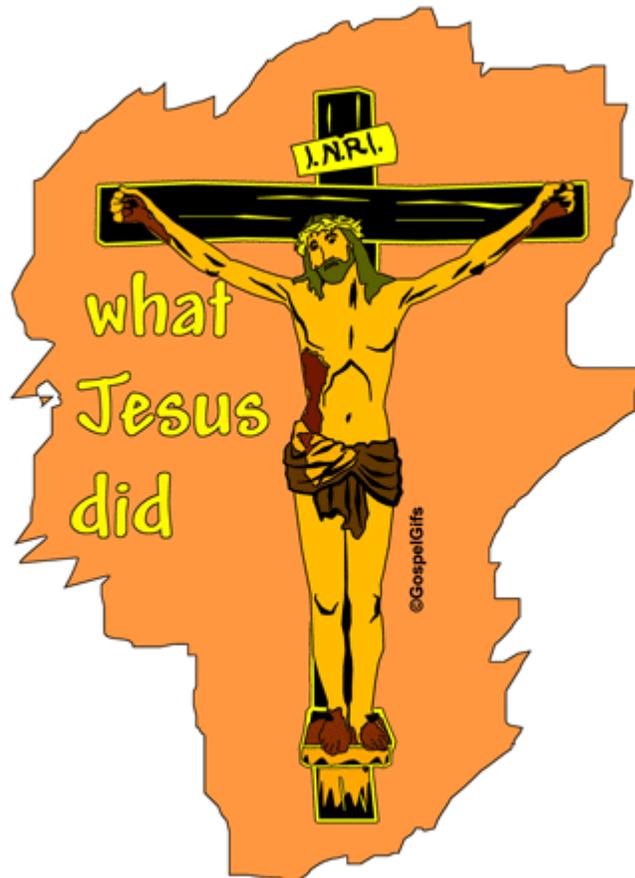
"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies, and pray for those who persecute you, Matthew 5:43-45

Step Eight

Then Peter approaching asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times. Matthew 18:21-22

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.

Colossians 3:13



CHAPTER 10

STEP NINE

Pray before the session. Go over all the Scriptures. Have them read their Eight Step list to you. Tell them that the amends must be done in the following sequence; 1) Family. 2) Employers. 3) Friends. 4) Co-workers. 5) Acquaintances' 6) Neighbors. 7) Institutions- businesses, or gov't agencies.

Begin to discuss with them the first family member they want to make amends to. Do not allow them to make the amends unless the both of you feel confident in so doing. This procedure will be used with all the remaining amends.

Before they leave, give them the Scriptures (as usual) and the Ninth Step Prayer from the Workbook. Tell them to say this prayer before meeting the person. Tell them to make an appointment with you after each amends. Pray after the session.

. I WILL MAKE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Light is sown like seed for the righteous

And gladness for the upright in heart. Psalms 97:11-12

Step Nine

Fools mock at making amends for sin,
but goodwill is found among the upright.

Each heart knows its own bitterness,
and no one else can share its joy.

The house of the wicked will be destroyed,
but the tent of the upright will flourish.

There is a way that seems right to a man,
but in the end it leads to death. Proverbs 14:9-12

He will have no fear of bad news;

his heart is steadfast, trusting in the LORD. Psalms 112:7

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus, Philippians 2:3-5

I will instruct you and show you the way you should walk, give you counsel and watch over you. Psalms 32:8

When cares increase within me, your comfort gives me joy. Psalms 94:19

Recovered Through Christ

The LORD is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear or be dismayed." Deuteronomy 31:8

So then we pursue the things which make for peace and the building up of one another.
Romans 14:19

So that we confidently say,

"THE LORD IS MY HELPER, I WILL NOT BE AFRAID.
WHAT WILL MAN DO TO ME?" Hebrews 13:6

CHAPTER 11

STEP TEN

Pray before the session. Go over the Scriptures. Give them the Daily Moral Inventory from the Workbook. Pray after the session.

I WILL CONTINUE TO TAKE A DAILY PERSONAL INVENTORY, AND WHEN I AM WRONG, I WILL TRY TO PROMPTLY ADMIT IT.

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. Romans 12:17-19

Therefore, putting away falsehood, speak the truth, each one to his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun set on your anger ... Ephesians 4:25-26

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. 1 Corinthians 10:13

Step Ten

Do you not know that you are a temple of God and that the Spirit of God dwells in you?

1 Corinthians 3:16

Do not be deceived: "Bad Company corrupts good morals." Become sober-minded as you ought, and stop sinning; for some have no knowledge of God I speak this to your shame.

1 Corinthians 15:33

Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love. 1 Corinthians 16:13-14

...But I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. 1 Corinthians 9:27

He who walks in integrity walks securely,

But he who perverts his ways will be found out. Proverbs 10:9

Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions." Luke 12:15

For where your treasure is, there your heart will be also. Luke 12:34

Recovered Through Christ

Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts. Romans 13:13-14

Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." 1 Peter 1:13-16

Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord. 1 Peter 2:1-3

For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust. Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. 2 Peter 1:4-7

Step Ten

Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. James 1:12

Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down (from above, but is earthly, natural, demonic. For where jealousy and selfish ambition exist, there is disorder and every evil thing. But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. And the seed whose fruit is righteousness is sown in peace by those who make peace. James 3:13-18

You will make known to me the path of life;

In Your presence is fullness of joy;

In Your right hand there are pleasures forever. Psalms 16:11

Cease from anger and forsake wrath;

Do not fret; it leads only to evildoing. Psalms 37:8

Recovered Through Christ

"Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

"But seek first His kingdom and His righteousness, and all these things will be added to you.

"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. Matthew 6:31-34

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

"Blessed are those who mourn, for they shall be comforted.

"Blessed are the gentle, for they shall inherit the earth.

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

"Blessed are the merciful, for they shall receive mercy.

"Blessed are the pure in heart, for they shall see God.

"Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

"Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of Me.

"Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you. Matthew 5:3-12

Step Ten

Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.
Galatians 6:9

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men—the testimony given in its proper time. 1 Timothy 2:1-6

Therefore, laying aside falsehood, **SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR**, for we are members of one another.

BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity.

He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.

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

Recovered Through Christ

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

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

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:25-32

For the love of money is the root of all evils, and some people in their desire for it have strayed from the faith and have pierced themselves with many pains. 1 Timothy 6:10

Bear your share of hardship along with me like a good soldier of Christ Jesus. 2 Timothy 2:3

Do everything without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine like lights in the world...Philippians 2:14-15

Whatever you do, do from the heart, as for the Lord and not for others,,...Colossians 3:23

But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin. 1 John 1:7-8

Step Ten

I am the true vine, and My Father is the vinedresser.

"Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit.

You are already clean because of the word which I have spoken to you.

Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.

I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.

If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned.

If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

My Father is glorified by this, that you bear much fruit, and so prove to be My disciples.

Just as the Father has loved Me, I have also loved you; abide in My love.

If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.

These things I have spoken to you so that My joy may be in you, and that your joy may be made full. John 15:1-11

Recovered Through Christ

What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? Romans 6:1-2

Likewise reckon yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that you should obey it in the lusts thereof. Romans 6:11-12

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage...Galatians 5:1

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

And they that are Christ's have crucified the flesh with the affections and lusts.

If we live in the Spirit, let us also walk in the Spirit. Galatians 5:22-25

I said to myself, "I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me."

[Psalms 39:1](#)

Step Ten

Let's look at the Book of Ephesians chapter 6 verses 11 through 18

“Put on the whole armor of God that you may be able to stand against the wiles of the devil. 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 Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; “

Book of Ephesians chapter 2 verses 8 through 10, “For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”

Recovered Through Christ

Gospel Matthew chapter 5 verses 44 and 45 Jesus tells us, “But I say to you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for those who despitefully use you, and persecute you; That you may be the children of your heavenly Father;: for He makes His sun to rise on the evil and on the good, and sends rain on the just and on the unjust.”

Book of Colossians chapter 2 verses 6 through 9 and verses 10 and 18 “ Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude. See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. For in Him all the fullness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority; Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels , taking his stand on visions he has seen, inflated without cause by his fleshly mind,”

... but as He who called you *is* holy, you also be holy in all *your* conduct, because it is written, "*Be holy, for I am holy.*" [1 Peter 1:15-16](#)

And you shall be holy to Me, for I the LORD *am* holy, and have separated you from the peoples, that you should be Mine. [Lev 20:26](#)

Step Ten

For I *am* the LORD who brings you up out of the land of Egypt, to be your God. You shall therefore be holy, for I *am* holy. [Lev 11:45](#)

The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. [Isaiah 57:15](#)

...to you who have been called by God to be his own holy people. He made you holy by means of Christ Jesus, [1 Cor 1:2](#)

Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life.” We believe, and we know you are the Holy One of God.† [John 6:68-69](#)

Sanctify them by Your truth. Your word is truth. [John 17:17](#)

... concerning His Son Jesus Christ our Lord, who was born of the seed of David according to the flesh, *and declared to be* the Son of God with power according to the Spirit of holiness, by the resurrection from the dead. Through Him we have received grace and apostleship for obedience to the faith among all nations for His name, among whom you also are the called of Jesus Christ; [Romans 1:3-6](#)

Recovered Through Christ

And having been set free from sin, you became slaves of righteousness. I speak in human *terms* because of the weakness of your flesh. For just as you presented your members *as* slaves of uncleanness, and of lawlessness *leading to more* lawlessness, so now present your members *as* slaves of righteousness for holiness. [Romans 6:18-19](#)

But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord. [Romans 6:22-23](#)

...for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For he who serves Christ in these things *is* acceptable to God and approved by men. Therefore let us pursue the things *which make* for peace and the things by which one may edify another. Do not destroy the work of God for the sake of food. All things indeed *are* pure, but *it is* evil for the man who eats with offense. *It is* good neither to eat meat nor drink wine nor *do anything* by which your brother stumbles or is offended or is made weak. Do you have faith? Have *it* to yourself before God. Happy *is* he who does not condemn himself in what he approves. [Romans 14:17-22](#)

Therefore, as the Scriptures say, “If you want to boast, boast only about the LORD.”

[1 Cor 1:31](#)

Step Ten

But of Him you are in Christ Jesus, who became for us wisdom from God--and righteousness and sanctification and redemption-- that, as it is written, "*He who glories, let him glory in the LORD.*" [1 Cor 1:30-31](#)

Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear (reverence) God. [2 Cor 7:1](#)

And may the Lord make your love for one another and for all people grow and overflow, just as our love for you overflows. May he, as a result, make your hearts strong, blameless, and holy as you stand before God our Father when our Lord Jesus comes again with all his holy people. Amen. [1 Thess 3:12-13](#)

For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord *is* the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects *this* does not reject man, but God, who has also given us His Holy Spirit. [1 Thess 4:3-8](#)

Recovered Through Christ

If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work. Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts. Again I say, don't get involved in foolish, ignorant arguments that only start fights. A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. Gently instruct those who oppose the truth. Perhaps God will change those people's hearts, and they will learn the truth. Then they will come to their senses and escape from the devil's trap. For they have been held captive by him to do whatever he wants. [2 Tim 2:21-26](#)

And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. [Heb 10:19-25](#)

Step Ten

Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever? For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in his holiness. No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. So take a new grip with your tired hands and strengthen your weak knees. Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong. [Heb 12:9-13](#)

Finally, brothers, we earnestly ask and exhort you in the Lord Jesus that, as you received from us how you should conduct yourselves to please God--and as you are conducting yourselves--you do so even more. For you know what instructions we gave you through the Lord Jesus. This is the will of God, your holiness: that you refrain from immorality, that each of you know how to acquire a wife for himself in holiness and honor, not in lustful passion as do the Gentiles who do not know God; not to take advantage of or exploit a brother in this matter, for the Lord is an avenger in all these things, as we told you before and solemnly affirmed. For God did not call us to impurity but to holiness. Therefore, whoever disregards this, disregards not a human being but God, who (also) gives his Holy Spirit to you. 1 Thessalonians 4:1-8

CHAPTER 12

STEP ELEVEN

Pray before the session. Go over the Scripture verses. Give them a copy of the Morning Prayer in the Workbook. Pray after the session.

I WILL SEEK THROUGH PRAYER AND MEDITATION TO IMPROVE MY CONSCIOUS CONTACT WITH GOD, PRAYING ONLY FOR THE KNOWLEDGE OF HIS WILL FOR ME AND THE POWER TO CARRY IT OUT.

Book of Psalms chapter 19 verse 14, “

, “Let the words of my mouth, and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my redeemer.”

Book of Colossians chapter 3: verses 15 through 17

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in Your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4

Step Eleven

Book of Psalms chapter 119 verse 11,. “Thy Word have I treasured in my heart that I may not sin against thee.” Chapter 37 verse 4, “Delight thyself also in the Lord; and He shall give thee the desires of your heart. “

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. Colossians 3:1-3

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there. Mark 1:35

We are from God; he who knows God listens to us; he who is not from God does not listen to us By this we know the spirit of truth and the spirit of error. 1 John 4:16

Recovered Through Christ

...grow in the grace and knowledge of our Lord and Savior Jesus Christ to Him be the glory, both now and to the day of eternity. Amen. 2 Peter 3:18

But He answered and said, "It is written, MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.'" Matthew 4:4

"God is spirit, and those who worship Him must worship in spirit and truth." John 4:24

Rejoice always;

Pray without ceasing;

In everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

The Sovereign LORD has given me an instructed tongue,

to know the word that sustains the weary.

He wakens me morning by morning, wakens my ear to listen like one being taught.

Isaiah 50:4

"Every word of God is flawless; He is a shield to those who take refuge in Him. Proverbs 30:5

Step Eleven

A list of Psalms for reading.

Psalms 1, 3 (good for the morning), 4 (good for the evening), 5 (also good for the morning), 6, Psalms 9:9-10, Psalms 16:1, 5, 6-7, Psalms 17:15, Psalms 18:30-33, Psalms 20, Psalms 23:5-6, 24, 25, 26, 27, 28, 30, Psalms 31:14-16, Psalms 32, 34, Psalms 40:11, Psalms 41, 43, Psalms 49:3, Psalms 51, Psalms 52:9, Psalms 54, Psalms 55:22-23, Psalms 61, 62, 63, 64, Psalms 68:19, Psalms 69:13, Psalms 70, Psalms 71:20-21, Psalms 72:19, Psalms 75:7, Psalms 77:12, Psalms 84:4-5, 12, Psalms 86:12-13, Psalms 89:14, Psalms 91, Psalms 92:1-2, 103, 104, 105, 111, Psalms 118:24, Psalms 119:105, Psalms 139, Psalms 140:13, and Psalms 143:10



CHAPTER 13

STEP TWELVE

Pray before the session. Go over all the Scriptures. Give them a copy of this book, the workbook, and a Bible if they have none. Praise God thank You Jesus, they are ready to work with others! Pray after the session.

HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, I WILL TRY TO CARRY THIS MESSAGE TO OTHERS AND I WILL TRY TO PRACTICE THESE PRINCIPLES IN ALL OF MY AFFAIRS.

“Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted.” From the Book of Galatians chapter 6 verse 1

“The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also.” From the Book of Second Timothy chapter 2 verse 2.

Step Twelve

Gospel of Matthew chapter 7 verse 6, "Do not give what is holy to dogs, and do not throw your pearls before swine, or they will trample them under their feet, and turn and tear you to pieces."

Gospel of John tells us in chapter 13 verses 34 and 35, "A new commandment I give you, that you love one another, as I have loved you, that you also love one another. By this shall all men know that you are my disciples, if you have love one to another."

Let each of us please *his* neighbor for *his* good, leading to edification.

[Romans 15:2](#)

Finally, all *of you be* of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* courteous; ⁹ not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing. 1 Peter 3:8-9

Let each of you look out not only for his own interests, but also for the interests of others.

[Phil 2:4](#)

...being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ; [Phil 1:6](#)

Recovered Through Christ

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you. Nevertheless, to *the degree* that we have already attained, let us walk by the same rule, let us be of the same mind. [Phil 3:12-16](#)

...for it is God who works in you both to will and to do for *His* good pleasure. Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, [Phil 2:13-15](#)

Let each of you look out not only for his own interests, but also for the interests of others. [Phil 2:4](#)

...being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ; [Phil 1:6](#)

Step Twelve

If anyone serves Me, let him follow Me; and where I am, there My servant will be also. If anyone serves Me, him *My* Father will honor.

[John 12:26](#)

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

[John 14:27](#)

These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full.

[John 15:11](#)

In the world you will have tribulation; but be of good cheer, I have overcome the world."

[John 16:33](#)

Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all.

[1 Thess 5:14](#)

Therefore comfort each other and edify one another,

[1 Thess 5:11](#)

Bear one another's burdens, and so fulfill the law of Christ.

[Gal 6:2](#)

Recovered Through Christ

But even if we, or an angel from heaven, preach any other gospel to you than what we have preached to you, let him be accursed.

As we have said before, so now I say again, if anyone preaches any other gospel to you than what you have received, let him be accursed.

For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.

[Gal 1:8-10](#)

But he who is greatest among you shall be your servant.

And whoever exalts himself will be humbled, and he who humbles himself will be exalted.

[Matt 23:11-12](#)

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

[Matt 7:24-25](#)

And as you go, preach, saying, 'The kingdom of heaven is at hand.'

Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

[Matt 10:7-8](#)

Step Twelve

Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I *was* naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed *You*, or thirsty and give *You* drink?

When did we see You a stranger and take *You* in, or naked and clothe *You*?

Or when did we see You sick, or in prison, and come to You?'

And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.'

[Matt 25:34-40](#)

You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. [Matt 5:14-16](#)

Anxiety in the heart of man causes depression, But a good word makes it glad. [Prov 12:25](#)

Recovered Through Christ

Wise *people* store up knowledge,
[Prov 10:14](#)

He who keeps instruction *is in* the way of life, But he who refuses correction goes astray.
[Prov 10:17](#)

As iron sharpens iron, So a man sharpens the countenance of his friend. [Prov 27:17](#)

The plans of the diligent *lead* surely to plenty, But *those of* everyone *who is* hasty, surely to poverty. [Prov 21:5](#)

For I say, through the grace given to me, to everyone who is among you, not to think *of himself* more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

For as we have many members in one body, but all the members do not have the same function, so we, *being* many, are one body in Christ, and individually members of one another. Having then gifts differing according to the grace that is given to us, *let us use them*: if prophecy, *let us prophesy* in proportion to our faith; or ministry, *let us use it in our* ministering; he who teaches, in teaching;

he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.

[Romans 12:3-8](#)

Step Twelve

For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.

[Romans 1:16](#)

Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; not with eye service, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart, with goodwill doing service, as to the Lord, and not to men, knowing that whatever good anyone does, he will receive the same from the Lord, whether *he is* a slave or free.

[Eph 6:5-8](#)

...that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what *is* the exceeding greatness of His power toward us who believe, according to the working of His mighty power .

[Eph 1:17-19](#)

The LORD will give strength to His people; The LORD will bless His people with peace.

[Psalms 29:11](#)

Recovered Through Christ

He only *is* my rock and my salvation; *He is* my defense; I shall not be moved.

In God *is* my salvation and my glory; The rock of my strength, *And* my refuge, *is* in God.

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

[Psalms 62:6-8](#)

So teach *us* to number our days, That we may gain a heart of wisdom.

[Psalms 90:12](#)

Glory in His holy name; Let the hearts of those rejoice who seek the LORD!

Seek the LORD and His strength; Seek His face evermore!

Remember His marvelous works which He has done, His wonders, and the judgments of His mouth,...

[Psalms 105:3-5](#)

Unless the LORD builds the house, They labor in vain who build it; Unless the LORD guards the city, The watchman stays awake in vain.

[Psalms 127:1](#)

Behold, how good and how pleasant *it is* For brethren to dwell together in unity!

[Psalms 133:1](#)

Step Twelve

God *is* faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord.

[1 Cor 1:9](#)

Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor.

[1 Cor 3:8](#)

For we are God's fellow workers; you are God's field, *you are* God's building.

[1 Cor 3:9](#)

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

[1 Cor 10:31](#)

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

[1 Cor 15:58](#)

But as God has distributed to each one, as the Lord has called each one, so let him walk. And so I ordain in all the churches.

[1 Cor 7:17](#)

Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you.

[2 Cor 13:11](#)

Recovered Through Christ

Walk in wisdom toward those *who are* outside, redeeming the time.

Let your speech always *be* with grace, seasoned with salt, that you may know how you ought to answer each one.

[Col 4:5-6](#)

Therefore gird up the loins of your mind, be sober, and rest *your* hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, *as* in your ignorance; but as He who called you *is* holy, you also be holy in all *your* conduct, because it is written, "*Be holy, for I am holy.*"

[1 Peter 1:13-16](#)

Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

[Luke 6:38](#)

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

[James 1:5](#)

Step Twelve

But this *I say*: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.

So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.

And God *is* able to make all grace abound toward you, that you, always having all sufficiency in all *things*, may have an abundance for every good work.

As it is written: "*He has dispersed abroad, He has given to the poor; His righteousness endures forever.*"

Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have *sown* and increase the fruits of your righteousness, while *you are* enriched in everything for all liberality, which causes thanksgiving through us to God.

For the administration of this service not only supplies the needs of the saints, but also is abounding through many thanksgivings to God,

while, through the proof of this ministry, they glorify God for the obedience of your confession to the gospel of Christ, and for *your* liberal sharing with them and all *men*, and by their prayer for you, who long for you because of the exceeding grace of God in you.

Thanks *be* to God for His indescribable gift! [2 Cor 9:6-15](#)

Recovered Through Christ

Finally, all *of you be* of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

For *"He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit.*

Let him turn away from evil and do good; Let him seek peace and pursue it.

For the eyes of the LORD are on the righteous, And His ears are open to their prayers; But the face of the LORD is against those who do evil."

And who *is* he who will harm you if you become followers of what is good?

But even if you should suffer for righteousness' sake, *you are* blessed. *"And do not be afraid of their threats, nor be troubled."*

But sanctify the Lord God in your hearts, and always *be* ready to *give* a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed.

For *it is* better, if it is the will of God, to suffer for doing good than for doing evil.

[1 Peter 3:8-17](#)

Step Twelve

"For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.

For every tree is known by its own fruit. For *men* do not gather figs from thorns, nor do they gather grapes from a bramble bush.

A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

[Luke 6:43-45](#)

We give thanks to the God and Father of our Lord Jesus Christ, praying always for you,

[Col 1:3](#)

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

[Heb 12:1-2](#)

Who *is* wise and understanding among you? Let him show by good conduct *that* his works *are done* in the meekness of wisdom.

[James 3:13](#)

Recovered Through Christ

If anyone teaches otherwise and does not consent to wholesome words, *even* the words of our Lord Jesus Christ, and to the doctrine which accords with godliness, he is proud, knowing nothing, but is obsessed with disputes and arguments over words, from which come envy, strife, reviling, evil suspicions, useless wranglings of men of corrupt minds and destitute of the truth, who suppose that godliness is a *means of gain*. From such withdraw yourself.

Now godliness with contentment is great gain. 1 Tim 6:3-6

And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth, and *that* they may come to their senses *and escape* the snare of the devil, having been taken captive by him to *do* his will.

[2 Tim 2:24-26](#)

Those who are wise shall shine Like the brightness of the firmament, And those who turn many to righteousness Like the stars forever and ever.

[Dan 12:3](#)

You yourselves are our witnesses—and so is God—that we were devout and honest and faultless toward all of you believers. And you know that we treated each of you as a father treats his own children. We pleaded with you, encouraged you, and urged you to live your lives in a way that God would consider worthy. For he called you to share in his Kingdom and glory. [1 Thess 2:10-12](#)

Step Twelve

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.

For all that *is* in the world--the lust of the flesh, the lust of the eyes, and the pride of life--is not of the Father but is of the world.

And the world is passing away, and the lust of it; but he who does the will of God abides forever.

[1 John 2:15-17](#)

And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth.

Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age." Amen.

[Matt 28:18-20](#)

Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*.

But above all these things put on love, which is the bond of perfection.

[Col 3:12-14](#)

Recovered Through Christ

Dear children, the last hour is here. You have heard that the Antichrist is coming, and already many such antichrists have appeared. From this we know that the last hour has come. These people left our churches, but they never really belonged with us; otherwise they would have stayed with us. When they left, it proved that they did not belong with us. But you are not like that, for the Holy One has given you his Spirit, and all of you know the truth. So I am writing to you not because you don't know the truth but because you know the difference between truth and lies. And who is a liar? Anyone who says that Jesus is not the Christ. Anyone who denies the Father and the Son is an antichrist.

Anyone who denies the Son doesn't have the Father, either. But anyone who acknowledges the Son has the Father also. So you must remain faithful to what you have been taught from the beginning. If you do, you will remain in fellowship with the Son and with the Father. And in this fellowship we enjoy the eternal life he promised us. I am writing these things to warn you about those who want to lead you astray. But you have received the Holy Spirit, and he lives within you, so you don't need anyone to teach you what is true. For the Spirit teaches you everything you need to know, and what he teaches is true—it is not a lie. So just as he has taught you, remain in fellowship with Christ.

And now, dear children, remain in fellowship with Christ so that when he returns, you will be full of courage and not shrink back from him in shame. Since we know that Christ is righteous, we also know that all who do what is right are God's children. [1 John 2:18-29](#)



CHAPTER 14

A SIN LIST FOR CHRISTIAN WORKERS

PROCRASTINATION

To put off intentionally the doing of something that should be done.

Procrastination may result in [stress](#)-**Stress** is a biological term which refers to the consequences of the failure of a human or animal body to respond appropriately to [emotional](#) or [physical](#) threats to the organism, whether actual or imagined.

It includes a state of alarm and adrenaline production, short-term resistance as a coping mechanism, and exhaustion. It refers to the inability of a human or animal body to respond. Common stress symptoms include irritability, muscular tension, inability to concentrate and a variety of physical reactions, such as headaches and accelerated heart rate.

A sense of [guilt](#)-**Guilt** is a [cognitive](#) or an [emotional](#) experience that occurs when a person [realizes](#) or [believes](#) - whether justified or not - that he or she has violated a [moral](#) standard, and is responsible for that violation. It is closely related to the concept of [remorse](#).

Sin List

In [psychology](#), as well as in ordinary language, guilt is an affective state in which one experiences conflict at having done something that one believes one should not have done (or conversely, having not done something one believes one should have done). It gives rise to a feeling which does not go away easily, driven by '[conscience](#)'. [Sigmund Freud](#) described this as the result of a struggle between the [ego](#) and the [superego](#) parental imprinting. Guilt and its causes, merits, and demerits are common themes in psychology and psychiatry. It is often associated with [anxiety](#), and sometimes [depression](#)

And the loss of personal [productivity](#), the creation of [crisis](#) and the disapproval of others for not fulfilling one's responsibilities or commitments.

What can we learn from our tendency to procrastinate?

[Joshua 18:3](#) Then Joshua asked them, "How long are you going to wait before taking possession of the remaining land the LORD, the God of your ancestors, has given to you?"

Procrastination reveals deeper problems.

Procrastination is the cause of many of our failures

Recovered Through Christ

Joshua asked why some of the tribes were putting off the job of possessing the land. Often we delay doing jobs that seem large, difficult, boring, or disagreeable. But to continue putting them off shows lack of discipline, poor stewardship of time, and in some cases disobedience to God. Jobs we don't enjoy require concentration, teamwork, twice as much time, lots of encouragement, and accountability.

Remember this when you are tempted to procrastinate: [Proverbs 10:4-5](#) “Lazy people are soon poor; hard workers get rich. Wise youth work hard all summer; youth who sleep away the hour of opportunity bring shame”.

Procrastination leads to an unproductive lifestyle

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 26:13-16](#) “The lazy person is full of excuses, saying.... As Doors turn back and forth on there hinges, so the lazy person turns over in bed. Some people are so lazy that they won't lift a finger to feed themselves.

Lazy people consider themselves smarter than seven wise counselors”.

Sin List

If a person is not willing to work, he or she can find endless excuses to avoid it. But laziness is more dangerous than a prowling lion. The less you do, the less you want to do, and the more useless you become. To overcome laziness, take a few small steps toward change. Set a concrete, realistic goal. Figure out the steps needed to reach it, and follow those steps. Pray for strength and persistence. To keep your excuses from making you useless, stop making useless excuses.

Making excuses is a favorite ploy of the procrastinator.

Why do I procrastinate? And is it really so bad?

All of us put off doing certain things.

Going to the dentist, filing tax returns, writing that letter, fixing the leaky faucet.

Why do we avoid that which we know we must do sooner or later? Sometimes we fear discomfort or pain; sometimes we fear failure; often we are just plain lazy. Sometimes our failure to act is itself an act of anger or rebellion. The Bible warns often of laziness and its consequences.

By and large scripture encourages thoughtful decisions, courageous commitment, and prompt action.

The Christian faith condemns laziness, transforms fear into boldness, and confronts rebellion with judgment.

Recovered Through Christ

Procrastination is often a form of laziness and leads to disaster.

[PROVERBS 6:6-11](#) “Take a lesson from the ants, you lazybones. Learn from their ways and be wise! Even though they have no prince, governor, or ruler to make them work, they labor hard all summer, gathering food for the winter.

But you, lazybones, how long will you sleep? When will you wake up? I want you to learn this lesson:

A little extra sleep, a little more slumber, a little folding of the hands to rest— and poverty will pounce on you like a bandit; scarcity will attack you like an armed robber”.

[JONAH 1:1-3](#) The LORD gave this message to Jonah son of Amittai:

"Get up and go to the great city of Nineveh! Announce my judgment against it because I have seen how wicked its people are."

But Jonah got up and went in the opposite direction in order to get away from the LORD. He went down to the seacoast, to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping that by going away to the west he could escape from the LORD”.

Fear and rebellion caused Jonah to put off what he knew he should do.

Procrastination is sometimes a form of disobedience

[MATTHEW 25:1-13](#) ...”So stay awake and be prepared, because you do not know the day or hour of my return.”

Sin List

Failure to be prepared for the coming of CHRIST is the most costly form of spiritual procrastination.

Fear of failure can lead to inaction and wasting our resources through procrastination. [EPHESIANS 5:16](#) “ Make the most of every opportunity for doing good in these evil days”.

SELF_PITY

A feeling of sorrow (often self-indulgent) over your own sufferings or misfortunes.

One has not [accepted](#) the situation and does not have the confidence nor ability to cope with it. It is characterized by a person's belief that he or she is the victim of events and is therefore deserving of condolence.

“For my iniquities have gone over my head; Like a heavy burden they are too heavy for me”. Psalms 38:4

Recovered Through Christ

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle *you*. To Him *be* the glory and the dominion forever and ever. Amen”. [1 Peter 5:8-11](#)

SELF JUSTIFICATION

Making excuses for oneself or ones behavior.

Then the man said, "The woman whom You gave *to be* with me, she gave me of the tree, and I ate." And the LORD God said to the woman, "What *is* this you have done?" The woman said, "The serpent deceived me, and I ate." [Gen 3:12-13](#)

Then Moses said to the LORD, "O my Lord, I *am* not eloquent, neither before nor since You have spoken to Your servant; but I *am* slow of speech and slow of tongue."

[Ex 4:10](#)

“For since the creation of the world His invisible *attributes* are clearly seen, being understood by the things that are made, *even* His eternal power and Godhead, so that they are without excuse”. [Romans 1:20](#)

Sin List

SELF_IMPORTANCE

To be conceited or an exaggerated opinion of your own importance.

"Do you think this is right? Do you say, 'My righteousness is more than God's'?"

[Job 35:2](#)

"The way of a fool is right in his own eyes, But he who heeds counsel is wise".

[Prov 12:15](#)

"Do you see a man wise in his own eyes? There is more hope for a fool than for him".

[Prov 26:12](#)

"Let another man praise you, and not your own mouth; A stranger, and not your own lips".

[Prov 27:2](#)

"He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy". [Prov 28:13](#)

"For not he who commends himself is approved, but whom the Lord commends".

[2 Cor 10:18](#)

"For if anyone thinks himself to be something, when he is nothing, he deceives himself".

[Gal 6:3](#)

Recovered Through Christ

SELF_CONDEMNATION

Self-criticism is absolutely necessary for emotional and spiritual maturity. The amount of insight people gain through this can often mean the difference between a healthy or sick marriage or family. Self-criticism in the Christ-like way is positive and constructive. Once we cease fearing it, it can become a freeing, self-satisfying, learning experience.

It challenges us to accept and love the reality of who we truly are, not the false image of what we wish we were. Thus we limit the sometimes unrealistic expectations and consequently useless frustrations we can bring upon ourselves. Furthermore, the better we read ourselves, the more we can know and understand others, and be sensitive to their needs.

Self-criticism is based on the understanding that we are good and worthwhile - made as we are in the image and likeness of God - but that we can become better. We realize we can learn from our failures and grow - for without recognized failures we cannot change or know ourselves and our limitations. The paradox is that in failure, which is part of life, we change. The important question is how we handle and react to our failures.

Sin List

God loves us in spite of our mistakes. If we can do the same, we shall have attained genuine self-love. Self-condemnation, on the other hand, portrays us as worthless and second-rate, because of our failures. We can actually hate ourselves because we are not perfect, and such self-condemnation is destructive and un-Christian.

“Though I were righteous, my own mouth would condemn me; Though I *were* blameless, it would prove me perverse”. [Job 9:20](#)

“*There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit”. [Romans 8:1](#)

“I write to you, little children, Because your sins are forgiven you for His name's sake”.
[1 John 2:12](#)

“...who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness--by whose stripes you were healed. For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls”.

[1 Peter 2:24-25](#)

Recovered Through Christ

A Psalm of David. “Bless the LORD, O my soul; And all that is within me, *bless* His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good *things*, *So that* your youth is renewed like the eagle's. The LORD executes righteousness And justice for all who are oppressed”. [Psalms 103:1-6](#)

Dishonesty

To cheat, lie, be deceptive, corrupt, treacherous, or quackery.

Some acts are: embezzlement, fraud, injustice. The Greek word for dishonesty is *aischunomai* which means shame or disgrace. And as we see over and over again, whenever someone is caught being dishonest they always bring shame to themselves, their family, friends, or co-workers.

“Put not thine hand with the wicked to be an unrighteous witness”. ([Ex. 23:1](#))

“With flattering lips and with a double heart do they speak”. ([Ps. 12:2](#))

“He that worketh deceit shall not dwell within my house”. ([Ps. 101:7](#))

“He that telleth lies shall not tarry in my sight”. ([Ps. 101:7](#))

“Deceit is in the heart of them that imagine evil.”. ([Prov. 12:20](#))

“He that hath a perverse tongue falleth into mischief”. (Prov. 17:20)

Sin List

“A false witness will not go unpunished, and a liar will be destroyed”. ([Prov. 19:9](#))

“Loyalty makes a person attractive. And it is better to be poor than dishonest”.
([Prov. 19:22](#))

“Unless you are faithful in small matters, you won't be faithful in large ones. If you cheat even a little, you won't be honest with greater responsibilities”. ([Luke 16:10](#))

Features of true prophecy

God gives prophecy, through

CHRIST

[Rev. 1:1](#). “This is a revelation from Jesus Christ, which God gave him concerning the events that will happen soon. An angel was sent to God's servant John so that John could share the revelation with God's other servants”.

Prophecy is a gift from Christ

“He is the one who gave these gifts to the church: the apostles, the prophets, the evangelists, and the pastors and teachers”. [Eph. 4:11](#); “And I will give power to my two witnesses, and they will be clothed in sackcloth and will prophesy during those 1,260 days.” [Rev. 11:3](#)

Recovered Through Christ

A gift of the Holy Spirit [1 Cor. 12:10](#). “He gives one person the power to perform miracles, and to another the ability to prophesy. He gives someone else the ability to know whether it is really the Spirit of God or another spirit that is speaking. Still another person is given the ability to speak in unknown languages, and another is given the ability to interpret what is being said”.

Prophecy never came by the will of man. [2 Pet. 1:21](#).

Prophecy was given from the beginning

[Luke 1:70](#).

Prophecy can be relied on [2 Pet. 1:19](#).

People who spoke prophecies were: Raised up by God. [Amos 2:11](#). Ordained by God. [1 Sam. 3:20](#); [Jer. 1:5](#). Sent by God. [2 Chr. 36:15](#); [Jer. 7:25](#). Sent by Christ. [Matt. 23:34](#). Filled with the Holy Spirit. [Luke 1:67](#). Moved by the Holy Spirit. [2 Pet. 1:21](#). Spoke by the Holy Spirit. [Acts 1:16](#); [11:28](#); [28:25](#).

Spoke in the name of the Lord. [2 Chr. 33:18](#); [James 5:10](#).

Spoke with authority. [1 Kgs. 17:1](#).

Benefits of prophecy

Blessedness of reading, hearing, and keeping

[Rev. 1:3](#); [22:7](#).

People have pretended to have the gift of prophecy

[Jer. 14:14](#); [23:13, 14](#); [Ezek. 13:2, 3](#).

True and false prophecy

The gift of prophecy was sometimes given to ungodly people: [Num. 24:2-9](#); [1 Sam. 19:20, 23](#); [Matt. 7:22](#); [John 11:49-51](#); [1 Cor. 13:2](#).

How to test the genuineness of prophecy

"If a prophet or a dreamer of dreams arises among you and gives you a sign or a wonder, and the sign or wonder that he tells you comes to pass, and if he says, 'Let us go after other gods, ' which you have not known, 'and let us serve them, ' you shall not listen to the words of that prophet or that dreamer of dreams. For the Lord your God is testing you, to know whether you love the Lord your God with all your heart and with all your soul . . . when a prophet speaks in the name of the Lord, if the word does not come to pass or come true, that is a word that the Lord has not spoken;"

[Deuteronomy 13:1-3, 22](#)

Sin List

Therefore seeing we have this ministry, as we have received mercy, we faint not; but have RENOUNCED the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God. ([2 Corinthians 4:1-2](#))

Lies and dishonesty have no part in the work of God ([John 8:44](#); For you are the children of your father the Devil, and you love to do the evil things he does. He was a murderer from the beginning and has always hated the truth. There is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. [Rev. 21:8](#)). But cowards who turn away from me, and unbelievers, and the corrupt, and murderers, and the immoral, and those who practice witchcraft, and idol worshipers, and all liars—their doom is in the lake that burns with fire and sulfur. This is the second death." If Christians are not truthful about things in everyday life, then why should they expect anyone to believe them on matters of faith

Dishonesty is listed in the Ten Commandments ([Leviticus 19:11](#)) "Do not steal.

"Do not cheat one another.

"Do not lie.

Recovered Through Christ

Dishonest people cannot know God ([Psalm 101:7](#)) I will not allow deceivers to serve me, and liars will not be allowed to enter my presence.

God hates deception ([Proverbs 12:22](#)) Lying lips are an abomination to the LORD, But those who deal faithfully are His delight.

God will punish those who take advantage of others ([1 Thessalonians 4:6](#)) For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel^[3][I.e., body; or possibly, wife] in sanctification and honor, not in lustful passion, like the Gentiles who do not know God; and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you. For God has not called us for the purpose of impurity, but in sanctification. Consequently, he who rejects this is not rejecting man but the God who gives His Holy Spirit to you.

Christians should put away dishonesty from their lives ([Ephesians 4:25](#)) So put away all falsehood and "tell your neighbor the truth"^[5][Zech 8:16.] because we belong to each other.

Sin List

IMPATIENT

Restless, anxious, opposition to calm, eagerly desirous, unable to tolerate delay.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Phil 4:6-7

Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand James 5:7-8

The insatiable nature of our desires is astonishing, in that scarcely a single day is allowed to God to gratify them. For should he not immediately satisfy them, we at once become impatient, and are in danger of eventually falling into despair. They soon forgot His works; They did not wait for His counsel,

[Psalms 106:13](#)

RECOVERED THROUGH CHRIST

MARTHA Mar'tha (a lady), the sister of Lazarus and Mary. [[LAZARUS](#)] The facts recorded in [Luke 10](#) and [John 11](#) indicate a character devout after the customary Jewish type of devotion, sharing in Messianic hopes and accepting Jesus as the Christ. When she first comes before us, [Luke 10:38](#) her spirit is "cumbered with much serving," is "careful and troubled about many things." Her love, though imperfect in its form, is yet recognized as true, and she has the distinction of being one whom Jesus loved. [John 11:5](#) Her position is obviously that of the elder sister the head and manager of the household. In the supper at Bethany [John 12:2](#) the old character shows itself still, but it has been freed from evil. She is no longer "cumbered," no longer impatient. Activity has been calmed by trust.

And let us not be cross and impatient, but rather let us quiet ourselves; and, if that seem impossible, beseech that his Spirit may instill his quiet. A song of Ascents. Of David. LORD, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me. Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child *is* my soul within me. O Israel, hope in the LORD From this time forth and forever. Psalms 131

...rather *let it be* the hidden person of the heart, with the incorruptible *beauty* of a gentle and quiet spirit, which is very precious in the sight of God. [1 Peter 3:4](#)

Sin List

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. [1 Cor 13:4-8](#)

So remember, Love is patient; love is kind; love is not envious or boastful or arrogant.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. [Phil 4:8](#)

RESENTMENTS

Emotion of anger or hurt feelings as a result of real or imagined wrong.

Cease from anger, and forsake wrath; Do not fret--it only causes harm.

[Psalms 37:8](#)

Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul. [Prov 22:24-25](#)

Recovered Through Christ

An angry man stirs up strife, And a furious man abounds in transgression.

[Prov 29:22](#)

Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

[Eccl 7:9](#)

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

[James 1:19-20](#)

If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? ²¹ And this commandment we have from Him: that he who loves God *must* love his brother also.

[1 John 4:20-21](#)

FALSE PRIDE

When pride comes, then comes shame; But with the humble *is* wisdom.

[Prov 11:2](#)

Pride *goes* before destruction, And a haughty spirit before a fall.

[Prov 16:18](#)

Sin List

Before destruction the heart of a man is haughty, And before honor *is* humility.

[Prov 18:12](#)

Let another man praise you, and not your own mouth; A stranger, and not your own lips.

[Prov 27:2](#)

And whoever exalts himself will be humbled, and he who humbles himself will be exalted.

[Matt 23:12](#)

True pride has to do with acknowledging and respecting who you are and what you can do, without any outside confirmation or approval. False pride has to do with claiming that you are more than you believe you are, and that you know more than you believe you know. This kind of pride almost always requires outside confirmation or approval to cover up an inner feeling of inadequacy.

JEALOUSY

Jealousy typically refers to the negative [thoughts](#) and [feelings](#) of insecurity, fear, and anxiety that occur when a person believes a valued relationship is being threatened by a rival. Jealousy often contains a mixture of emotions such as anger, sadness, and disgust.

Recovered Through Christ

... if the spirit of jealousy comes upon him and he becomes jealous of his wife, who has defiled herself; or if the spirit of jealousy comes upon him and he becomes jealous of his wife, although she has not defiled herself--

[Num 5:14](#)

The spirit of jealousy— either a supernatural diabolic influence, exciting him to jealousy, or the passion or affection of jealousy, for so the words may be understood.

For jealousy is a husband's fury; Therefore he will not spare in the day of vengeance.

[Prov 6:34](#)

Our human jealousy originates from our insecurities or from the idea that we deserve something more or better than what we have. God's jealousy, however, is based upon His supremacy—His holiness, perfection, goodness, justice, mercy, and grace

Jealousy is the rage of a man.

([Prov. 6:34](#))

Jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. ([Song 8:6](#))

Sin List

Wrath is cruel and anger a torrent, But who is able to stand before jealousy?

[Prov 27:4](#)

THE SHULAMITE TO HER BELOVED Set me as a seal upon your heart, As a seal upon your arm; For love is as strong as death, Jealousy as cruel as the grave; Its flames are flames of fire, A most vehement flame. [Song 8:6](#)

Jealousy can destroy someone ([Job 5:2](#))

Do not be jealous of wicked people ([Psalm 73:2-3](#))

Jealousy steals away peace ([Proverbs 14:30](#))

Jealousy is a powerful enemy ([Proverbs 27:4](#))

Jealousy is foolish ([Ecclesiastes 4:4](#))

Jealousy can cause rash behavior ([Acts 7:9](#))

We should not be jealous of other Christians ([Galatians 5:26](#))

Jealousy has no place in a Christian's life ([Titus 3:3-5](#))

ENVY

Envy is about something one does not have and either wants to acquire or to prevent another from getting. The something is usually superior to what the person has, such as an employee below their boss, a low or middle class person being below an upper class person. It usually drives from a low self-esteem and poor self image.

Recovered Through Christ

A tranquil heart is the life of the flesh; But envy is the rottenness of the bones.

[Prov 14:30](#)

... being filled with all unrighteousness, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, malignity; whisperers, backbiters, hateful to God, insolent, haughty, boastful, inventors of evil things, disobedient to parents, without understanding, covenant-breakers, without natural **affection, unmerciful:**

[Romans 1:29-31](#)

... he is puffed up, knowing nothing, but doting about questionings and disputes of words, whereof cometh envy, strife, railings, evil surmisings, ⁵ wranglings of men corrupted in mind and bereft of the truth, supposing that godliness is a way of gain.

[1 Tim 6:4-5](#)

For we also once were foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, hating one another. But when the kindness of God our Saviour, and his love toward man, appeared, not by works *done* in righteousness, which we did ourselves, but according to his mercy he saved us, through the washing of regeneration and renewing of the Holy Spirit, which he poured out upon us richly, through Jesus Christ our Saviour; that, being justified by his grace, we might be made heirs according to the hope of eternal life.

[Titus 3:3-7](#)

Sin List

Some indeed are preaching Christ out of envy and contentiousness, but others from goodwill. but the former preach Christ out of rivalry, not sincerely, because they think they are adding bitterness to my bonds. These latter out of their love, because they know that I am set here for the defense of the gospel;

[Phil 1:15-17](#)

Envy can destroy someone ([Job 5:2](#))

Do not envy those who do wrong ([Psalm 37:1](#))

Do not envy the prosperity of wicked people ([Psalm 73:2-3](#))

Envy steals your peace ([Proverbs 14:30](#))

Envy is a powerful enemy ([Proverbs 27:4](#))

Being envious is foolish ([Ecclesiastes 4:4](#))

Envy can cause you to act rashly ([Acts 7:9](#))

Envy characterizes sinful people ([Romans 1:29](#))

We should not envy other Christians ([Galatians 5:26](#))

Envy has no place in a Christian's life ([Titus 3:3](#))

Do not harbor envy ([James 3:14-15](#))

Get rid of envy ([1 Peter 2:1](#))

Recovered Through Christ

LAZINESS

Laziness (also called indolence) is disinclination to activity or exertion despite having the ability to do so

One of the [seven deadly sins](#) in [Christian](#) thought is [sloth](#), which is often defined as spiritual and/or physical apathy or laziness. Sloth is recommended against in the [Letter to the Hebrews](#) ([Hebrews 6:12](#)), and associated with wickedness in one of the [parables](#) of [Jesus](#) in the [Gospel of Matthew](#) ([Matthew 25:26](#)). In the [books](#) of [Proverbs](#) and [Ecclesiastes](#), it is stated that laziness can lead to poverty ([Proverbs 10:4](#), [Ecclesiastes 10:18](#)).

He becometh poor that dealeth with a slack hand: but the hand of the diligent maketh rich. ([Prov. 10:4](#))

He that sleepeth in harvest is a son that causeth shame. ([Prov. 10:5](#))

As vinegar to the teeth, and as smoke to the eyes, so is the sluggard to them that send him. ([Prov. 10:26](#))

Laziness throws one into a deep sleep, and an idle person will go hungry.

[Prov 19:15](#)

Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door.

[Ezek 16:49](#)

Sin List

Laziness can ruin you ([Proverbs 6:6-11](#))

Laziness can make you poor ([Proverbs 10:4-5](#))

Lazy people make excuses ([Proverbs 22:13](#))

Encourage lazy people to work ([1 Thessalonians 5:14](#))

Lazy people should not be allowed to be freeloaders ([2 Thessalonians 3:10](#))

Proverbs 26:13-16

The lazy person is full of excuses, saying, "I can't go outside ... As a door turns back and forth on its hinges, so the lazy person turns over in bed. Some people are so lazy that they won't lift a finger to feed themselves. Lazy people consider themselves smarter than seven wise counselors.

INSINCERITY

[DECEITFUL](#), [lying](#), [false](#), [pretended](#), [hollow](#), [untrue](#), [dishonest](#), [deceptive](#), [devious](#), [hypocritical](#), [unfaithful](#), [evasive](#), [two-faced](#), [disingenuous](#), [faithless](#), [double-dealing](#), [duplicitous](#), [dissembling](#), [mendacious](#), [perfidious](#), [untruthful](#),

Let love be without insincerity. Abhor what is evil; wed yourselves to what is good.

[Romans 12:9](#)

But the wisdom which comes from on high is first pure, then peaceable, gentle, conciliatory, overflowing with mercy and good fruits, without partiality and without insincerity. [James 3:17](#)

Recovered Through Christ

Therefore put away all malice, all deceit, insincerity, jealousy, and slander of every sort.

[1 Peter 2:1](#)

And above all make your own life a pattern of right conduct, having in your teaching no taint of insincerity, but a serious tone, [Titus 2:7](#)

NEGATIVE THINKING

The ten grand illusions of negative thinking.

1. All-or-nothing thinking. In this type of thinking, you're either a hero or a failure. Any small misstep marks you as a failure. This kind of thinking can lead to crippling perfectionism.

2. Overgeneralization. Whenever something bad happens, it's bound to happen again and again. If somebody you've idealized turns you down for a date, for example, you feel certain that the next person will, too.

3. The mental filter. You dwell on the downside of any situation while overlooking anything positive. If you're an editor, you may become obsessed with a typo that escaped into print rather than congratulating yourself for getting out a great issue.

4. Diminishing the positive. In this kind of thinking, you tend to twist positive events into negative ones. If you just got a raise, for example, you may put yourself down for not getting a bigger raise.

5. Jumping to conclusions. You become either a mind reader or a fortune teller -- whatever it takes to see trouble on the horizon. If a friend doesn't return a call, he secretly dislikes you. If you like your job, you'll probably lose it soon.

6. The binocular trick. It's as if you're wearing a special lenses that lets you see everything blown out of proportion. Little problems become monstrous; major victories, trifling.

7. Emotional reasoning. You believe mood reflects your true identity: You feel lousy because you are lousy.

8. 'Should' and 'must' thoughts. You constantly remind yourself of things you should or must do. At the end of the day, you feel buried in guilt and shame. You may also dwell on things that other people should or must do, setting yourself up for frustration and bitterness.

9. Labeling and mislabeling. You tend to equate your 'self' with what you do, and since everyone makes mistakes, over time you develop a negative self-image based on errors you've made. If you invested in a high-tech stock deal that blew up in your face, for example, you view yourself as a failure. Failure, loser, dummy: The labels stick. If you tend to label other people as well, you'll reap a lot of hostility.

10. Personalization. You assume responsibility for anything that goes wrong, even when it's not your fault. Burns calls this line of thinking "the mother of guilt."

Difficulties in developing godly habits stem primarily from three arenas: (1) learned and acted-out behaviors, whether poor, neutral or sinful, that are left unexamined; (2) negative patterns of thinking or belief that are not challenged and unlearned; and (3) unrealistically high expectations that lead to continued self-defeating minimal goal achievement.

IMMORAL THINKING

Thoughts or feelings are moral or immoral in the same way that actions are. Any thought or feeling is immoral if the corresponding action would be deemed immoral. Christ tells us that thinking about adultery is as bad as engaging in adultery.

Thoughts and feelings can become obsessions or uncontrollable and get a person into trouble. Look at Hitler's thoughts about Jewish people. Look at Jeffrey Dahmer's thoughts about cannibalism. Look at Osama Bin Laden's thoughts about God.

Fortunately for us, no human can read our thoughts. Unfortunately for us, God knows us by our thoughts and what's in our hearts.

And just as they refused to continue to retain God in their knowledge, so did God cast them out to an outcast mind.

And because they thought it was worthless to acknowledge God, God allowed their own immoral minds to control them.

[Romans 1:28](#)

CRITICIZING

To find fault with someone or something.

So let us stop criticizing one another; rather make up your mind never to put any stumbling block or hindrance in your brother's way

[Romans 14:13](#)

If you criticize and judge each other, then you are criticizing and judging God's law. But your job is to obey the law, not to judge whether it applies to you. God alone, who gave the law, is the Judge. He alone has the power to save or to destroy. So what right do you have to judge your neighbor?

[James 4:11-12](#)

Let us be careful also lest in criticizing the manifestation of the Spirit in the testimony of some believer, or the sermon of some preacher, we be found guilty of quenching the Spirit.

Take care of your own problems before criticizing others ([Matthew 7:3-5](#))

Criticism should help people deepen their relationship with God ([Luke 17:3-5](#))

Criticism should be given with a loving attitude ([1 Corinthians 13:4-5](#))

Harsh criticism can destroy rather than help ([Galatians 5:15](#))

FEAR

A feeling of agitation and anxiety caused by the presence or imminence of danger. It may be real or imagined.

This can also be-reverential awe, esp. toward God.

Let all the earth fear the LORD; Let all the inhabitants of the world stand in awe of Him.

[Psalms 33:8](#)

And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

[Matt 10:28](#)

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs--heirs of God and joint heirs with Christ, if indeed we suffer with *Him*, that we may also be glorified together.

[Romans 8:15-17](#)

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

[2 Tim 1:7](#)

So we may boldly say: *"The LORD is my helper; I will not fear. What can man do to me?"*

[Heb 13:6](#)

There is no fear in love; but perfect love casts out fear, because fear involves torment.

But he who fears has not been made perfect in love. [1 John 4:18](#)

God will protect us ([Genesis 15:1](#))

God will not forget us ([Genesis 46:3](#))

We should fear God ([Psalm 25:12](#))

Christians do not need to fear anyone ([Psalm 27:1](#))

God strengthens us ([Psalm 46:1-3](#))

We do not need to fear darkness or violence ([Psalm 91:5](#))

We do not need to fear bad news ([Psalm 112:7](#))

GREED

Excessive desire to acquire or possess more (especially more material wealth) than one needs or deserves

Greed creates disagreement ([Proverbs 28:25](#))

The Pharisees had greedy hearts ([Matthew 23:25](#))

Christians should avoid being greedy ([Ephesians 5:3](#))

People full of greed will not enter heaven ([Ephesians 5:5](#))

Leaders of the church must not be greedy ([Titus 1:7](#))

STEALING

Larceny: the act of taking something from someone.

You shall not steal.

[Ex 20:15](#)

For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

[Matt 15:19](#)

Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need.

[Eph 4:28](#)

But let none of you suffer as a murderer, a thief, an evildoer, or as a busybody in other people's matters.

[1 Peter 4:15](#)

LUST

Excessive sexual desire, esp. as seeking unrestrained gratification.

A *lust* for power.

When we are in lust, we place the object of our desire above all things in our lives. From a Christian perspective lust is bad because we are putting the object of our lust above God. [1 Thessalonians 4:5 advises that our lusts are at odds with God ...](#)

Do not lust after her beauty in your heart, Nor let her allure you with her eyelids.

[Prov 6:25](#)

Now these things became our examples, to the intent that we should not lust after evil things as they also lusted.

[1 Cor 10:6](#)

... that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. [Eph 4:22-24](#)

But those who desire to be rich fall into temptation and a snare, and *into* many foolish and harmful lusts which drown men in destruction and perdition. For the love of money is a root of all *kinds of* evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

[1 Tim 6:9-10](#)

For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself *His* own special people, zealous for good works...

[Titus 2:11-14](#)

Beloved, I beg *you* as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, ...

[1 Peter 2:11](#)

...knowing this first: that scoffers will come in the last days, walking according to their own lusts,...

[2 Peter 3:3](#)

For all that *is* in the world--the lust of the flesh, the lust of the eyes, and the pride of life--is not of the Father but is of the world. ¹⁷ And the world is passing away, and the lust of it; but he who does the will of God abides forever.

[1 John 2:16-17](#)

These are grumblers, complainers, walking according to their own lusts; and they mouth great swelling *words*, flattering people to gain advantage.

[Jude 1:16](#)

... how they told you that there would be mockers in the last time who would walk according to their own ungodly lusts.

[Jude 1:18](#)

IMMORALITY

Compromises can lead to immorality ([Judges 3:1-11](#))

Stay away from immoral Christians ([1 Corinthians 5:9-11](#))

Practicing immorality treats God lightly ([1 Corinthians 6:19-20](#))

Immorality should have no place among Christians ([Ephesians 4:17-19](#))

GOSSIP

Idle talk, usually about other people's private lives, esp. of a disapproving or malicious nature.

An informal conversation, esp. about other people's private lives.

A person who habitually talks about other people, usually maliciously.

A talebearer reveals secrets, But he who is of a faithful spirit conceals a matter.

[Prov 11:13](#)

He who goes about *as* a talebearer reveals secrets; Therefore do not associate with one who flatters with his lips.

[Prov 20:19](#)

You shall not go about *as* a talebearer among your people; nor shall you take a stand against the life of your neighbor: I *am* the LORD.

[Lev 19:16](#)

Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking...

[1 Peter 2:1](#)

For we hear that there are some who walk among you in a disorderly manner, not working at all, but are busybodies.

[2 Thess 3:11](#)

And besides they learn *to be* idle, wandering about from house to house, and not only idle but also gossips and busybodies, saying things which they ought not. [1 Tim 5:13](#)

But let none of you suffer as a murderer, a thief, an evildoer, or as a busybody in other people's matters. [1 Peter 4:15](#)

Do not gossip ([Exodus 23:1](#))

Be careful not to slander ([Leviticus 19:16](#))

Gossiping betrays confidence ([Proverbs 11:13](#))

Gossip separates friends ([Proverbs 16:28](#))

Gossip prolongs tension between people ([Proverbs 26:20](#))

People who gossip are wicked ([Romans 1:29](#))

Gossip should have no place among Christians ([1 Timothy 5:13](#))

GLUTTONY

Excess in eating or drinking.

Derived from the Latin *gluttire*, meaning to gulp down or swallow, **gluttony** is the over-indulgence and [over-consumption](#) of anything.

And they shall say to the elders of his city, 'This son of ours is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard...[Deut 21:20](#)

For the drunkard and the glutton will come to poverty, ...[Prov 23:21](#)

...whose end *is* destruction, whose god *is* their belly, and whose glory *is* in their shame-- who set their mind on earthly things. [Phil 3:19](#)

Being controlled by alcohol is foolish ([Proverbs 20:1](#)) Wine produces mockers; liquor leads to brawls. Whoever is led astray by drink cannot be wise.

Becoming drunk is sin ([Romans 13:13-14](#)) We should be decent and true in everything we do, so that everyone can approve of our behavior. Don't participate in wild parties and getting drunk, or in adultery and immoral living, or in fighting and jealousy. But let the Lord Jesus Christ take control of you, and don't think of ways to indulge your evil desires.

God hates drunkenness ([Galatians 5:19-21](#)) When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

For unto us a child is born,
unto us a son is given:
and the government shall be
upon his shoulder:
and his name shall be called
Wonderful, Counselor,
The mighty God,
The everlasting Father,
The Prince of Peace.
Of the increase
of his government and peace
there shall be no end,
upon the throne of David,
and upon his kingdom,
to order it, and to establish it
with judgment and with justice
from henceforth even for ever.
The zeal of the LORD of hosts
will perform this. — Isaiah 9:6&7

Proverbs

Chapter 6

Lessons for Daily Life

My child, if you have put up security for a friend's debt or agreed to guarantee the debt of a stranger— if you have trapped yourself by your agreement and are caught by what you said—follow my advice and save yourself, for you have placed yourself at your friend's mercy. Now swallow your pride; go and beg to have your name erased. Don't put it off; do it now! Doesn't rest until you do. Save yourself like a gazelle escaping from a hunter, like a bird fleeing from a net.

Take a lesson from the ants, you lazybones. Learn from their ways and become wise!
Though they have no prince or governor or ruler to make them work, they labor hard all

summer, gathering food for the winter. But you, lazybones, how long will you sleep? When will you wake up? A little extra sleep, a little more slumber, a little folding of the hands to rest— then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber.

What are worthless and wicked people like? They are constant liars, signaling their deceit with a wink of the eye, a nudge of the foot, or the wiggle of fingers. Their perverted hearts plot evil, and they constantly stir up trouble. But they will be destroyed suddenly, broken in an instant beyond all hope of healing.

There are six things the LORD hates— no, seven things he detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family.

My son, obeys your father's commands, and don't neglect your mother's instruction.²Keep their words always in your heart. Tie them around your neck. When you walk, their counsel will lead you. When you sleep, they will protect you. When you wake up, they will advise you. For their command is a lamp and their instruction a light; their corrective discipline is the way to life. It will keep you from the immoral woman, from the smooth tongue of a promiscuous woman. Don't lust for her beauty. Don't let her coy glances seduce you. For a prostitute will bring you to poverty, but sleeping with another man's wife will cost you your life. Can a man scoop a flame into his lap and not have his clothes catch on fire? Can he walk on hot coals and not blister his feet? So it is with the man who sleeps with another man's wife. He who embraces her will not go unpunished. Excuses might be found for a thief who steals because he is starving. But if he is caught, he must pay back seven times what he stole, even if he has to sell everything in his house. But the man who commits adultery is an utter fool, for he destroys himself. He will be wounded and disgraced. His shame will never be erased. For the woman's jealous husband will be furious, and he will show no mercy when he takes revenge. He will accept no compensation, nor be satisfied with a payoff of any size.

Prov 6:1-35

CHAPTER 15

BIBLE VERSES FOR EMOTIONAL AND SPIRITUAL PROBLEMS

FEELINGS

Relationships have a highly emotive content. It is not too much to say that without emotions we are detached and mechanical, subhuman and not as God intended.

Jesus Christ endured the cross “for the joy that was set before him” ([Hebrews 12:2](#)). The apostle Paul was a man who was “sorrowful, yet always rejoicing.”

Interest energizes learning, creativity and innovation; *anger* mobilizes energy for taking action against frustration, irritation or invasion; *joy* releases both celebration and [stress](#) as it increases social exchange; *shame* assists us in discerning what is good and in making responsible choices; *guilt* motivates restoration of relationships and reparation of injuries; *fear* protects us by warning of imminent danger. The dysfunctions of each of these arise from exaggeration of the emotion and overload and overwhelming of the controls. But basically emotions are good.

People who take responsibility for their feelings and see them as goal directed and purposeful are not dominated by their emotions, nor are they afraid of them. They see their emotions as useful.

So we approach God in trust, joy and love. We do this boldly and directly because as [Hebrews 4:15-16](#) says, “We do not have a high priest who is unable to sympathize with our weaknesses, but we have one [Jesus] who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

Our basic emotional needs as we grow are fundamentally related to healthy emotional expression. These needs include belonging; achievement or success; economic security; self-respect; freedom from fear; love and affection; freedom from feelings of guilt; understanding and being understood. As these basic needs are substantially met, especially in relation to God, we express trust, joy and love.

Not all feelings, however, are as wonderful as these. Some emotions are directly related to our sinful state. Genesis tells us Adam’s experience after his rejection of God: “I was afraid, because I was naked; and I hid myself” ([Genesis 3:10](#) NRSV). The feelings associated with this behavior are shame, fear and guilt. Some feelings relate to the inevitable consequence of living in a fallen world and with the disfigurement of God’s image in our lives—as described in [Genesis 3:16-19](#). These feelings are sorrow, disappointment, [grief](#), despair frustration, [depression](#) and anger.

The role of theology in relation to emotions is to assure us of the goodness of our emotional creation and to point toward emotional wholeness as we claim the full range of human possibilities in work, play, worship and relationships.

In the original garden Adam and Eve tried to transfer their responsibility to each other and to God. The New Testament, however, states: “When tempted, no one should say, ‘God is tempting me.’ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death” ([James 1:13-15](#)). Also, in [Ephes. 4:26](#) Paul says, “ ‘In your anger do not sin’: Do not let the sun go down while you are still angry.”

By making us responsible, God confers a great compliment upon us. God says that we have what it takes to handle our most powerful emotional experiences! Indeed, if we do

not take responsibility for our feelings, they can be corrupted. Love can degenerate into lechery; or joy, when not taken responsibility for, can degenerate into indolence and inactivity, anger can turn into hate, and hunger or thirst can turn into gluttony.

We should recognize our emotional states. Unpleasant emotions such as sorrow, fear, anger, jealousy, shame, disgust, pain, confusion and emptiness need to be acknowledged. Many people do not even know they are angry or happy. This comes as a surprise when they get “in touch” with their feelings. As well, some people convert their feelings into experiences that they consider to be more desirable. When they are afraid, they may withdraw into depression. They need to accept that there are uncomfortable emotions that are causing some upset.

We should anticipate events so that we can avoid situations that are likely to produce undesirable emotional stress or approach the situations differently. We should determine the time and place to challenge our emotions. This stage of anticipation gives the person freedom to choose. This means we should learn when to avoid some people, places or things.

We should care for our physical condition. An exhausted business executive confronting his overstressed wife about their problems with money will have a less than wonderful evening. Maximal physical resources are required to deal with difficult emotions. One person takes an emotional holiday each month where they do absolutely nothing, or another person may use working out in a gym to alleviate stress. There are a number of stress reducing choices that people can find in their lives.

The need to be accepted for who we are (approval) and the need to change to become who we can be (transformation). These seemingly opposing needs are both met in worship. The call to worship implies approval. To enter God’s courts with praise is different from entering the courts of an austere monarch who will judge and reject us. So we anticipate acceptance and approval. But we are also transformed.

We need to be very careful about whom or what we worship. We will become like the object of worship, both good and bad ([Psalm 115:8](#)). To worship Christ is to become like him. Personalities and emotions do not change in worship; they become transfigured. The anger of an easily irritated person is transfigured into right advocacy. Gentleness is

empowered through being transfigured. If through Christ we may come to God just as we are, we also dare not go away just as we have come, even in our emotional life.

DEPRESSION

Depression can follow exhausting times.
God can encourage hurting people (2 Samuel 22:29) O LORD, you are my light; yes, LORD, you light up my darkness.

Depression can follow success ([1 Kings 19:3-4](#)) Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.

Then he went on alone into the desert, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors."

God helps those who feel crushed ([Psalm 34:18](#)) The LORD is close to the brokenhearted; he rescues those who are crushed in spirit.

Abraham had hope when there was no reason to hope (Romans 4:21) He was absolutely convinced that God was able to do anything he promised.

God will wipe away depression ([Revelation 21:4](#))” He will remove all of their sorrows, and there will be no more death or sorrow or crying or pain. For the old world and its evils are gone forever."

“And now my life seeps away. Depression haunts my days.
[Job 30:16](#)

Come quickly, LORD, and answer me, for my depression deepens.
[Psalms 143:7](#)

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!

[Psalms 43:5](#)

Hear my prayer, O LORD; listen to my plea! Answer me because you are faithful and righteous.

[Psalms 143:1](#)

A man once said to always use the phrase “Praise God Thank You Jesus” whenever you do anything. You can use the phrase while washing your hands, while exercising (can boost your workout and allow God to partake in it), while washing the dishes or clothes, while at work (to see God actually doing your job for you!) You can even get into a rhythm using the phrase for example –three times while washing hands, or when using weights or calisthenics by saying Praise God for one movement and Thank You Jesus for the other movement. And for any unpleasant or stressful situation- especially road rage! And always use the phrase in good times or bad. By keeping praise and thanksgiving always on our minds God will help us change an attitude of depression.

What are the main factors that cause depression?

There are a number of factors that may increase the chance of depression, including the following:

- **Abuse.** Past physical, sexual, or emotional abuse can cause depression later in life.
- **Certain medications.** For example, some drugs used to treat high blood pressure, such as beta-blockers or reserpine, can increase your risk of depression.
- **Conflict.** Depression may result from personal conflicts or disputes with family members or friends.
- **Death or a loss.** Sadness or grief from the death or loss of a loved one, though natural, can also increase the risk of depression.

- **Genetics.** A family history of depression may increase the risk. It's thought that depression is passed genetically from one generation to the next. The exact way this happens, though, is not known.
- **Major events.** Even good events such as starting a new job, graduating, or getting married can lead to depression. So can moving, losing a job or income, getting divorced, or retiring.
- **Other personal problems.** Problems such as social isolation due to other mental illnesses or being cast out of a family or social group can lead to depression.
- **Serious illnesses.** Sometimes depression co-exists with a major illness or is a reaction to the illness.
- **Substance abuse.** Nearly 30% of people with substance abuse problems also have major or clinical depression.

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make his home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. [Eph 3:16-19](#)

Mental depression falls upon the bodily frame; it is enough to create and foster every disease, and is in itself the most painful of all diseases. Soul sickness falls upon the entire frame; it weakens the body, and then bodily weakness reacts upon the mind.

Hear my prayer, O LORD; listen to my plea! Answer me because you are faithful and righteous.

[Psalms 143:1](#)

Prayer- what better remedy is there for heart-sickness and depression? Christ the Word is the essential cure. He heals the guilt, habit, depression, and evil results of sin. For every form of malady Christ has healing. If the darkness be caused by depression of spirit, the Holy Ghost will comfort him; if by pecuniary loss or personal bereavement, the presence of Christ shall be his solace; and if by the cruelty and malignity of men, the sympathy of his Lord shall be his support. It is as ordinary for the righteous to be comforted as for the day to dawn. Wait for the light and it will surely come.

I cry out to God; yes, I shout. Oh, that God would listen to me! When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. I think of God, and I moan, overwhelmed with longing for his help.

[Psalms 77:1-3](#)

Have compassion on me, LORD, for I am weak. Heal me, LORD, for my body is in agony.

I am sick at heart. How long, O LORD, until you restore me?

Return, O LORD, and rescue me. Save me because of Your unfailing love.

Psalms 6:2-4

GRIEF

Grief is an [emotion](#) of intense sadness resulting from loss. It is a response to pain, injury, tragedy or deprivation in the person's world, not a sadness from largely internal causes such as [depression](#).

Suffering is not only the result of evil and sin; it is also part of creation. Life is composed of both joy and pain, gift and grief, gain and loss, [birth](#) and death. There is gladness and sadness throughout all creation. Second, God is our help, not our escape. God walks with us through pain rather than waltzes us out of it. The God of our Lord Jesus Christ is the God whom Christ revealed to us.

The grieving process consists of expressing the unacceptable feelings . Coming to terms with reality—the reality of the loss. And the choosing of life by facing the future, and recovering hope.

Friends should comfort each other ([Job 2:12-13](#)) When they saw Job from a distance, they scarcely recognized him. Wailing loudly, they tore their robes and threw dust into the air over their heads to demonstrate their grief. Then they sat on the ground with him for seven days and nights. And no one said a word, for they saw that his suffering was too great for words.

God comforts us in our darkest times ([Job 35:9-10](#)) "The oppressed cry out beneath the wrongs that are done to them. They groan beneath the power of the mighty.

Yet they don't ask, 'Where is God my Creator, the one who gives songs in the night? "

God promises to comfort those who grieve ([Matthew 5:4](#)) " God blesses those who mourn, for they will be comforted.

Jesus has overcome the world's troubles ([John 16:33](#)) " I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

The Holy Spirit comforts us ([Acts 9:31](#)) The church then had peace throughout Judea, Galilee, and Samaria, and it grew in strength and numbers. The believers were walking in the fear of the Lord and in the comfort of the Holy Spirit.

The Bible comforts us ([Romans 15:4](#)) For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

God comforts those who grieve ([2 Corinthians 1:3-11](#)) Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ. Now if we are afflicted, *it is* for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, *it is* for your consolation and salvation.

And our hope for you *is* steadfast, because we know that as you are partakers of the sufferings, so also *you will partake* of the consolation.

All grief will end ([Revelation 21:3-4](#)) And I heard a loud voice from heaven saying, "Behold, the tabernacle of God *is* with men, and He will dwell with them, and they shall

be His people. God Himself will be with them *and be* their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

Here is a good poem when in grief.

Grieve a while for me if grieve you must, but then let your grief be comforted by trust. It's only for a while that we must part, so bless the memories within your heart. I won't be far away, for life goes on. Though you can't see or touch me, I'll be near. And if you listen with your heart, you'll hear all of my love around you loud and clear. And then, when you come this way alone, I'll greet you with a smile and say "welcome home."

SORROW

Weeping will be followed by joy ([Psalm 30:5](#)) His anger lasts for a moment, but his favor lasts a lifetime! Weeping may go on all night, but joy comes with the morning.

Jesus understands sorrow (Isaiah 53:3-6) He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, *our* faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He *was* wounded for our transgressions, *He was* bruised for our iniquities; the chastisement for our peace *was* upon Him, and by His stripes we are healed. All we like sheep have gone astray; we have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all.

God promises comfort to those who experience sorrow. ([Matthew 5:4](#)) God blesses those who mourn, for they will be comforted.

God may use sorrow to point out sin and draw us back to him ([2 Corinthians 7:10-11](#)) For God can use sorrow in our lives to help us turn away from sin and seek salvation. We will never regret that kind of sorrow. But sorrow without repentance is the kind that results in death.

Just see what this godly sorrow produced in you! Such earnestness, such concern to clear yourselves, such indignation, such alarm, such longing to see me, such zeal, and such a readiness to punish the wrongdoer. You showed that you have done everything you could to make things right.

We sorrow over believers who die, but one day we will meet again ([1 Thessalonians 4:13-18](#)) And now, brothers and sisters, I want you to know what will happen to the Christians who have died so you will not be full of sorrow like people who have no hope. For since we believe that Jesus died and was raised to life again, we also believe that when Jesus comes, God will bring back with Jesus all the Christians who have died.

I can tell you this directly from the Lord: We who are still living when the Lord returns will not rise to meet him ahead of those who are in their graves. For the Lord himself will come down from heaven with a commanding shout, with the call of the archangel, and with the trumpet call of God. First, all the Christians who have died will rise from their graves.

Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air and remain with him forever.

So comfort and encourage each other with these words.

Sorrow will not exist in God's Kingdom ([Revelation 21:3-4](#)) He will remove all of their sorrows, and there will be no more death or sorrow or crying or pain. For the old world and its evils are gone forever."

SUFFERING

Are You Suffering?

The Word of God lets us know of various purposes for suffering: 1) to produce the fruit of the Spirit; James 1:3, “Knowing that the testing of your faith produces patience.”, Hebrews 10:36, “For you have need of patience, so that after you have done the will of God, you may receive the promise”, 1 Peter 5:10, “ But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.”, Psalm 30:5...., “Weeping may endure for a night, but joy comes in the morning”, Psalm 126:6, “ He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.”

2) to silence the enemy, Job 1:9-12, “ So Satan answered the Lord and said, “Does Job fear God for nothing: Have You not made a hedge around him, around his household and around all that he has on every side: You have blessed the work of his hands, and his possessions have increased in the land. But now, stretch out Your hand and touch all that he has, and he will surely curse You to Your face!” And the Lord said to Satan, “Behold, all that he has is in you power; only do not lay a hand on his person.” So Satan went out from the presence of the Lord.” Job 2:3-7, “ then the Lord said to Satan, “Have you considered My servant Job, that there is none like him on the earth, a blameless and upright man, one who fears God and shuns evil? And still he holds fast to his integrity, although you incited Me against him, to destroy him without cause.”

3) to glorify God, John 9:1-3, “Now as Jesus passed by, He saw a man who was blind from birth. And His disciples asked Him, saying, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned, but that the works of God should be revealed in him.” John 11:1-4, “Now a certain man was sick, Lazarus of Bethany, the town of Mary and her sister Martha. It was that Mary who anointed the Lord with fragrant oil and wiped His feet with her hair,

whose brother Lazarus was sick. Therefore the sisters sent to Him, saying, ‘Lord, behold, he whom You love is sick.’” When Jesus heard that, He said, ‘This sickness is not unto death, but for the glory of God, that the Son of God may be glorified through it.’”

4) to conform us into His image, Philippians 3:7-10, “But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain the resurrection from the dead.”

5) to deal with our sin, Hebrews 12:5-9, “ And you have forgotten the exhortation which speaks to you as to sons: My son, do not despise the chastening of the Lord, nor be discouraged when you are rebuked by Him; for whom the Lord loves He chastens, and scourges every son whom He receives. If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live?” 1 Peter 4:15-16, “ But let none of you suffer as a murderer, a thief, and evildoer, or as a busybody in other people’s matters. Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in this matter.”

6) for ministry, 1 Peter 2:20-21, “ For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow his steps: “1 Peter 3:17, “For it is better, if it is the will of God, to suffer for doing good than for doing evil.” 2 Corinthians 1:3-7, “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulations, that we may

be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ. Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings, which we also suffer. Or if we are comforted, it is for your consolation and salvation. And our hope for you is steadfast, because we know that as you are partakers of sufferings, so also you will partake of the consolation.”

Those who suffer need encouragement ([Job 16:5-6](#)) But that's not what I would do. I would speak in a way that helps you. I would try to take away your grief.

But as it is, my grief remains no matter how I defend myself. And it does not help if I refuse to speak.

Our suffering will end in glory ([2 Corinthians 4:17-18](#)) For our present troubles are quite small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever! So we don't look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.

Jesus can help us through suffering ([Hebrews 2:11-18](#)) For it was fitting for Him, for whom *are* all things and by whom *are* all things, in bringing many sons to glory, to make the captain of their salvation perfect through sufferings. For both He who sanctifies and those who are being sanctified *are* all of one, for which reason He is not ashamed to call them brethren, saying: *"I will declare Your name to My brethren; In the midst of the assembly I will sing praise to You."* And again: *"I will put My trust in Him."* And again: *"Here am I and the children whom God has given Me."* Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage. For indeed He does not give aid to angels, but He does give aid to the seed of Abraham.

Therefore, in all things He had to be made like *His* brethren, that He might be a merciful and faithful High Priest in things *pertaining* to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

Christ showed how to handle suffering ([1 Peter 2:21-24](#)) This suffering is all part of what God has called you to. Christ, who suffered for you, is your example. Follow in his steps. He never sinned, and he never deceived anyone. He did not retaliate when he was insulted. When he suffered, he did not threaten to get even. He left his case in the hands of God, who always judges fairly. He personally carried away our sins in his own body on the cross so we can be dead to sin and live for what is right. You have been healed by his wounds!

TRIALS

Christ promises us rest from our trials ([Matthew 11:28-30](#)) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls.

For my yoke fits perfectly, and the burden I give you is light."

Jesus understands our struggles ([John 15:18](#))

"When the world hates you, remember it hated me before it hated you. "

Have peace in trials ([John 16:33](#)) " I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

Trials help us develop patience ([Romans 5:3-5](#)) And not only *that*, but we also glory in tribulations, knowing that tribulation produces perseverance; ⁴ and perseverance,

character; and character, hope. ^s Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

God knows what he is doing with our life ([Romans 8:28](#)) And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

Believers can expect to suffer for their faith ([2 Corinthians 6:3-13](#)) We try to live in such a way that no one will be hindered from finding the Lord by the way we act, and so no one can find fault with our ministry. In everything we do we try to show that we are true ministers of God. We patiently endure troubles and hardships and calamities of every kind. We have been beaten, been put in jail, faced angry mobs, worked to exhaustion, endured sleepless nights, and gone without food. We have proved ourselves by our purity, our understanding, our patience, our kindness, our sincere love, and the power of the Holy Spirit.[Or *the holiness of spirit.*] We have faithfully preached the truth. God's power has been working in us. We have righteousness as our weapon, both to attack and to defend ourselves. We serve God whether people honor us or despise us, whether they slander us or praise us. We are honest, but they call us impostors. We are well known, but we are treated as unknown. We live close to death, but here we are, still alive. We have been beaten within an inch of our lives. Our hearts ache, but we always have joy. We are poor, but we give spiritual riches to others. We own nothing, and yet we have everything.

Oh, dear Corinthian friends! We have spoken honestly with you. Our hearts are open to you. If there is a problem between us, it is not because of a lack of love on our part, but because you have withheld your love from us.

I am talking now as I would to my own children. Open your hearts to us!

Present trials fade in comparison to the joy of our relationship with Christ ([Philippians 3:7-11](#)) I once thought all these things were so very important, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the priceless gain of knowing Christ Jesus my Lord. I

have discarded everything else, counting it all as garbage, so that I may have Christ and become one with him. I no longer count on my own goodness or my ability to obey God's law, but I trust Christ to save me. For God's way of making us right with himself depends on faith. As a result, I can really know Christ and experience the mighty power that raised him from the dead. I can learn what it means to suffer with him, sharing in his death, so that, somehow, I can experience the resurrection from the dead!

God expects us to grow through our trials ([James 1:2-4](#)) My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing.

PAIN

God cares for his people ([Deuteronomy 7:9](#)) Understand, therefore, that the LORD your God is indeed God. He is the faithful God who keeps his covenant for a thousand generations and constantly loves those who love him and obey his commands.

God watches over the weak ([Psalm 12:5](#)) The LORD replies, "I have seen violence done to the helpless, and I have heard the groans of the poor. Now I will rise up to rescue them, as they have longed for me to do."

STRESS

Stress is as necessary to life as [eating](#) and communicating. Without stress we would not be able to appreciate our limits or attain our objectives. Being under the right kind of pressure, whether self-induced

or externally created, is integral to responding appropriately to the challenges of everyday life.

In the past it was only in extreme situations, such as mass warfare, that large numbers of people underwent severe stress. Now it is found in everyday situations and especially in the workplace.

We should discern how much stress we are under. Symptoms we will look for include personal ones such as the use of substances to escape problems, overdependence on distractions, general sense of unhappiness, conflict with or avoidance of significant others. Emotional symptoms include tension and anxiety, restlessness and irritability, panic feelings or periodic [depression](#), increased [daydreaming](#) and fantasizing, a general lack of responsiveness, including sexual responsiveness. Stress has health indications as well: high blood pressure, headaches, constant fatigue, [sleep](#) problems, ulcers, racing heart, muscle tension and aching and increased vulnerability to sickness or viruses.

We should identify the source of the stress. This involves examining both external factors and our internal responses, the actions of others and our own perceptions of what is happening.

We need to take responsibility for dealing with stress rather than expecting others to relieve us of stress. The two basic options here are fight or flight. Both are found in the biblical narratives. For example, Moses took up his leadership burden with God in prayer and was given a resolution to his problem; on the other hand, he ran from his God-given responsibility. Resistance can take several forms, among them thinking about the situation to get clarity on the key factors creating the stress, sounding out others by asking questions or sharing experiences that focus on your issues, owning up to your share in letting it get out of hand. The next stage is communicating this where it will do most good, generating discussion about the general issue of stress and setting individual or team priorities so that stressors can be minimized. Sometimes this involves saying no

and seeing what the consequences are. A further stage is engaging in practices that will provide energy for this struggle until the situation improves: regular exercise, meditation and contemplation, listening to what our bodies are saying, eating a balanced diet and experimenting with ways to relax.

Sometimes, however, flight rather than fight is the best response. We find biblical examples of this even in the life of Jesus: stretched and exhausted by the number of people seeking his ministry, he withdrew into an isolated place for a time ([Matthew 4:23](#); [Matthew 5:2](#)). This was not avoidance but recognition that the problem was too overwhelming to be fought successfully in his present condition. Flight can take a variety of forms: asking to be demoted or moved sideways to a less stressful and more enjoyable position. It might also entail resigning from one's present position and seeking similar work in a less stressful workplace or another kind of work altogether. Sometimes people need a period of withdrawal, perhaps without pay, so that the whole situation can be reviewed in a less-harassed way and strength can be built up to fight or pursue a new path.

Whatever tactic is taken up, fight or flight, it is imperative that some action be taken. The alternatives are either eventual burnout (the last desperate plea from our whole system that "enough is enough") or physical breakdown (the whole system that has been pushed too far seizes up). In all this we need to recognize that we cannot control all the events of life. Our attempts to handle stress responsibly will be successful only to a point. What we can gain with God's and others' help is some control over our own feelings and a stronger sense of identity.

Delegating work can alleviate stress ([Exodus 18:13-26](#)) Jethro's Wise Advice

The next day, Moses sat as usual to hear the people's complaints against each other. They were lined up in front of him from morning till evening.

When Moses' father-in-law saw all that Moses was doing for the people, he said, "Why are you trying to do all this alone? The people have been standing here all day to get your help."

Moses replied, "Well, the people come to me to seek God's guidance. When an argument arises, I am the one who settles the case. I inform the people of God's decisions

and teach them his laws and instructions."

"This is not good!" his father-in-law exclaimed.

"You're going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself.

Now let me give you a word of advice, and may God be with you. You should continue to be the people's representative before God, bringing him their questions to be decided.

You should tell them God's decisions, teach them God's laws and instructions, and show them how to conduct their lives. But find some capable, honest men who fear God and hate bribes. Appoint them as judges over groups of one thousand, one hundred, fifty, and ten.

These men can serve the people, resolving all the ordinary cases. Anything that is too important or too complicated can be brought to you. But they can take care of the smaller matters themselves. They will help you carry the load, making the task easier for you.

If you follow this advice, and if God directs you to do so, then you will be able to endure the pressures, and all these people will go home in peace."

Moses listened to his father-in-law's advice and followed his suggestions. He chose capable men from all over Israel and made them judges over the people. They were put in charge of groups of one thousand, one hundred, fifty, and ten. These men were constantly available to administer justice. They brought the hard cases to Moses, but they judged the smaller matters themselves.

God is a refuge in times of stress ([Psalm 62:1-8](#))

I wait quietly before God, for my salvation comes from him.

He alone is my rock and my salvation, my fortress where I will never be shaken.

So many enemies against one man— all of them trying to kill me. To them I'm just a broken-down wall or a tottering fence.

They plan to topple me from my high position. They delight in telling lies about me.

They are friendly to my face, but they curse me in their hearts. Interlude

I wait quietly before God, for my hope is in him.

He alone is my rock and my salvation, my fortress where I will not be shaken.

My salvation and my honor come from God alone. He is my refuge, a rock where no enemy can reach me.

O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Pray to God in times of stress ([Psalm 69:1-36](#))

Save me, O God, for the floodwaters are up to my neck.

Deeper and deeper I sink into the mire; I can't find a foothold to stand on. I am in deep water, and the floods overwhelm me.

I am exhausted from crying for help; my throat is parched and dry. My eyes are swollen with weeping, waiting for my God to help me.

Those who hate me without cause are more numerous than the hairs on my head. These enemies who seek to destroy me are doing so without cause. They attack me with lies, demanding that I give back what I didn't steal.

O God, you know how foolish I am; my sins cannot be hidden from you.

Don't let those who trust in you stumble because of me, O Sovereign LORD Almighty. Don't let me cause them to be humiliated, O God of Israel.

For I am mocked and shamed for your sake; humiliation is written all over my face.

Even my own brothers pretend they don't know me; they treat me like a stranger.

Passion for your house burns within me, so those who insult you are also insulting me.

When I weep and fast before the LORD, they scoff at me.

When I dress in sackcloth to show sorrow, they make fun of me.

I am the favorite topic of town gossip, and all the drunkards sing about me.

But I keep right on praying to you, LORD, hoping this is the time you will show me favor. In your unfailing love, O God, answer my prayer with your sure salvation.

Pull me out of the mud; don't let me sink any deeper! Rescue me from those who hate me, and pull me from these deep waters.

Don't let the floods overwhelm me, or the deep waters swallow me, or the pit of death devour me.

Answer my prayers, O LORD, for your unfailing love is wonderful. Turn and take care of me, for your mercy is so plentiful.

Don't hide from your servant; answer me quickly, for I am in deep trouble!

Come and rescue me; free me from all my enemies.

You know the insults I endure—the humiliation and disgrace. You have seen all my enemies and know what they have said.

Their insults have broken my heart, and I am in despair. If only one person would show some pity; if only one would turn and comfort me.

But instead, they give me poison for food; they offer me sour wine to satisfy my thirst.

Let the bountiful table set before them become a snare, and let their security become a trap.

Let their eyes go blind so they cannot see, and let their bodies grow weaker and weaker.

Pour out your fury on them; consume them with your burning anger.

May their homes become desolate and their tents be deserted.

To those you have punished, they add insult to injury; they scoff at the pain of those you have hurt.

Pile their sins up high, and don't let them go free.

Erase their names from the Book of Life; don't let them be counted among the righteous.

I am suffering and in pain. Rescue me, O God, by your saving power.

Then I will praise God's name with singing, and I will honor him with thanksgiving.

For this will please the LORD more than sacrificing an ox or presenting a bull with its horns and hooves.

The humble will see their God at work and be glad. Let all who seek God's help live in joy.

For the LORD hears the cries of his needy ones; he does not despise his people who are

oppressed.

Praise him, O heaven and earth, the seas and all that move in them.

For God will save Jerusalem and rebuild the towns of Judah. His people will live there and take possession of the land.

The descendants of those who obey him will inherit the land, and those who love him will live there in safety.

Wait upon the Lord ([Isaiah 40:31](#)) But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

God is always with us ([Romans 8:31-39](#)) Nothing Can Separate Us from God's Love

What can we say about such wonderful things as these? If God is for us, who can ever be against us?

Since God did not spare even his own Son but gave him up for us all, won't God, who gave us Christ, also give us everything else?

Who dares accuse us whom God has chosen for his own? Will God? No! He is the one who has given us right standing with himself.

Who then will condemn us? Will Christ Jesus? No, for he is the one who died for us and was raised to life for us and is sitting at the place of highest honor next to God, pleading for us.

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or are hungry or cold or in danger or threatened with death? (Even the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep." [Ps 44:22.]

No, despite all these things, overwhelming victory is ours through Christ, who loved us.

And I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away.

Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

God cares about our stress ([2 Corinthians 4:8-12](#)) We are pressed on every side by troubles, but we are not crushed and broken. We are perplexed, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going.

Through suffering, these bodies of ours constantly share in the death of Jesus so that the life of Jesus may also be seen in our bodies.

Yes, we live under constant danger of death because we serve Jesus, so that the life of Jesus will be obvious in our dying bodies. So we live in the face of death, but it has resulted in eternal life for you.

Don't let stress cause you to worry ([Philippians 4:4-9](#)) Always be full of joy in the Lord. I say it again—rejoice!

Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you.

ANXIETY

Anxiety in the heart of man causes depression, But a good word makes it glad. Prov 12:25

[Philippians 4:7](#)

Peace of God

As the antidote to *anxiety*, [v. 6](#). Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Which passeth all understanding

Either, *which passes all power of comprehension*, compare [Ephesians 3:20](#); Now to Him who is able to do exceedingly abundantly above all that we ask or think ... Eph 3:20 or, better, *which surpasses every (human) reason*, in its power to relieve anxiety. Compare [Matthew 6:31](#), "So don't worry about having enough food or drink or clothing. [32](#). Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, For *understanding*, [see](#) on [Romans 7:23](#). But there is another law at work within me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me.

Shall keep

Lit., *guard*, as Rev., or *mount guard over*. God's peace, like a sentinel, patrols before the heart. Compare Tennyson:

"Love is and was my King and Lord,
And will be, though as yet I keep
Within his court on earth, and sleep
Encompassed by his faithful guard,
And hear at times a sentinel
Who moves about from place to place,
And whispers to the worlds of space,
In the deep night, that all is well."

"*In Memoriam*."

LONELINESS

God is concerned about our loneliness ([Genesis 2:18](#)) And the LORD God said, "It is not good for the man to be alone. I will make a companion who will help him."

God takes care of lonely people ([Psalm 68:6](#)) God places the lonely in families; he sets the prisoners free and gives them joy.

Friends help in times of loneliness ([Ecclesiastes 4:10-11](#)) If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. And on a cold night, two under the same blanket can gain warmth from each other. But how can one be warm alone?

God remains with us ([Matthew 28:20](#)) "Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

RELATIONSHIPS

Our relationship with God is made possible through Jesus Christ ([John 14:19-21](#)) "In just a little while the world will not see me again, but you will. For I will live again, and you will, too. When I am raised to life again, you will know that I am in my Father, and you are in me, and I am in you."

Those who obey my commandments are the ones who love me. And because they love me, my Father will love them, and I will love them. And I will reveal myself to each one of them."

Our relationship with Christ makes us children of God ([1 John 3:1-3](#)) See how very much our heavenly Father loves us, for he allows us to be called his children, and

we really are! But the people who belong to this world don't know God, so they don't understand that we are his children.

Yes, dear friends, we are already God's children, and we can't even imagine what we will be like when Christ returns. But we do know that when he comes we will be like him, for we will see him as he really is.

And all who believe this will keep themselves pure, just as Christ is pure.

Our relationships should not compromise our faith ([2 Corinthians 6:14-18](#)) Don't team up with those who are unbelievers. How can goodness be a partner with wickedness? How can light live with darkness?

What harmony can there be between Christ and the Devil. ? How can a believer be a partner with an unbeliever?

And what union can there be between God's temple and idols? For we are the temple of the living God. As God said: "I will live in them and walk among them. I will be their God, and they will be my people. [Lev 26:12; Ezek 37:27.] Therefore, come out from them and separate yourselves from them, says the Lord. Don't touch their filthy things, and I will welcome you. [Isa 52:11; Ezek 20:34.] And I will be your Father, and you will be my sons and daughters, says the Lord Almighty. [2 Sam 7:14.]"

We are unified with all believers in God's family. ([Ephesians 2:21-22](#)) We who believe are carefully joined together, becoming a holy temple for the Lord.

Through him you Gentiles are also joined together as part of this dwelling where God lives by his Spirit.

Our relationship with Christ is deep and abiding ([2 Timothy 2:11-13](#)) This is a true saying: If we die with him, we will also live with him. If we endure hardship, we will reign with him. If we deny him, he will deny us.

If we are unfaithful, he remains faithful, for he cannot deny himself.

INTIMIDATION

God can help us overcome intimidation ([Genesis 15:1](#)) Afterward the LORD spoke to Abram in a vision and said to him, "Do not be afraid, Abram, for I will protect you, and your reward will be great."

God does not forget us when we are intimidated ([Genesis 46:3](#)) "I am God," the voice said, "the God of your father. Do not be afraid to go down to Egypt, for I will see to it that you become a great nation there.

We do not need to fear anyone (Psalm 27:1-3) 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? When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. Though an army may encamp against me, My heart shall not fear; ...

God empowers us ([Psalm 46:1-3](#)) God *is* our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; *Though* its waters roar *and* be troubled, *Though* the mountains shake with its swelling.

We do not need to be intimidated ([Psalm 112:7-8](#)) They do not fear bad news; they confidently trust the LORD to care for them. They are confident and fearless and can face their foes triumphantly.

Jesus' strength can give us courage ([John 16:33](#)) "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

God will help us be bold ([Acts 4:31](#)) After this prayer, the building where they were meeting shook, and they were all filled with the Holy Spirit. And they preached God's message with boldness.

Be on your guard against intimidation ([1 Corinthians 16:13](#)) Be on guard. Stand true to what you believe. Be courageous. Be strong.

Pray for courage ([Ephesians 6:18-20](#))... praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints-- and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

Christians can pray without being intimidated ([Hebrews 4:16](#)) So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.

HOMOSEXUALITY

God finds homosexual behavior detestable ([Leviticus 18:22](#)) "Do not practice homosexuality; it is a detestable sin. "

God will judge those who practice homosexual behavior ([Romans 1:18-32](#)) For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness, because what may be known of God is manifest in them, for God has shown *it* to them. For since the creation of the world His invisible *attributes* are clearly seen, being understood by the things that are made, *even* His eternal power and Godhead, so that they are without excuse, because, although they knew God, they did not glorify *Him* as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, they became fools, and changed the glory of the incorruptible God into an image made like corruptible man--and birds and four-footed animals and creeping things. Therefore God also gave

them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, who exchanged the truth of God for the lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen. For this reason God gave them up to vile passions. For even their women exchanged the natural use for what is against nature. Likewise also the men, leaving the natural use of the woman, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due. And even as they did not like to retain God in *their* knowledge, God gave them over to a debased mind, to do those things which are not fitting; being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; *they are* whisperers, backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, undiscerning, untrustworthy, unloving, unforgiving, unmerciful; who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

Homosexual behavior has no place among Christians ([1 Corinthians 6:9-10](#))
Avoiding Sexual Sin.

Don't you know that those who do wrong will have no share in the Kingdom of God? Don't fool yourselves. Those who indulge in sexual sin, who are idol worshipers, adulterers, male prostitutes, homosexuals, thieves, greedy people, drunkards, abusers, and swindlers—none of these will have a share in the Kingdom of God.

FOUL LANGUAGE

Foul language is not fitting for a Christian ([Ephesians 5:4](#))... neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks.

Our speech reflects our relationship with God ([Colossians 4:6](#)) *Let* your speech always *be* with grace, seasoned with salt, that you may know how you ought to answer each one.

Our speech should be an example to others ([1 Timothy 4:12](#))... but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity ...

GUILT

Guilt causes us to hide from God ([Genesis 3:7-11](#)) Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings. And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden. Then the LORD God called to Adam and said to him, "Where *are* you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." And He said, "Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?"

Ask God to forgive hidden sins ([Psalm 19:12-13](#)) How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep me from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin.

God forgives sins and removes guilt ([Psalm 32:5](#)) Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.

God can cleanse us from all sin ([Psalm 51:2](#)) Wash me clean from my guilt. Purify me from my sin.

All people are guilty of sin ([Romans 3:9-12](#)) What then? Are we better *than they*? Not at all. For we have previously charged both Jews and Greeks that they are all under

sin. As it is written: *"There is none righteous, no, not one; There is none who understands; There is none who seeks after God. They have all turned aside; They have together become unprofitable; There is none who does good, no, not one." "Their throat is an open tomb; With their tongues they have practiced deceit"; "The poison of asps is under their lips"; "Whose mouth is full of cursing and bitterness." "Their feet are swift to shed blood; Destruction and misery are in their ways; And the way of peace they have not known." "There is no fear of God before their eyes."*

Jesus Christ takes away all guilt ([Romans 3:23-24](#))...for all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth *as* a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed, to demonstrate at the present time His righteousness, that He might be just and the justifier of the one who has faith in Jesus.

DARKNESS, SPIRITUAL

Ever have a Dark Night? Ever have a dark week, month, year or years?

Can you describe this dark night? Is it like God has forsaken you? Is it like you lost the “fire” you once had? Is it like you cannot see Him working in your life anymore? Is it like He has withdrawn His Spirit from you? Abandoned you? Were you or are you confused by this?

What happened to the God of your First Love? Have you seen loved ones you prayed for pass away? Have you seen family and friends abandon you in your time of need? Has that perfect job that you believed was from God fallen through? And how about that perfect Christian marriage that fell apart that you knew was ordained by God?

Have you felt that God is punishing you for some sin of yours or your ancestors?

Do you or have you believed that there must be something you can do to bring back or to renew that Spirit within you?

You need the right Bible Study, you need the right Church, you need to tithe more, you need to stop some sin, you need, you need, you need, you need..... Get the picture? It is all about us! Not about HIM!

Yes we can worship Him when things are going great, yes we can try to help another when we are feeling spiritual, yes WE can, yes WE can, yes WE can,..... Get the picture?

Fighting the WILL of God in good or bad times just prolongs our maturity as Christians and prevents God from transforming us into His Image in His TIME and in His WAY.

These are the times that God tests our Love and Trust for Him. If you do not want to go through trials and tests then Christianity is not for you. Taking up His Cross daily means just that, not making God into our image and what we want Him to be but accepting Him as He is, a loving caring Father who will never leave us and never stop loving us, in fact, the dark nights are all part of His love because it is during these times that He is perfecting Himself in us.

Think any of this is biblical? You bet. Just take a look at all of the great leaders in the Bible (including Jesus Himself), who experienced the feeling of either being tested by God, put through trials, or totally abandoned, only for God to show in the end that He was true to His promises. As we see in the stories of Abraham, Joseph, David, Elijah, Moses, and Job. These had a love for God that enabled them not to wither in their faith and eventually found favor with God for it.

Many, many believers have fallen away because they could not deal with

A God who would not always give them ice cream with a cherry on top!

We should be followers of Jesus like Jesus heals. Jesus heals totally, He does no half measures.

When you are healed by Jesus that is it, finished, you are no longer beleaguered with whatever your problem was.

So we must not just do what He asks us to do, but we must also accept all that He allows in our lives.

God will not fellowship with sin. He forgives sin, but will not fellowship with it. Once you come to Jesus He will use all the events in your life to rid you of sin and self, so that He can replace us with Himself.

God's Word enlightens us ([Psalm 119:105](#)) Your word is a lamp for my feet and a light for my path.

The way of wicked people is darkness ([Proverbs 4:19](#)) But the way of the wicked is like complete darkness. Those who follow it have no idea what they are stumbling over.

Jesus brings light to darkened lives ([John 1:5](#)) The light shines through the darkness, and the darkness can never extinguish it.

Living without God is living in spiritual darkness ([Acts 26:17-18](#)) ' And I will protect you from both your own people and the Gentiles. Yes, I am going to send you to the Gentiles, to open their eyes so they may turn from darkness to light, and from the power of Satan to God. Then they will receive forgiveness for their sins and be given a place among God's people, who are set apart by faith in me.'

Christians do not live in spiritual darkness ([Ephesians 5:8](#)) For though your hearts were once full of darkness, now you are full of light from the Lord, and your behavior should show it!

God rescued us from eternal darkness ([Colossians 1:13](#)) For he has rescued us from the one who rules in the kingdom of darkness, and he has brought us into the Kingdom of his dear Son.

There is no darkness in Jesus ([1 John 1:5](#)) Living in the Light.

This is the message he has given us to announce to you: God is light and there is no darkness in him at all.

Sinners' eternal punishment will be in darkness ([Jude 1:4-13](#)) I say this because some godless people have wormed their way in among you, saying that God's forgiveness allows us to live immoral lives. The fate of such people was determined long ago, for they have turned against our only Master and Lord, Jesus Christ.

I must remind you—and you know it well—that even though the Lord [Some manuscripts read *Jesus*.] rescued the whole nation of Israel from Egypt, he later destroyed every one of those who did not remain faithful.

And I remind you of the angels who did not stay within the limits of authority God gave them but left the place where they belonged. God has kept them chained in prisons of darkness, waiting for the day of judgment.

And don't forget the cities of Sodom and Gomorrah and their neighboring towns, which were filled with sexual immorality and every kind of sexual perversion. Those cities were destroyed by fire and are a warning of the eternal fire that will punish all who are evil.

Yet these false teachers, who claim authority from their dreams, live immoral lives, defy authority, and scoff at the power of the glorious ones. [*The glorious ones* are probably evil angels.]

But even Michael, one of the mightiest of the angels, did not dare accuse Satan of

blasphemy, but simply said, "The Lord rebuke you." (This took place when Michael was arguing with Satan about Moses' body.)

But these people mock and curse the things they do not understand. Like animals, they do whatever their instincts tell them, and they bring about their own destruction.

How terrible it will be for them! For they follow the evil example of Cain, who killed his brother. Like Balaam, they will do anything for money. And like Korah, they will perish because of their rebellion.

When these people join you in fellowship meals celebrating the love of the Lord, they are like dangerous reefs that can shipwreck you. [Or *they are contaminants among you*, or *they are stains*.] They are shameless in the way they care only about themselves. They are like clouds blowing over dry land without giving rain, promising much but producing nothing. They are like trees without fruit at harvest time. They are not only dead but doubly dead, for they have been pulled out by the roots. They are like wild waves of the sea, churning up the dirty foam of their shameful deeds. They are wandering stars, heading for everlasting gloom and darkness.

FAITH

Faith is not just a single act, though faith often begins with a single act. Nor is it only a body of doctrine to which one gives assent, though what one believes can be described in statements of faith. Faith is an action, a commitment of one's life to Jesus Christ. "To faith" (Fowler, *Faith Development*) is a process of continual growth, development and Christian nurture from less to more mature stages. The concept of [spiritual growth](#) and development is found throughout Scripture. The

disciples ask for an increased faith ([Luke 17:5](#)). Faith continues to grow ([1 Cor. 3:1-6](#); [2 Cor. 10:15](#)).

A childlike faith is essential to begin the process of believing in Jesus. Then with the help of God you can begin your own personal responsibility for your spiritual growth. Believing God takes faith. ([Genesis 15:6](#)) And Abram believed the LORD, and the LORD declared him righteous because of his faith. This following stage in Christian growth can be seen as the reaching of an unwavering faith.

As Paul said, they are doing “everything to stand . . . firm” ([Ephes. 6:13](#)). They continually seek God in and for all aspects of their lives. Models and mentors are not necessary and are sometimes distractions. Categories and content of faith are filled, renewed, rearranged and revised as they read, study and meditate on Scripture and as the Holy Spirit interacts with their own hearts and minds. They walk in the Spirit. They realize that they must strive mightily to present themselves as mature in Christ (see [Col. 1:20-23](#)). Their lives are being changed consistently because of their own constant seeking for spiritual renewal and development. They are “spiritually self-actualizing” Christians. The Christian community is a place for corporate [worship](#) and ministry with the internal community and from which to minister to the world.

Only a small amount of faith is needed ([Luke 17:6](#)) "Even if you had faith as small as a mustard seed," the Lord answered, "you could say to this mulberry tree, 'May God uproot you and throw you into the sea,' and it would obey you!"

Faith is needed for salvation ([Romans 3:28](#)) Therefore we conclude that a man is justified by faith ...

Faith puts us in a right relationship with God ([Romans 5:1](#)) Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

Faith comes from hearing the Word of God ([Romans 10:17](#)) So then faith *comes* by hearing, and hearing by the word of God.

Accept the person who has weak faith ([Romans 14:1](#)) The Danger of Criticism

Accept Christians who are weak in faith, and don't argue with them about what they think is right or wrong.

Christianity is the only true faith ([Ephesians 4:5](#)) There is only one Lord, one faith, one baptism, ...

Faith is hoping in what is not seen ([Hebrews 11:1](#)) Now faith is the substance of things hoped for, the evidence of things not seen.

Faith accompanies obedience to God ([Hebrews 11:7-12](#)) It was by faith that Noah built an ark to save his family from the flood. He obeyed God, who warned him about something that had never happened before. By his faith he condemned the rest of the world and was made right in God's sight.

It was by faith that Abraham obeyed when God called him to leave home and go to another land that God would give him as his inheritance. He went without knowing where he was going.

And even when he reached the land God promised him, he lived there by faith—for he was like a foreigner, living in a tent. And so did Isaac and Jacob, to whom God gave the same promise.

Abraham did this because he was confidently looking forward to a city with eternal foundations, a city designed and built by God.

It was by faith that Sarah together with Abraham was able to have a child, even though they were too old and Sarah was barren. Abraham believed that God would keep his promise.[2][Some manuscripts read *It was by faith that Sarah was able to have a child, even though she was too old and barren. Sarah believed that God would keep his promise.*]

And so a whole nation came from this one man, Abraham, who was too old to have any children—a nation with so many people that, like the stars of the sky and the sand on the seashore, there is no way to count them.

In his book, *Combat Faith*, Hal Lindsey describes a few of the Scriptural promises that come to us through faith: “We are born unto eternal life through faith; we are declared righteous before God by faith; we are forgiven by faith; we are healed by faith; we understand the mysteries of creation by faith; we learn God’s Word by faith; by faith we understand things to come; we walk by faith and not by sight; we overcome the world by faith; we enter God’s rest by faith; and we are controlled and empowered by the Holy Spirit by faith.”

CHAPTER 16

THE HOLY SPIRIT

His Names

GOD

But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back *part* of the price of the land for yourself? While it remained, was it not your own? And after it was sold, was it not in your own control? Why have you conceived this thing in your heart? You have not lied to men but to God."

[Acts 5:3-4](#)

LORD

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

[2 Cor 3:18](#)

SPIRIT

But God has revealed *them* to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.

[1 Cor 2:10](#)

SPIRIT OF GOD

Do you not know that you are the temple of God and *that* the Spirit of God dwells in you?

[1 Cor 3:16](#)

SPIRIT OF TRUTH

"But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. And you also will bear witness, because you have been with Me from the beginning. [John 15:26-27](#)

ETERNAL SPIRIT

... how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?

[Heb 9:14](#)

His Attributes

ETERNAL

... how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?

[Heb 9:14](#)

OMNIPOTENT

And the angel answered and said to her, "*The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God.*

[Luke 1:35](#)

OMNIPRESENT

Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You *are* there; If I make my bed in hell, behold, You *are there*. If I take the wings of the morning, *And* dwell in the uttermost parts of the sea, Even there Your hand shall lead me, And Your right hand shall hold me.

[Psalms 139:7-10](#)

WILL

But one and the same Spirit works all these things, distributing to each one individually as He wills.

[1 Cor 12:11](#)

LOVES

Now I beg you, brethren, through the Lord Jesus Christ, and through the love of the Spirit, that you strive together with me in prayers to God for me,

[Romans 15:30](#)

SPEAKS

Then the Spirit said to Philip, "Go near and overtake this chariot."

[Acts 8:29](#) (

As they ministered to the Lord and fasted, the Holy Spirit said,

[Acts 13:2](#)

SYMBOLS OF THE HOLY SPIRIT

DOVE

When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice *came* from heaven, saying, "This is My beloved Son, in whom I am well pleased."

[Matt 3:16-17](#)

WIND

The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit."

[John 3:8](#)

FIRE

Then there appeared to them divided tongues, as of fire, and *one* sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.

[Acts 2:3-4](#)

SINS AGAINST THE HOLY SPIRIT

BLASPHEMY

"Therefore I say to you, every sin and blasphemy will be forgiven men, but the blasphemy *against* the Spirit will not be forgiven men. Anyone who speaks a word against the Son of Man, it will be forgiven him; but whoever speaks against the Holy Spirit, it will not be forgiven him, either in this age or in the *age* to come.

[Matt 12:31-32](#)

UNBELIEF

You stiffnecked and uncircumcised in heart and ears! You always resist the Holy Spirit;

[Acts 7:51](#)

INSULT

Of how much worse punishment, do you suppose, will he be thought worthy who has trampled the Son of God underfoot, counted the blood of the covenant by which he was sanctified a common thing, and insulted the Spirit of grace?

[Heb 10:29](#)

LIED TO

But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back *part* of the price of the land for yourself?

[Acts 5:3](#)

GRIEVED

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

[Eph 4:30](#)

QUENCH

Do not quench the Spirit.

[1 Thess 5:19](#)

POWER IN CHRIST'S LIFE

CONCEIVED OF

Now the birth of Jesus Christ was as follows: After His mother Mary was betrothed to Joseph, before they came together, she was found with child of the Holy Spirit. Then Joseph her husband, being a just *man*, and not wanting to make her a public example, was minded to put her away secretly. But while he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit.

[Matt 1:18-20](#)

BAPTISM

Then Jesus came from Galilee to John at the Jordan to be baptized by him. And John *tried to* prevent Him, saying, "I need to be baptized by You, and are You coming to me?"

But Jesus answered and said to him, "Permit *it to be so* now, for thus it is fitting for us to fulfill all righteousness." Then he allowed Him. When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice *came* from heaven, saying, "This is My beloved Son, in whom I am well pleased."

[Matt 3:13-17](#)

LED BY

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness,

[Luke 4:1](#)

FILLED WITH POWER

Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

[Luke 4:14](#)

"The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;

[Luke 4:18](#)

WITNESS OF JESUS

"But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me.

[John 15:26](#)

RAISED JESUS

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

[Romans 8:11](#)

THE WORKS OF THE HOLY SPIRIT

Access to God - For through Him we both have access by one Spirit to the Father.

[Eph 2:18](#)

Anoints for Service - *"The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;*[Luke 4:18](#)

Assures - For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God, [Romans 8:15-16](#)

And because you are sons, God has sent forth the Spirit of His Son into your hearts, [Gal 4:6](#)

Authors Scripture - knowing this first, that no prophecy of Scripture is of any private interpretation, for prophecy never came by the will of man, but holy men of God spoke *as they were* moved by the Holy Spirit. [2 Peter 1:20-21](#)

Baptizes - He said: "I am *'The voice of one crying in the wilderness: "Make straight the way of the LORD,"* ' as the prophet Isaiah said." Now those who were sent were from the Pharisees. And they asked him, saying, "Why then do you baptize if you are not the Christ, nor Elijah, nor the Prophet?" John answered them, saying, "I baptize with water, but there stands One among you whom you do not know. It is He who, coming after me, is preferred before me, whose sandal strap I am not worthy to loose." These things were done in Bethabara beyond the Jordan, where John was baptizing. The next day John saw Jesus coming toward him, and said, "Behold! The Lamb of God who takes away the sin of the world! This is He of whom I said, 'After me comes a Man who is preferred before me, for He was before me.' I did not know Him; but that He should be revealed to Israel, therefore I came baptizing with water." And John bore witness, saying, "I saw the Spirit descending from heaven like a dove, and He remained upon Him. I did not know Him, but He who sent me to baptize with water said to me, 'Upon whom you see the Spirit descending, and remaining on Him, this is He who baptizes with the Holy Spirit.' And I have seen and testified that this is the Son of God." [John 1:23-34](#)

For by one Spirit we were all baptized into one body--whether Jews or Greeks, whether slaves or free--and have all been made to drink into one Spirit. For in fact the body is not one member but many [1 Cor 12:13-14](#)

Believers Born of - Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. John 3:3-6

Calls and Commissions -

Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood. Acts 20:28

Cleanses - ... to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time. 1 Peter 1:4-5

Convicts of sin - He will convict the world of sin, and of righteousness, and of judgment: of sin, because they do not believe in Me; John 16:8-9

Creates - The Spirit of God has made me, And the breath of the Almighty gives me life. Job 33:4

Empowers - For our gospel did not come to you in word only, but also in power, and in the Holy Spirit and in much assurance, as you know what kind of men we were among you for your sake. 1 Thess 1:5

Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high." Luke 24:49

Fills - And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. [Acts 2:4](#)

Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus." And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness. [Acts 4:29-31](#)

Gives gifts - But the manifestation of the Spirit is given to each one for the profit *of all*: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another *different* kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills. 1 Cor 12:7-11

Glorifies Christ - He will glorify Me, for He will take of what is Mine and declare *it* to you. All things that the Father has are Mine. Therefore I said that He will take of Mine and declare *it* to you. John 16:14-15

Guides in truth - However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own *authority*, but whatever He hears He will speak; and He will tell you things to come. John 16:13

Inspires prayer - ... praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints- [Eph 6:18](#)

But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, [Jude 1:20](#)

Intercedes - Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Romans 8:26

Interprets Scripture - But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them*, because they are spiritually discerned. But he who is spiritual judges all things, yet he himself is *rightly* judged by no one. For "*who has known the mind of the LORD that he may instruct Him?*" But we have the mind of Christ. [1 Cor 2:14-16](#)

...that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what *is* the exceeding greatness of His power toward us who believe, according to the working of His mighty power ^{which} He worked in Christ when He raised Him from the dead and seated *Him* at His right hand in the heavenly *places*, far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. And He put all *things* under His feet, and gave Him *to be* head over all *things* to the church, which is His body, the fullness of Him who fills all in all. [Eph 1:17-23](#)

Leads -

¹⁴ For as many as are led by the Spirit of God, these are sons of God. Romans 8:14

Liberates -

For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. Romans 8:2

Produces fruit - But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those *who are* Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Gal 5:22-25

Raises from the dead - But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Romans 8:11

Regenerates - not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, Titus 3:5

Sanctifies - ...that I might be a minister of Jesus Christ to the Gentiles, ministering the gospel of God, that the offering of the Gentiles might be acceptable, sanctified by the Holy Spirit. Therefore I have reason to glory in Christ Jesus in the things *which pertain* to God. For I will not dare to speak of any of those things which Christ has not accomplished through me, in word and deed, to make the Gentiles obedient-- Romans 15:16-18

Seals - In Him you also *trusted*, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory. [Eph 1:13-14](#)

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. [Eph 4:30](#)

Strengthens - And my speech and my preaching *were* not with persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith should not be in the wisdom of men but in the power of God. 1 Cor 2:4-5

...that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what *is* the width and length and depth and height-- to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. [Eph 3:16-19](#)

But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." [Acts 1:8](#)

Teaches - But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. John 14:26

Testifies of Jesus - "But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. John 15:26

Indwells believers - But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. And if Christ *is* in you, the body *is* dead because of sin, but the Spirit *is* life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Romans 8:9-11

CHAPTER 17

SIN CHECKLIST

Is client perpetrator or victim?

Perpetrator

Victim

Self-Pity

Self-Justification

Self-Importance

Self-Condemnation

Dishonesty

Impatient

Resentments

False Pride

Jealousy

Envy

Laziness _____

Procrastinate _____

Insincerity _____

Negative Thinking _____

Immoral Thinking _____

Criticizing _____

Fear _____

Greed _____

Stealing _____

Lust

Gluttony _____

Gossip

Note: place a check mark under or next to the sin to show whether the client is the perpetrator, victim, or both, of the particular sin.

NOTES

All Scripture quotations are taken from the NIV, NASV, NAB, NLT, KJV, NKJV, or DARY'S Translation.

Scripture taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All right reserved.

The Christian 12 Step Recovery Program, the Sins used in the Sin Checklist, are taken from "A Christian 12 Step Recovery Program. Copyright © 2008 by Recovered Through Christ.

The sin Scriptures are taken from God's Word Application Index, Nave's Topics, New Topical Textbook, NLTse Bible Verse Finder and AMG's Encyclopedia of Bible Facts.

The Scripture verses for the emotional and spiritual problems were taken from The Complete Book of Everyday Christianity and The Treasury of David.

Most other references not mentioned here can be found in the workbook, "A Christian 12 Step Recovery Program."

This "How To Guide" can be used without permission by Ministers, Clergy, Christian counselors, Spiritual Counselors, Pastoral Counselors, and all layman who want to live and minister the saving grace and righteousness of Jesus Christ.

ABOUT THE MINISTRY

Recovered Through Christ is a teaching, counseling, and publishing ministry. We offer a 12 Step approach to many problems people have in their lives. Since 1981 the ministry has been helping those in need to live a more holy Godly life.

Besides being a Christian publisher we also give to the poor and conduct Bible Studies for Senior Citizens.

For more information please go to: www.recoveredthroughchrist.com

