

Passages to Teach / Walk Them Through in a Session

○ I Corinthians 15:10 **Real Change Involves a Grace-Empowered Effort**

I Cor. 15:10 “But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me.”

God’s Grace  **My Effort**  **God’s Grace**

○ James 4:5-12 **God Gives More than Enough Grace... But that Grace Should Empower Us to Put Forth Real Effort**

⁵Or do you suppose it is to no purpose that the Scripture says, “He yearns jealously over the spirit that he has made to dwell in us”? ⁶But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” ⁷Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. ⁹Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. ¹⁰Humble yourselves before the Lord, and he will exalt you.

¹¹Do not speak evil against one another, brothers. The one who speaks against a brother or judges his brother, speaks evil against the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. ¹²There is only one lawgiver and judge, he who is able to save and to destroy. But who are you to judge your neighbor?”

v. 6 – He gives more than enough grace (see also Rom. 5:20 “where sin abounds grace abounds MUCH MORE”)

v. 7 – But pride will cut you off from that grace (‘God opposes the proud’)

v. 7-9

Submit to God

Resist the Devil

Draw near to God

Cleanse your hands (outward sinful actions)

Purify your hearts (inward sinful treasure / priorities)

v. 10 – Again! ‘Humble yourselves before the Lord’ He STARTS with humility in **v. 7** and repeats it again in **v. 10**

v. 11-12 Get your focus off the other person

○ **Ephesians 4:1-3, 17-24 What Does Real Change Look Like?**

- v 19 NIV ‘with a continual lust for more’

- v 17-18

Futility
Darkened
Alienated
Blindness
Past feeling

- v 22-24

v. 22 Put off the old man that grows corrupt according to deceitful lusts

v. 23 Be renewed in spirit of your mind

v. 24 Put on the new man – created in holiness

- v 25-29

Not lying but speaking truth
Not stealing but giving away
Not corrupt words but words that edify and impart grace

- v 30 when you don’t, you GRIEVE the Holy Spirit in you

- v 31 Progression of interpersonal hostility:

Bitterness
Wrath - slow internal burn
Anger - outburst
Clamor - public outburst in front of other people
Evil speaking
Malice - intent to harm them

- v 32 Forgive!

Why??? EVEN AS God...

Other verses ‘Just as...’

Col. 3:12-19 ¹² Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; ¹³ 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. ¹⁴ But above all these things put on love, which is the bond of perfection. ¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. ¹⁶ Let the word of Christ dwell in

you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. ¹⁷ And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

¹⁸ Wives, submit to your own husbands, as is fitting in the Lord.

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

Mt. 18:33 Should you not also have had compassion on your fellow servant, **just as** I had pity on you?

○ **Hebrews 11:5-11 You'll Never Please God without Exercising Faith**

5-7 sessions into the counseling, after key areas of sin have been identified, and a repentance plan is in place, walk through this passage to REMIND them of how we started with **2 Cor. 5:9** (the GOAL is to please Him). Now that areas are identified they may be struggling with 'This is not who I am,' 'It's scary to think of moving in a new direction,' etc., etc.

Emphasize to them the importance now of FAITH in what God says / promises, even if you don't feel it or have never experienced this new direction before

v. 6 'without faith it is impossible to please Him'

v. 7-11 Point out how:

- Noah build the ark even though he'd never seen rain
- Abraham obeyed God and stepped out 'not knowing where he was going'
- Sarah knew she was past the age of child bearing but 'considered Him faithful who had promised'

○ **Hebrews 4:2, Etc. More on the Critical Nature of Faith in Counseling**

- You must **understand God's Word / truth**
- You must **agree with God's Word / truth**
- You must **depend upon God's Word / truth**. This means trusting God and His Word enough to stake your future on it. Faith always has one eye fixed on the future, and this affects the way they view the present

Hebrews 4:2 "...but the word which they heard did not profit them, not being mixed with faith in those who heard it."

NIV "...but the message they heard was of no value to them, because those who heard did not combine it with faith."

Hebrews 11:6 “But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

Mark 6:5-6 “⁵ Now He could do no mighty work there, except that He laid His hands on a few sick people and healed them. ⁶ And He marveled because of their unbelief. Then He went about the villages in a circuit, teaching.”

- What about you?
- Can Jesus do a mighty work in you or not?

Jesus doesn't ever MARVEL at the level of the mess you're in. But He DOES marvel at UNBELIEF.

- Do you believe He can work? And are you willing to step out in faith and DO what He says to do in your situation... EVEN IF it seems foreign or contrary to the PATTERN of your own feelings and thoughts?

- So how do you increase your faith?

Romans 10:17 “So then faith comes by hearing, and hearing by the word of God.”

○ **Matthew 7:1-5 See Your Own Sin First, Worst, What You Should Be Working on Most**

Matt. 7:1-5 “Judge not, that you be not judged. ² For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. ³ Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? ⁴ Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.”

v. 2 – The way you see and critique your spouse is the way you'll be done by them

v. 3 – See your own sin FIRST

v. 4 – See your own sin as WORSE. Your sin is the ‘LOG’ and theirs is the SPECK. It's worse because it's yours that you will stand before God for

v. 5 – If you don't do it in this order, you're a HYPOCRITE

v. 6 – Until you begin to repent of your own sin you can't even SEE the sin of your spouse accurately and clearly

So... ASK God to help you SEE your own sin FIRST, see it as WORSE, and see it as what you need to be working on MOST.

Pray **Psalm 139:23-24** “²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!

○ **James 4:1-3 The War in Your Own Heart Leads to War (Conflict) with Others**

“What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? ² You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. ³ You ask and do not receive, because you ask wrongly, to spend it on your passions.”

v. 1 – ‘... your passions are at war with you’ It’s a WAR inside of your that leads to a WAR with those around you!

v. 2 – ‘You desire and do not have...’ DESIRE – epithumia – any desire that is strong enough that it MOTIVATES behavior.

v. 3 – You pray and don’t receive because you pray with ‘wrong motives’ (NIV). Usually, ‘Lord, change her/him. Move them out of my way. Help me get what I want!’

○ **Ezekiel 14:1-7 Your Heart’s Idolatry Messes Up Your Vertical and Horizontal Relationships**

“Then certain of the elders of Israel came to me and sat before me. ² And the word of the LORD came to me: ³ “Son of man, these men have taken their idols into their hearts, and set the stumbling block of their iniquity before their faces. Should I indeed let myself be consulted by them? ⁴ Therefore speak to them and say to them, Thus says the Lord GOD: Any one of the house of Israel who takes his idols into his heart and sets the stumbling block of his iniquity before his face, and yet comes to the prophet, I the LORD will answer him as he comes with the multitude of his idols, ⁵ that I may lay hold of the hearts of the house of Israel, who are all estranged from me through their idols.

⁶ “Therefore say to the house of Israel, Thus says the Lord GOD: Repent and turn away from your idols, and turn away your faces from all your abominations. ⁷ For any one of the house of Israel, or of the strangers who sojourn in Israel, who separates himself from me, taking his idols into his heart and putting the stumbling block of his iniquity before his face, and yet comes to a prophet to consult me through him, I the LORD will answer him myself.”

v. 3 – We are the ones that do it

It causes us to stumble into other sin (‘set the stumbling block of his iniquity’)
3X – v. 2, 4, 7

v. 5 – You will feel estranged / distant from God

v. 6 – Repent of idolatry

○ **Ephesians 5:18 – 6:12 Don't Miss or Marginalize Christ in Your Marriage Struggles**

Paul's approach to marriage is that Christ is the reference point for all our actions in marriage. If you MISS or MARGINALIZE Christ... then marriage makes no sense... 'cause you'll have no reason to approach marriage the way God calls us to.

6x in 8 verses he uses the word "as" or "just as"

v. 22 - Wives should submit to their husbands "as to the Lord"

v. 23 – For the husband is head of the wife, "as also Christ is head of the church"

v. 24 –Therefore "just as" the church is subject to Christ, so let wives be to their own husbands

v. 25 - Husbands love your wives "just as Christ also loved the church and gave himself for it"

v. 29 - Husbands should nourish and cherish wives, "just as Christ does the church"

You see... if you eliminate Christ... and you just THROW the SPOTLIGHT on one man and one woman, NAKED on the stage of marriage...

- with no RESOURCES greater than their own...
- and no DRAMA bigger than their own wish list of 'What I Want' versus 'What she wants'...
- you have DOOMED that marriage to a war zone and ultimate failure.

God never designed for marriage to work well without Jesus Christ at the center of it.

And we can't do it in our own strength. We really DON'T have what it takes to DO marriage... but we DO have everything it takes to DESTROY one!

That's why this marriage passage is surrounded by some other critical information.

5:18 – Be filled with the Spirit '... be filled with the Spirit'

5:20 – Be thankful '... giving thanks'

5:21 – Be ready to lay down your 'rights' '... submitting to one another'

6:12 – Be alert to who the real enemy is that wants to destroy your marriage – Satan

'For we do not wrestle against flesh and blood but against principalities...'

6:13 – Be armed for spiritual battle 'Therefore take up the whole armor of God...'

6:16 – Be full of faith 'Above all, taking the shield of faith'

6:18 – Be praying constantly ‘Praying always with all prayer and supplication in the Spirit’

○ **James 3:13-18 A Culture of Rivalry in Marriage**

Walk through the passage. Then assign the ‘Rivalry of Marriage’ Worksheet I created from Jeremy Pierre’s material

¹³ Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom. ¹⁴ But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. ¹⁵ This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. ¹⁶ For where jealousy and selfish ambition exist, there will be disorder and every vile practice. ¹⁷ But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. ¹⁸ And a harvest of righteousness is sown in peace by those who make peace.”

○ **Phil. 2:1-14 Trust God and Stop Promoting and Protecting Self**

V. 1 – Since – same as ‘If’ in the Greek

- consolation in Christ – the act of giving relief or comfort in affliction
- comfort of love – comfort you feel when consoled in times of disappointment
- fellowship of the Spirit – sharing in the activities or privileges of an intimate association
- affection and mercy – (splanchna) deeply felt compassion & deep awareness of and sympathy for another’s suffering

Since v. 1 is true of every believer...

Then...

v. 2 – Then be unified – like-minded

How?

v. 3 –

1. Don’t be driven by selfish ambition (‘My agenda should always take precedence over yours.’)
- My agenda, my goals, my desires, my priorities
2. Don’t be conceited (‘I’m better than you’ or ‘My life is harder than yours.’)

But... requires new thinking – “in lowliness of mind” A radical change in how you act and relate to each other starts with new thinking:

- Esteem others better than yourself
- Look out not only for your own interests but also for the interests of others

- 'skopeite' – notice, look out for, perceive, discern. Frequently implies special contemplation

v. 5 – What kind of thinking? How radical?

- Jesus is our example
- Have the same mind as Jesus

v. 6 – "... who did not consider it robbery" – who didn't cling to, prize, grasp, or consider His rights.

- The Greek word originally meant – anything clutched, embraced, prized, grasped, held onto – as a non-negotiable, inalienable right!

v. 12 – "Work out your salvation" – 'Katergazomai' – to put something into effect entirely or thoroughly. The Gospel should impact your marriage

v. 14 – "Do all things without complaining or disputing"

- complaining / grumbling – 'gongysmos' – a complaint uttered in a low or indistinct tone. To mutter, to murmur
- disputing – 'dialogismos' - debate, a deliberating, questioning, a discussion in which reasons are advanced for and against some proposal

○ **Psalm 81** **God Can Satisfy You in Unlikely Places / Ways**

¹⁰I am the LORD your God, who brought you out of the land of Egypt; open your mouth wide, and I will fill it. ¹¹"But My people would not heed My voice, and Israel would have none of Me. ¹²So I gave them over to their own stubborn heart, to walk in their own counsels. ¹³"Oh, that My people would listen to Me, that Israel would walk in My ways! ¹⁴I would soon subdue their enemies, and turn My hand against their adversaries. ¹⁵The haters of the LORD would pretend submission to Him, but their fate would endure forever. ¹⁶He would have fed them also with the finest of wheat; and with honey from the rock I would have satisfied you."

V. 10 – For us today is the cross and resurrection of Jesus Christ! That is our New Covenant redemption / deliverance moment that started our walk with God

V. 11. – But you can still refuse to listen to God's voice (God's Word) and not want what God wants ('would have none of Me)

V. 12 – 'So He gave them over to their own stubborn heart, to walk in their own counsels.' If you resist enough, God will give you over to your own ways... just so that you can taste the fruit of what you think will be satisfaction and freedom

V. 13 – ‘Oh, that My people would listen to Me... walk in My ways!’

V. 16 – ‘He would have fed them also with the finest wheat; and with honey from the rock I would have satisfied you.’

Refusal to LISTEN to God and FOLLOW His ways in your life will LIMIT the degree to which He can satisfy you.

You don't think where you are now or what He wants you to do could ever be satisfying or sweet. But as you refuse God's ways and persist in your own, you stay so dissatisfied and bitter, thinking sweetness and satisfaction will be found in getting what you want. But it's a lie.

The phrase, ‘honey from the rock,’ means that God can provide for you and satisfy you with sweetness in some of the most unlikely places.

○ **Psalm 78 Craving to Please Self vs. Pleasing God**

v. 29 'He gave them their own desire. They were not deprived of their craving...

v. 33 'Therefore their days He consumed in futility; and their years in fear.' Futility and fear are the fruits of not trusting God or being content with where you are and what you have.

Futility and fear are the fruits of not trusting God, not being content with where you are and what you have, and striving to feed your desire for something more or better.

Look at **v. 40-43** – that when you doubt God's power and refuse to trust Him you:

- Provoke Him (v. 40)
- Grieve Him (v. 40)
- Limit Him (v. 41)

- What have you lost sight of?

They did not remember His power... when He redeemed them from the enemy (v. 42). The verse refers to the Jewish exodus from Egypt but we have an even greater redemption event - the death and resurrection of Jesus!

They were characterized by ignoring God's previous acts of power and faithfulness.

- What about you?

See **Rom. 8:31-32** 'He who did not spare His own Son, but delivered Him up for us all, how shall He not also with Him freely give us all things?'

He'll give you what you need!

○ **Psalm 106:6-15** **Have You Forgotten What God Has Done?**

⁶We have sinned with our fathers,
 We have committed iniquity,
 We have done wickedly.
⁷Our fathers in Egypt did not understand Your wonders;
 They did not remember the multitude of Your mercies,
 But rebelled by the sea—the Red Sea.
⁸Nevertheless He saved them for His name's sake,
 That He might make His mighty power known.
⁹He rebuked the Red Sea also, and it dried up;
 So He led them through the depths,
 As through the wilderness.
¹⁰He saved them from the hand of him who hated *them*,
 And redeemed them from the hand of the enemy.
¹¹The waters covered their enemies;
 There was not one of them left.
¹²Then they believed His words;
 They sang His praise.
¹³They soon forgot His works;
 They did not wait for His counsel,
¹⁴But lusted exceedingly in the wilderness,
 And tested God in the desert.
¹⁵And He gave them their request,
 But sent leanness into their soul.

- V. 7 – Did not understand Your wonders
 Did not remember the multitude of Your mercies
 But rebelled
- V. 8 – Nevertheless He saved them for His name's sake
- V. 9 – He led them through the depths... wilderness
- V. 10 – He redeemed them from hand of enemy (Satan)
- V. 12 – Then they believed His words
- V. 13 – They soon forgot His works
 They did not wait on His counsel
- V. 14 – But lusted exceedingly

V. 15 – He gave them their request but sent leanness into their soul

The Message - He gave them exactly what they asked for— but along with it they got an empty heart.

○ **Isaiah 50** **Trusting God vs. Lighting Your Own Fire**

Isaiah 50:10–11 (NLT)

¹⁰ Who among you fears the LORD
and obeys his servant?
If you are walking in darkness,
without a ray of light,
trust in the LORD
and rely on your God.
¹¹ But watch out, you who live in your own light
and warm yourselves by your own fires.
This is the reward you will receive from me:
You will soon fall down in great torment.

NIV

¹⁰ Who among you fears the LORD
and obeys the word of his servant?
Let him who walks in the dark,
who has no light,
trust in the name of the LORD
and rely on his God.
¹¹ But now, all you who light fires
and provide yourselves with flaming torches,
go, walk in the light of your fires
and of the torches you have set ablaze.
This is what you shall receive from my hand:
You will lie down in torment.

○ **Jeremiah 17** **Trusting God vs. Trusting in Self and Other People**

Jeremiah 17 is a hallmark passage for biblical counseling. The reason we often teach this passage is because it highlights what is fundamentally wrong with our hearts: we were made to trust God, but we all choose to trust in our own flesh instead. The text beautifully depicts the outworking of this harmful choice, but also gives a stirring call to repentance. I like to use this passage early in the counseling process to teach counselees about their hearts and set the stage for the rest of our agenda. Without this basic biblical understanding of the heart, it is difficult for counselees to understand how to resolve their presenting problems. Jeremiah 17 can be broken down into the following sections that emphasize different points of application:

1) Consider the context and set the stage (vv. 1-4). The passage begins with the Lord’s declaration of Judah’s guilt. You can begin the teaching by asking your counselee to read verses 1-4 and then tell you the sins of Judah that they notice. Judah has embraced other gods and they have not instructed their children in the way of the Lord. Help your counselee to understand what the outworking of sin looks like for Judah. This will help them identify the fruit and thorns of idolatry in their own hearts.

2) The man who trusts in man (vv. 5-6). Jeremiah 17:5-6 says,

“Thus says the Lord:

“Cursed is the man who trusts in man
and makes flesh his strength,
whose heart turns away from the Lord.

He is like a shrub in the desert,
and shall not see any good come.

He shall dwell in the parched places of the wilderness,
in an uninhabited salt land.”

Have your counselee read the text and then ask them what happens to the heart that turns away from God. Make sure they see the repetition of the imagery in this passage—such as the shrub in the desert, parched places of the wilderness, and uninhabited salt land. This will help establish contrast later in verses 7-8. Also point out to them the second half of verse 6: “and shall not see any good come.” Ask your counselee how they’ve felt parched and dry in their life—allow them time to consider the barrenness of heart they’ve experienced. Remind them that the Israelites turned to idols and sought the desires of their own hearts. Help them understand how they have elevated their own desires above trust in God.

3) The man who trusts God (vv. 7-8). Jeremiah 17:7-8 says,

“Blessed is the man who trusts in the Lord,
whose trust is the Lord.

He is like a tree planted by water,
that sends out its roots by the stream,
and does not fear when heat comes,
for its leaves remain green,
and is not anxious in the year of drought,
for it does not cease to bear fruit.”

Praise God that the text does not leave us there! Similarly to the above section, have your counselee read through the section and ask them to identify the contrasting images such as a tree planted by water, roots by a stream, green leaves, never ceasing to bear fruit. Ask your counselee what happens to the tree when the drought comes. I always make sure to emphasize that drought comes in both scenarios—trusting God and trusting man. This is the heat of our lives. There will always be difficulties and suffering because of sin in the world and in us. However, look at the difference! In verses 5-6, the tree is parched and does not see any good come. In verses 7-8, the tree’s leaves remain green! Even when the drought and heat come, the tree planted by water does not fear and does not grow anxious. I often pause here and ask my counselee if they would like to experience a life of no fear or anxiety even when the worst comes. This passage tells us we can experience this through our trust in God.

4) God our authority (vv. 9-10, 13-14). Jeremiah 17:9-10 and 13 say,

“The heart is deceitful above all things,
and desperately sick;
who can understand it?

“I the Lord search the heart
and test the mind,
to give every man according to his ways,
according to the fruit of his deeds.”

“O Lord, the hope of Israel,
all who forsake you shall be put to shame;
those who turn away from you shall be written in the earth,
for they have forsaken the Lord, the fountain of living water.”

The goal in this section is to teach the counselee that their heart cannot be their own source of authority for how to live. Instead, they must turn to God. Verses 9-10 show us that our hearts are not trustworthy. But praise God He knows and reveals what is right. I remind counselees that there is residual sin in their hearts that will call to them and confuse them. We must trust in an authority outside of our own hearts. Verse 13 shows God to be the source of living water. Here we see a connection back to verse 8. God Himself is the living water for the tree. He is the water that sustains them when drought and heat come. He is “the hope of Israel.”

5) The call to hope (v. 14). Jeremiah 17:14 says,

“Heal me, O Lord, and I shall be healed;
save me, and I shall be saved,
for you are my praise.”

Always bring Gospel hope to the counselee. This passage contains rich hope. Do you, counselee, want to have water? Come to the Lord and He will heal! Though you have forsaken the living water, as we all have, come back to the Lord and trust in Him. Help your counselees to see that there is a promise here in verse 14. If we come to the Lord, He will heal and He will save. Let your counselee know that this is the goal of biblical counseling. As a counselor of God’s Word, you are uniquely positioned to walk with counselees through their life circumstances. By the power of the Holy Spirit, you can help them trust the Lord, so that they might be healed.

There is so much in Jeremiah 17 that can be fleshed out over multiple sessions. Sometimes we counselors are too quick to jump to other passages. Instead, let us model for our counselees how to walk through one part of Scripture and really pull out truths that apply to their lives. In these verses we identified truth about God and about ourselves. A useful homework application would be for them to re-read and study this passage during the coming week as well as James 4:1-10 (which can be used for teaching in the next session). Make sure to have your counselees write down what God shows them about things they are trusting in other than the Lord.

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○ **Philippians 4:5-9 How to Fight Anxiety**

V. 5 – ‘Let your gentleness be known to all’ IMPERATIVE verb tense. It’s a command!
Gentleness/Forbearance

Greek word ‘Epieikes’ – Gentle, kind, tolerant.

- It denotes legal ‘clemency’ or ‘leniency.’
 - Compassion shown towards an offender by a person charged with administering justice
 - To be merciful or tolerant in the face of moral or legal rectitude. Often used in reference to God’s kindness to us.
- Is your gentleness / tolerance / mercy known to all?
 - Is it known to Stacy?
 - Why? On what basis?

V. 5 – ‘**The Lord is near.**’ Remembering that God is in control and has been merciful to you!

V. 6 – Be anxious for nothing!

Greek word ‘Merimnao’ – A divided mind.

Merizo – To draw in different directions or distract

Nous – Mind

To brood or think moodily and anxiously about something.

V. 6 - Right praying... which includes thanksgiving!

‘And the peace of God... will guard your heart and mind’

Guard – Greek word ‘Phroureo’ – a military term of creating a garrison that will protect you from every attack of the enemy.

It is a SECURITY that is yours when you put all matters into the hand of God.

- Have you put this matter completely into the hands of God?

V. 7 - Right thinking - ‘Whatever is true...’

- True – Consistent with fact or reality

- Think – Logizomai – IMPERATIVE: Ponder, reflect, meditate on
- Same word used in **I Cor. 13:5** “Love thinks no evil” or “does not take into account a wrong suffered”
- Are you loving your spouse or judging your spouse?

V. 9 - Right acting -

Things you have...

Learned – to gain a new skill

Received – to receive authoritative teaching from an approved source

Heard – to become aware of something

Seen – to gain insight

These DO – ‘Prasso’ – to put into practice or carry out a new action

And you will not just have peace. You will have the ‘God of peace’

- Do you have peace?
- Do you want peace?

This passage shows you the path to peace. And it’s NOT what you’ve been doing for so long now.

○ **2 Corinthians 4:8-18** **The Truth of Your Trial vs. the Exaggerated Version**

2 Corinthians 4:8-18 “⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹ For we who live are always being given over to death for Jesus’ sake, so that the life of Jesus also may be manifested in our mortal flesh. ¹² So death is at work in us, but life in you.

¹³ Since we have the same spirit of faith according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak, ¹⁴ knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. ¹⁵ For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

¹⁶ So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

v. 1 – Yes, we are afflicted in ALL kinds of ways. Grk word ‘afflicted’ means to be pressed into a narrow space. It feels like the walls are closing in on us. We’re in a box with no way out.

v. 8b-9 – 4 ‘But NOTS’

- | | |
|---------------|---------------------------|
| - Afflicted | But not CRUSHED |
| - Perplexed | But not driven to DESPAIR |
| - Persecuted | But not FORSAKEN |
| - Struck down | But not DESTROYED |

v. 10 – Always carrying in the body the death of Jesus, so that the life of Jesus ALSO be manifested. Without the DYING, His life will NOT be manifested, because there will still be too much of US.

v. 11 – You must exercise FAITH in the midst of the trial, knowing what’s TRUE and what’s NOT.

v. 16 – So, we don’t lose heart. CONCLUSION of effectively practicing what was just explained above. If you don’t do the above, you will LOSE HEART

v. 16 – Outward wasting away (Grk word ‘being disabled’)

v. 17 – Whatever it is, it is LIGHT and MOMENTARY when you frame it up against ETERNITY

v. 18 – Your perspective and what you choose to FOCUS on is critical. ‘As we look not at things seen but things unseen.’ How do you do that? You must be reading your Bible!

Where you FIX your eyes is critical as to how well you ENDURE and live the Christian life. Many other passages emphasize the same thing:

Titus 2:13 (NKJV) ‘... looking for the blessed hope and glorious appearing of our great God and Savior, Jesus Christ.’

Heb. 12:1-3 “ Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. ³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”

v. 2 – “Looking to Jesus...” Grk. Word to turn away from one thing to intentionally focus on another

v. 3 – ‘Consider Him...’ Grk word for accounting. Take it into account. Factor this into the equation of your trial. Don’t leave a fresh look at Him out of the way you are processing your trial.

v. **3b** – Gives the serious consequences of NOT factoring Him in:

- (1) You'll become WEARY – Grk. 'kamno' – to be sick as the result of continual work. And it's not a physical sickness...it's a soul-sickness. Your soul SOURS!
- (2) You'll become FAINTHEARTED – Grk. 'eklyomenoi' – to unloose, as in a bow-string. To be undone. It's much more likely that you will become undone and ineffective as a weapon used in the fight for God's kingdom.

○ **Psalm 107:1-31 He Sent His Word and He Healed Them!**

V. 9 – He satisfies the longing soul, and fills the hungry soul with goodness

V. 11 – They despised the counsel of the Most High

V. 12 – He brought down their heart with labor and there was none to help

V. 14 – He brought them out of darkness... broke their chains

V. 17 – Fools because of their transgressions... were afflicted

V. 20 – He sent His Word and He healed them

V. 29 – He calms the storm so that its waters are still

V. 30 – He guides them

○ **Significance | Security | Rest**

Significance – Am I special? Does anyone care about me?

Scripture to combat trying to satisfy this longing apart from God:

I Peter 2:4, 9-10 “Coming to Him as to a living stone, rejected indeed by men, but chosen by God and precious... ⁹ But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; ¹⁰ who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.”

Zephaniah 3:17 “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.”

Isaiah 43:1-7 “But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: ‘Fear not, for I have redeemed you; I have called you by your name; you are Mine. ²When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch

you. ³For I am the Lord your God, the Holy One of Israel, your Savior; I gave Egypt for your ransom, Ethiopia and Seba in your place. ⁴Since you were precious in My sight, you have been honored, and I have loved you; therefore I will give men for you, and people for your life. ⁵Fear not, for I am with you; I will bring your descendants from the east, and gather you from the west; ⁶I will say to the north, ‘Give them up!’ And to the south, ‘Do not keep them back!’ Bring My sons from afar, and My daughters from the ends of the earth— ⁷Everyone who is called by My name, whom I have created for My glory; I have formed him, yes, I have made him.”

Galatians 4:6-7 “And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!” Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.”

Security – Do I feel secure? Am I clinging to a place of ‘refuge’ other than God? Am I making someone or something in this world my source of hope or stability?

Scripture to combat trying to satisfy this longing apart from God:

Hebrews 13:5-6 “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?”

Deut. 33:27 “The eternal God is your refuge, And underneath are the everlasting arms; He will thrust out the enemy from before you, And will say, ‘Destroy!’

Psalms 46:1-3, 10-11 “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. Selah...Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us; The God of Jacob is our refuge. Selah”

Rest (I deserve a break) – Am I defending my ‘right’ to shut down? Check out? Just be left alone?

Scripture to combat trying to satisfy this longing apart from God:

Isaiah 40:28-31 “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.”

Matthew 11:28-30 “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.”

Philippians 4:11-13 “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.”