

Christian Life Coach Support Services

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Just A Minute! *With Scripture*

The King James Bible is used for all references. Verses may be underlined, or made bold for emphasis.

Questions From Readers...

1. How Can I Know God's Will?

Candidly, God does not speak to us apart from His Word. He fully unveiled His will in the Scripture. We are to seek it out, read, and study, basing specific decisions on these convictions. Romans-Philemon progressively instruct us to apply God's will. So... go to His Word to find it.

A few of many examples:

Romans 8:29 "For whom he did foreknow, he also did predestinate to be conformed to the image of his Son..."

Romans 12:2 "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Ephesians 5:15-17 "...walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is."

Colossians 4:12 Epaphras prayed that the Thessalonians would "...stand perfect and complete in all the will of God."

4. Describe How We Are To Pray.

Some saints pray quietly in their mind and heart, many verbalize their prayers aloud, yet others write them in a journal. Believers may be burdened by an issue and unconsciously seek God's help through the day; this may be an example of "Pray without ceasing." (I Thessalonians 5:17) Whichever method, you are communicating inner-most thoughts, feelings, emotions, problems-concerns, questions, and desires directly to your Heavenly Father.

Conversing with God can be done in bed when it's quiet or anytime through the day, even while working. There is always a way to keep in contact with the Lord, as it is written: "Rejoicing in hope; patient in tribulation; continuing instant in prayer..." (Romans 12:12) "Night and day praying exceedingly..." (I Thess. 3:10) **Prayer questions continue on P. 4**

2. Is It Important To Verbalize Prayer?

Prayer can be in many forms. Yet, it helps to regularly 'verbalize' prayers either aloud or in your thoughts, even visualizing God on His throne. Why? It helps you to realize that He is 'a real being.' God talks, feels, and listens, caring and loving you immensely as Creator, King, and eternal Father, your All in All. Speak to Him!

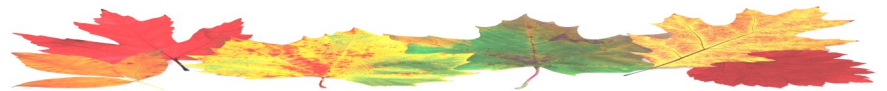
3. Should I Pray On My Knees or Lift Up Holy Hands?

To discern whether something is applicable today ask, 'Is the instruction given to the Body of Christ, or is it consistent with teachings in Romans-Philemon. In grace, we are 'free' to be on our knees or lift up holy hands, or not. Though not a command, these teach heartfelt reverence.

"For this cause I bow my knees unto the Father of our Lord Jesus Christ..." (Ephesians 3:14)

"I will therefore that men pray every where, lifting up holy hands, without wrath and doubting." (I Timothy 2:8)

(To Do: Read I Kings 8:54, Ezra 9:5, Philippians 2:10)



Family Bible Study In N. Chesterfield
Brian's Topic: How God Talks to You
Time: Fridays, 7-9 PM Call - (804) 519-1210



Romans 11: Student Study Insights

Romans 11 is the last chapter in this third section of Romans. It provides clarity in what happened to Israel's status with God and the new position of the Body of Christ today. The Nation Israel was set aside for a time and purpose:

“I say then, Have they stumbled that they should fall? God forbid: but rather through their fall salvation is come unto the Gentiles, for to provoke them to jealousy.” (Romans 11:11) When the Gentiles no longer ‘continue in God’s goodness,’ they too will be ‘cut off.’ Israel will then be accepted back, “..if they abide not still in unbelief...”. (Romans 11:23)

Examine this chapter closely as it will provide clarity in what is happening today in the dispensation of grace:

1. Gain a general overview: Read over Romans 11 to become oriented to the basic thrust of the chapter. Realize God’s great mercy and enduring love to a rebellious creation.

2. Be clear on context: At times, there are changes in ‘who’ is being discussed in a chapter. Define ‘His people’ in Verse 1 by looking at the verses that surround it. Who are the ‘Gentiles’ (vs. 13) and ‘brethren’ (vs. 25) Are they the same group of people?

3. Explore each section in Romans 11: Looking at each section provides clarity in God’s enduring love and wisdom in dealing with mankind over time: 1-6, 7-15, 16-24, 25-29, 30-36.

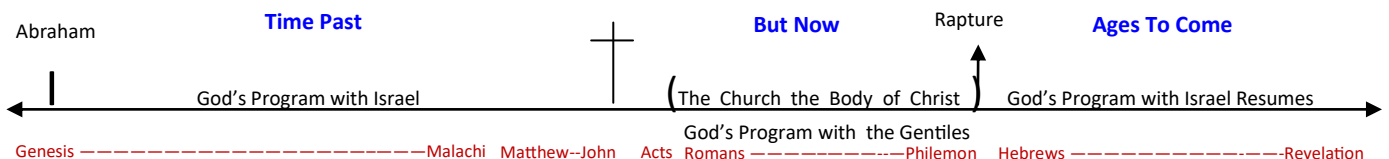
4. Understanding symbolism: a) **Be clear:** The Bible has been written to be interpreted literally. There are cases, like Verses 16-24, that a symbol or analogy is used. (Often, Scripture will say, ‘this is like’ or ‘this is a parable’) Define and study: *Allegory:* Galatians 4:24, *Parable:* Matthew 13:18, 31, 33. b) **The olive tree:** In Romans 11:16-24, God uses the ‘grafting of an olive tree’ to explain changes in His relationship with His Nation and the world. Draw the tree and label the parts to visualize what He is teaching. c) **Study further:** Use a concordance and dictionary: Root, olive tree, graft, Gentiles, etc.

**Suggestion: For newer students, focus on ‘reading’ Scripture rather than trying to learn many new study insights; but when you’re ready, do try one.*



What is Romans 9-11 Really Teaching?

God dealt with man differently over time. In the beginning, in ‘Time Past,’ He dealt with man individually as with Adam, Cain, and Noah. In Genesis 12, God made a change using Abraham to create a nation, Israel. His new focus was this nation, directing Scripture ‘to them’ from Genesis 12 through Acts 8 (the stoning of Stephen). ‘But Now’ in Acts 9, God made another change; He raised up Paul to become the Apostle of the Gentiles. His epistles are written directly ‘to the Body of Christ,’ the Church today. In the time ‘To Come,’ after the Church is raptured to heaven, God resumes dealing with Israel to fulfill all promises ‘to them.’ (II Tim. 2:15) To Do: Prove this by looking at the beginning chapter in each book, to find ‘who it is written to’ for yourself.





Are Any of These Questions on Your Heart?

Is God Real or Am I Just Wishing?

God is not just a mythical entity or power, He is a real being! What you believe is affected by what has your mind and time: Scripture/prayer or doctrines of this world. Seeing Him as real is hard, when there's limited personal contact.

Since God exists in the invisible, spiritual realm, direct, two-way communication with Him is vital. This includes reading Scripture, prayer, and meditation. Come before His throne in prayer, acknowledging Him as the Creator, but also your King and Father. Speak directly to Him, as He is real; avoiding rote prayers. Be thankful, realizing how much He loves you; relay personal hopes, joys, frustrations, and goals.

To Do: Study to know God; a few passages to get started:

- Genesis 1: 1-4: God creates, moves, speaks, sees, and knows good.
- Genesis 2:7-9: He formed/breathed; He plants/makes growth.
- Genesis 3: 8-11: God walks/communes with Adam, asking questions.
- Genesis 4:4-15: God respects/teaches/punishes, & has compassion.
- Genesis 6:3-18: God's *spirit* strives with man: Wickedness causes God to repent/grieves Him in his *heart*. God exhibits grace to Noah, setting a covenant with him, but also destroys the violent/corrupt earth.
- Genesis 8:1: God remembers.

How exciting! Now go on to deepen your relationship with God!

Just A Minute with Scripture

Does God Help Me Through Life Challenges?

God will 'effectually work' in your inner man. Your responsibility is to get Scripture into your mind, meditate, and believe so He can transform your thinking and behavior. Yield, so Christ can motivate you to live for Him.

Romans 12:2 says, "...be ye transformed by the renewing of your mind...". God's focus is not to change circumstances, but to work mightily in your mind/heart.

Philippians 4:13 & 19 also teaches this: "I can do all things through Christ which strengtheneth me...But my God shall supply all your need according to **his riches in glory** by Christ Jesus."



Butterfly Transformation

Who Am I Being Conformed To... Christ or This World?

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

There is a struggle in learning and growing... you are responsible to **make time** to search to get the nuggets God placed in the Word. As you labor, much like a butterfly struggles to be free of its cocoon, you stretch, grow, and become ready to fly with new doctrines. The Spirit uses the Word to teach the inner man how to think and live like Christ; start in Romans. Read, study, and pray so you don't miss it.

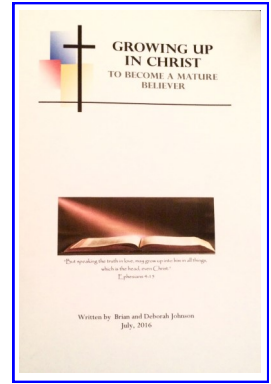
Slow your life down to prioritize time to meditate and think on spiritual things. Today, it is the norm to be caught up in the busyness of life; it pushes out the Spirit's teaching, replacing it with **worldly** priorities, which may 'seem' like a good use of time. Satan's ways are subtle; believers may not realize they're being blinded and transformed to 'his ways.' "And be not conformed to *this world*: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Rom. 12:2) **Our Transformation: Conformed to Christ's image!**

Christian Life Coach Support Services

Individual, Couple or Group Coaching - In person or phone
Presentations - Women's Retreats - Call (804) 519-1210
Donations As a man purposes in his heart

New Publication Available Soon

Our newest book can be ordered next month: **“Growing Up In Christ - To Become A Mature Believer”** It was written to provide concrete direction to help progress saints in the basics of Romans. It defines terms in a way to enable someone new to Bible study to understand. A companion book, a Romans, chapter-by-chapter, study guide is being written to be done early in 2017. Suggestion donation to cover the cost is \$7. Call to order: (804) 519-1210



5. How Do I Pray For Someone Struggling?

At times, we are all asked, ‘Could you pray for me?’ However, do we really know how? Sometimes, it may feel like an empty gesture to say, ‘I’ll pray for you.’ Prayer doesn’t ‘zap away’ problems, so how can we pray so it will really help?

Paul took the initiative to meet specific church needs by writing instructive epistles, sending someone to teach, or visiting in person. (Col. 4:7-9) As you yield, motivated to ‘act’ by the Word, you can be effectual in your response too. Pray to allow the doctrine in your heart to stir an answer, then respond in selfless love. Offer physical, spiritual, or emotional support. (i.e. Visit, call, write a card with a verse, or send a meal.) “For it is God which worketh in you both to will and to do of his good pleasure.” (Philippians 2:13)

6. Specifically, What Do I Talk to God About?

Knowing ‘what’ to discuss in a prayer can be challenging. Scripture says, “...we know not what we should pray for as we ought...”. (Rom. 8:26) Don’t be discouraged, keep studying to learn; we’re all on a spiritual journey. “Be careful for nothing; but *in every thing* by prayer and supplication with thanksgiving let your requests be made known unto God. (Philippians 4:6) A few ideas:

- **Thankfulness:** Reflect and express gratitude for specific spiritual and physical blessings. (Ephesians 1:16)
- **Self:** Pray about spiritually weak areas, relationships with others, happenings in life, and the status of personal goals. Ask for motivation to grow in your faith and to live out convictions. (Romans 1:10)
- **Others:** Pray for the physical and spiritual needs of those people on your heart and mind. Don’t forget old friends, saints, challenging relationships, and the unsaved in your life. Reflect on interactions and how **YOU** can have an impact in their lives, on God’s behalf, searching for ways to help. (Eph. 3:14-19)
- **Scripture:** Review what you know, difficult passages, and new insights. Reflect on what God is teaching you: what to apply, how to make personal changes, or ways to help/teach others. Meditate on and review verses that come to mind; the Spirit can stir up doctrine within you. (II Cor. 12:8-10)

Topics for prayer are as diverse as our thoughts and feelings. We each will have a unique prayer life and may spend an hour in prayer, even on one of the issues listed above. The Spirit stirs doctrine stored in the inner man, providing deep two-way communication, as we are sensitive to it. Keep focused when ‘talking to the Father;’ worldly concerns and thoughts can become distractions that can pull us away.

(To Do: Keep a prayer journal to become aware of ‘how’ you actually pray.)

Women’s Bible Studies in Chesterfield VA
 1. **Wed. Study:** 10:30am-12 pm
 2. **Friday Home Study:** 2-4 pm
Call for Info (804) 519-1210

