

Just A Minute! *With Scripture*

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

Faith and Trust: This Enables Us to Push Through Fears

Do you find it challenging to move forward when you are fearful. Why? Fear is a God given emotion to flag us to problems, however, habitual fear can powerfully rule and immobilize us. The flesh will do anything & everything to desperately get what it wants, even if it's not right or good. *"For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world."* (1 Jn. 2:16)

The flesh reigns unless a saint chooses to walk by faith. *James 1:14* says man is tempted as he is "...drawn away of his own lust and enticed." We need to be aware of its tactics or we will be pulled around as if we were 'helpless' victims, being slaves to our fleshly feelings, desires, and thoughts: *"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?"* (Rom. 6:16) We are NOT helpless! God has given us the option and resources to tap into His wisdom and power.

The only godly response to deal with fear is to yield to God's way. An Old Testament character offers an example. Moses initially responded as a fearful man: *"And Moses said unto God, Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt?"* And also, *"...But, behold, they will not believe me, nor hearken unto my voice: for they will say, The LORD hath not appeared unto thee...I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue."* (Ex. 3:11,4:1,10) Note that tactics of fleshly thinking produce endless excuses.

The first step is to realize we have fear, but also why. We may fear potential consequences more than trust our Father. Read *Exodus 1-14* to observe Moses change. By *Exodus 14:13*, he is no longer ruled by fear. Moses learned to trust God to be his Provider. He even becomes Israel's strong, dependable leader, inspiring the Nation to also rely on God. *"And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to day..."* Moses became a man with a confident hope, based on faith and trust in the mighty God.

Think on this: There's no quick way to build faith and trust in the living God, but He made it simple for us. The Word is powerful and 'the answer.' Read sound doctrine regularly and think on it. Let God's Word sink into your heart, dwelling in your inner man (*Rom. 8:9-11*) to develop confident reliance on Christ. Now, walk by faith and do what God says! As members of the Body we have so much more than Moses, like the completed Word and God living within us. **'We can'** push through any fear!

A Recording of Fleshly Thinking

As saints, we all have a story. Will it be the glorious narrative of our new man, where the Lord is the center with thankfulness? Or, will we constantly rehearse in our minds and to others, the story of our flesh: its endless vile history of activities & issues?

Many saints repeatedly play a negative record in their minds, inhibiting faith and trust i.e. "I'm so shy and unworthy, **I can't** share the gospel." or "I had a dysfunctional home and made so many bad life choices, **I can't** trust." or "I have such a busy life, **I can't** read the Word!"

Eventually, this 'I can't mantra' will become the truth they live by. It replaces faith and trust in God's Word, affecting their walk. What happens is they so trust the lies, believing God's Truth seems unreal and unattainable.

Consider: It could be that you don't trust that the Scripture is powerful enough to help. Yet, trusting the Word is powerful; recall that Abraham's faith produced a mighty Nation: *"And being fully persuaded that, what he had promised, he was able also to perform."* (Romans 4:21)

This newsletter is designed to help you, as we all can feel doubtful, at times. Change your recording to **GOD IS ABLE!**

Slaves to Sin or Faithfully Trusting God?

A saint can feel like a prisoner or slave, trapped in bad patterns, unable to find freedom i.e. busyness, disorganization, poor time use, cheating on your spouse, or addictions to social media, drugs, pornography, etc. You may desire godly habits, but stopping old patterns seems impossible. God's replacement (renewing) principle will be your help. The Word can transform **any** ungodly habit: *"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) Yet, have you unconsciously decided that change is just too hard for you and it will never happen? This is a lie your flesh tells you!

Don't believe it, rather, progress in faith (Rom. 10:17). The flesh will detour you from trusting the Truth of God's Word. It prompts a reliance on self-effort, causing a treadmill of fear, condemnation, and failures. If this is you, you're caught in the grievous sin cycle: *"For that which I do I allow not: for what I would, that do I not; but what I hate that do I... For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not."* (Rom. 7:15,18) Trying to change without faith in the power of the Word is the problem (1 Cor. 1:25-31). Man's efforts always *"...come short of the glory of God."* (Rom. 3:23). Decide to proceed in faith.

The Answer:

1. Know some things: Become familiar with Romans 6 as it has transforming power.

Read and reread *Romans 6* many times and think on it. Believe this doctrine as you read it, resulting in a heart of faith to make the changes needed; not by your efforts, but by faith. Trust God's Word in you to teach you what to do, how, and then, purpose to do it. Rest in His power, even though you're not be sure of the outcome. There is eternal fruit as you apply faith and trust God in these things:

a) Realize you are now free from sin and alive through Christ: *"Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord."* (Verse 1-11)

b) Believe God and choose not to sin: *"Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin..."* (Vs. 12-13)

c) Realize you are spiritually alive, as an instrument unto God: *"...but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God."* (Vs. 12-23)

2. Trust: Be 'fully persuaded' that God is able and will help you.

The feeling of failure and condemnation comes from relying on 'self.' This Romans 7 cycle of sin causes you to keep trying on your own to live godly, even as Israel tried to keep the Law for hundreds of years, but could not. So, why did they fail? *"Wherefore? Because they sought it not by faith, but as it were by the works of the law..."* (Romans 9:32) In fact, trying over and over to 'do good' causes failure, anger, and frustration and a slave to sin. *"Because the law worketh wrath..."* (Romans 4:15)

Instead, rely on God's Word alone, an attitude of faith with hope. It is confident assurance that He can be your help. You may struggle a bit, as you grow. It takes time, so be patient to learn: read the Word, pray about the struggles, and think to apply verses. Fleshly efforts will produce nothing good. Trying by your efforts will teach exactly what God designed it to do. It will humble you to look for an answer: *"O wretched man that I am! Who shall deliver me from the body of this death?"* (Rom. 7:24)

The next verse teaches that it is with the mind we are to serve God: *"I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin."* (Rom. 7:25) Do you confidently expect God will teach and help you? At times, you may become unsure or want to quit. However, faith and trust (what we truly believe in our mind/heart) will help us stay fixed to read and rely on God's Word. It also helps to remember that your Father will work even mistakes and problems for your good: *"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."* (Rom. 8:28) Be confident and Trust! (Continued)

(continued)

Slaves to Sin or Faithfully Trusting God?

3. Yield: Then, walk by faith.

Yield: This means to relinquish or cease from your way, efforts, and will to fully trust God. Live according to what He teaches you.



Walk by faith: This is an attitude to live godly by the Word in us. It is based on a trust in God, motivating a confident outworking of godliness, even when problems, circumstances, and the flesh oppose it.

God desires that you function as a spiritual adult and to: "...yield your members servants to righteousness unto holiness." (Rom. 6:19) Be prepared, your flesh will lie and accuse, excuse, procrastinate, and will tend to believe 'you are able' to live godly, apart from Scripture. Stay in the Word as it will strengthen your faith: "So then faith cometh by hearing, and hearing by the word of God." (Rom. 10:17)

Walk by applying what you learn; trusting, even if it is hard. This is the simplicity of yielding to God's way. The bottom line is this: believe God and do it! Abraham learned what we need to know, not to look at the circumstances and instead, look above trusting God: "And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God." (Rom. 4:19-20)

Reflect: Choose to be fully persuaded, trusting God as a faithful servant!

Personal Note:

Take This 'Mind Challenge'

Overcome fear and deal with your challenging stronghold. Become confident, trusting God, even if your flesh says you can't. Pray and purpose to make a personal commitment to take this challenge. Stay focused to do it with diligence (persistent effort) and tenacity (determination). Eternal profit is guaranteed! The true issue in this article is to renew your mind and thoughts (Rom. 12:2). The Word of God is fully able to effectually deal with your strongholds as you choose by faith to yield. If you stumble, refocus and walk by faith.

Note: For many the issue is electronics. Let's be clear, it is not sin to use them; over use can be, such as watching TV, buying things, eating, etc.: "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." We're under grace, yet all things are not expedient, nor do they edify (I Cor. 6:12,10:23) God wants you to live unto Him; this will take your time and effort. Set realistic time to use electronics, then hold the boundary to apply this opportunity:

One Month Challenge: Every single time your fleshly mind begins to think about, and lusts to do your stronghold (above your predetermined boundary), stop and do this activity to renew your mind: The replacement principle: Immediately spend 5-10 minutes in the Word. If your Bible is not available, use a phone app or iPad. You can alternate between these two options for this challenge:

1) Read Romans-Philemon: Progressively and in order, read through Paul's letters. Do not try to understand everything, just read as far as you can to build the Word in your inner man. Think on the verses.

2) Study/meditate on the phrases: 'the Word(s)' & 'the Scripture(s)' Use a concordance to find where the terms are used; notice the context. Keep notes to review later. Think on verses to develop reliance upon them. A few to begin: Deut. 6:6-9; Job 23:12; Ps. 12:6-7; Prov. 2:1-5; Is. 28:10, 40:7-8, 55:8-11; Jn. 1:1-14; Rom. 10:17; Col. 3:16; I Thess. 2:13; II Tim. 2:15, 3:16-17; Heb. 4:2, 12-13, 5:12-14; I Jn. 5:7; Rev. 19:13.

Do this challenge consistently until you have a new habit. Make it a godly goal each day to focus above. Don't buy into **any** fleshly tactics. It can be hard to start as it's against what your flesh will want. Push through obstacles, they are merely **slight** hindrances. When the fleshly, negative thoughts arise, know that they do not need to control you. Stop the thoughts by interrupting them. Immediately pray and think on sound doctrine. This takes time, but will refocus you. Meditate on meaningful verses that you know, such as Rom. 12:1-2, Phil. 4:13 or 19, I Thess. 2:13, or II Tim. 3:16.

This is a powerful, transforming process and just an example of how to apply the 'replacement principle.' God's simple way is for us to read sound doctrine in His Word. Focus on Romans through Philemon, specific teaching written to the Body of Christ (II Timothy 2:15). This will extinguish bad thinking and practices, while substituting it with godly thinking, developing your faith and trust.

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Stamp

To:

“Being justified freely by his grace through the redemption that is in Christ Jesus...” (Romans 3:24)

How is The Bible Helpful, Right Now?



Last month we looked at II Timothy 3:16 as a proof text that the Bible is exceedingly applicable for us. In this article, we will take a series of verses and examine how they are practical. To do this, you will be asked questions to help you think out how to apply Scripture to yourself, using *I Cor. 1:18-21*.

- 1. Verse 18:** *“For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God.”* How is the preaching of the cross powerful to you, since you already trusted the blood of Christ?
- 2. Verse 19:** *“For it is written, I will destroy the wisdom of the wise, and will bring to nothing the understanding of the prudent.”* Can God destroy worldly wisdom that is within you? Describe how God might do this. (*Romans 12:2*)
- 3. Verse 20:** *“Where is the wise? where is the scribe? where is the disputer of this world? hath not God made foolish the wisdom of this world?”* Has God done this in you, how? Explain how worldly wisdom in Paul was made foolish on the road to Damascus? How did God make the wisdom in Corinth saints foolish by I Corinthians? Did the cross make Satan’s wisdom look foolish?
- 4. Verse 21:** *“For after that in the wisdom of God the world by wisdom knew not God, it pleased God by the foolishness of preaching to save them that believe.”* Can a person know God by worldly wisdom? How can someone be justified unto eternal life? How does God use His Word to save a person that believes? Describe what part you can play to assist others to become justified by Christ’s blood. What’s foolish about the preaching of the cross?

To Do: This article is meant to be a sample of how a student can look at verses to think out what the verse means and then, how it can apply to them. Choose a few verses from Paul’s epistles to practice this approach to Scripture, Ask yourself questions to think out the verse: “How does it apply to me.” or “How is this practical to my life?”

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