



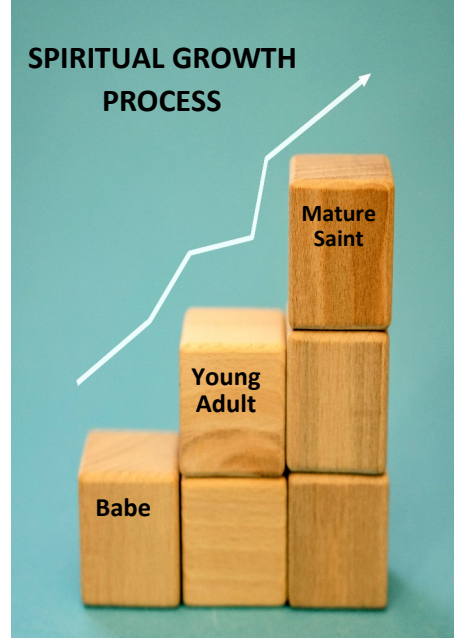
# Just A Minute *with Scripture*

## Growing, Stretching, and Living as an Adult

Once we are justified in God’s sight, having faith in Christ’s blood, God’s goal for us is to mature into spiritual adults. (*Romans 6-8*) Often, a saint is not aware of how to think or walk. Baby saints may curl up and go to sleep, just waiting to go to heaven. They’re justified, yet their life remains as it was, except they may pray and/or attend services or Bible studies. If this is you, think on this: *“Therefore let us not sleep, as do others; but let us watch and be sober.”* (*1 Thess. 5:6*) We have been left here for a grand purpose: to learn, grow, and live unto God, holding forth the Word.

How’s this done? Paul’s epistles build Truth progressively; *Romans* is placed first to establish saints into spiritual adults. (*Rom. 1:11*) *Romans 1-5* is about Justification, teaching individuals how to be just before God and eternally secure. *Romans 6-8* is our Sanctification: How God changed us to provide a new identity, teaching how to access His wisdom and power to have a holy walk and make godly decisions. *Romans 9-11* explains what happened to Israel and how Gentile believers fit into God’s plan and purpose. And finally, *Romans 12-16* is designed to relay the new form of Worship and Service in this Gentile time of Grace to be a living sacrifice.

This maturing process is NOT automatic, even if you listen to good Bible teachers. Reading and meditating upon sound doctrine with the desire to apply it empowers us to live godly, practically trusting God to walk by faith. This life is full of suffering and problems, so students need to listen to the Spirit’s teaching and adjust their thinking/behavior to mature. *“See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. (Eph. 5:15-16)* It helps to remember we have spiritual armor and weapons to *“to stand fast.”* (*Philippians 4:1*)



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Feel free to call if you have questions with any articles.

### A Real Relationship

God desires our hearts and a real relationship...not just religiousness, such as rote prayers, fleeting thoughts of Him, glancing at a devotional, or occasionally going to Church. *“But God, who is rich in mercy, for His great love wherewith he loved us... quickened us together with Christ, (by grace ye are saved.) (Eph. 2:4-5)*

In great love, God has given to us all spiritual things and desires to commune regularly with His sons and daughters to renew our minds unto the mind of Christ.



## Study Devotional of the Book of Galatians

(Answering these questions can help you think out the Verses)

**Verses this Month:** Galatians 5:16-18

<sup>16</sup>"This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.

<sup>17</sup>For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. <sup>18</sup>But if ye be led of the Spirit, ye are not under the law."

1. Why did Paul say, "This I say then?" To what was he referring?
2. What clues can you find in verse 16-18 to explain what it means to "walk in the Spirit?" Does any other verse in this

chapter help you define this phrase?

3. What are some behaviors listed in the chapter that relate to fulfilling the "lust of the flesh?"
4. There is a battle that is described in verse 17. Give 1-2 examples in your life when you experienced this conflict.
5. What does it mean that "ye cannot do the things that ye would?" Is this similar to Romans 7:15-21?
6. There are many places in Paul's epistles that teaches that the Spirit leads the believer by the Word? What verses come to your mind? Search this out.

*'But thanks be to God, which giveth us the victory through our Lord Jesus Christ I Cor. 15:57*

### Questions & Answers With Deborah

**Question 1: I am saved, but now I need to change my life. How can this be done?**

Patterns are usually not easy to change. If 'you' try to do it in the efforts of your flesh, it will fail and be unacceptable to God. (Romans 8:8) This is precisely what Satan desires so you will get caught in the cycle of sin, believing 'you can do it' as your own god and don't need Him. Satan deceived Adam and Eve in this way: "...ye shall be as gods, knowing good and evil." (Gen. 3:5) Realize you do need Him!

**Choose God's way. Study/live Romans 6:**

Vs. 11: "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord." Desire to think as God does: your sinful flesh is dead and no longer 'has to' reign in life.

Vs. 13: "Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God." Decide to yield. Now walk by faith in what God teaches by the Word. Realize you're a new creature and are designed to live differently, in god-like-ness.

### Spiritual Body Building?

So then, similar to physical development, there are stages in a believer's spiritual growth. A babe is only able to be "nourished" by taking in the "milk" of the Word, whereas an adult believer matures to be able to digest "meat." "For every one that useth milk is unskilful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are of full age, even those who by reason of use have their **senses exercised** to discern both good and evil." (Heb. 5:13-14) This is a Bible Truth to study yourself. (i.e. Is. 7:15-16, I Cor. 3:1-3, I Pet. 2:2)

Paul teaches Timothy to continue in maturity, gaining a deeper understanding/ability to live godly in I Timothy 4. He encourages Timothy to take responsibility to be "...nourished up in the words of faith and of good doctrine, whereunto thou hast attained. But refuse profane and old wives fables, and **exercise** thyself rather unto godliness." (Vs. 6b-7)

"Exercise" refers to a task or activity done to practice or test a skill or understanding. Paul doesn't want his spiritual son to go to a gym, but to work the grace doctrine of godliness in the details of life: "For bodily exercise profiteth little: but **godliness** is profitable unto all things, having the promise of the life that now is, and of that which is to come." (I Tim. 4:8) The fruit of this labor will be manifest in this life (in yourself, those in your circle of influence, and angels), and on into eternity.

So then, as Timothy, exercise your senses to discern what is sound doctrine and what is not (i.e. "old wives fables."). Life is your gym, the place you are to exercise the doctrine of your salvation: "...work out your own salvation in fear and trembling." (Phil. 2:12b) **EXERCISE!**



## **The Importance of Thankfulness** by Erin Young

In our world today, everyone wants instant gratification. They want results immediately, and when they don't get it, they often get angry... angry with God. But is He to blame for every unlikely situation we find ourselves in? We are so focused on the negative, we forget the importance of being thankful. *1 Thessalonians 5:18: "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."*

This world is not perfect, but Christ is, and once we are in Him, we become perfect through Him. *Colossians 1:28: "Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus."* How then, when we have this amazing gift, be anything but thankful? Paul even commands us many times in Scripture to always be thankful. *Philippians 4:6: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."* *1 Thessalonians 2:13: "For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe."*

This life may not always work the way we want it to, and we will suffer. But Christ suffered on the cross for us all. And it is because of this, we should never stop singing God's praises.

### **Question 2: Life never seems to go the way I think it should. What can I do about it?**

Sometimes we have many life expectations that are not realistic. As adults we keep our Prince Charming-Cinderella-like views, with unrealistic 'live happily ever after' expectations on our self, spouse, marriage, and life. Along with this, we try to keep 'our small personal world' in a perfect bubble, the way we want and think life should be. If something goes amiss, we're angry or frustrated, and frantically work to get our ideal back.

The Truth is, we live in a sin-cursed world: *"Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience."* (Eph. 2:2) This world system is full of Satan's devices, which effectively entice our flesh for his purposes and it is getting worse and worse. Be confident and be thankful... God has a wise plan and given us all things!

Read the Word, pray, and walk by faith. Expect an imperfect world by preparing your heart and mind: *"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) As you dwell on the Word, God will quicken your mortal body to produce life. Study *Romans 8:9-14*.

### **Question 3: How can I grow in my relationship with God? (Read Romans 10:17)**

Examine what you have learned from day-to-day life. What have you found to develop or improve relationships with other people? Good, regular communication is key. Prayer is the mechanism put in place for us. We voice concerns, needs, and feelings to God when we pray, and God uses the Spirit, taking the Word to respond to us, often in prayer or in meditation. Regular expressive and receptive reading-prayer is critical.

Do you do more talking (about your problems and concerns), than you do listening to God (reading the Word and reflecting)? Often this is how communication starts with God. Is it time for you to do more listening?

# Are You Prepared for Victory?

We have learned that Satan has many tactics in his devious plan to derail, discourage, and lure believers to walk “according to the course of this world.” (Eph.2:2) When the lost fall prey to it, it produces ‘satanliness.’ He blinds those that believe not: “But if our gospel be hid, it is hid to them that are lost: In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them. (II Cor. 4:3-4) This can affect saints too, so be aware and ready!

God calls us to be wise soldiers, willing, and prepared, spiritually equipped to function as who we are in Christ. So as informed representatives of Christ, we are to plan some things in advance. II Timothy 2 provides a few examples: we are to “be strong in the grace” (vs 1), “teach others” (vs 2), “endure hardness, as a good soldier” (Vs 3), and be not entangled “with the affairs of this life.” (vs 4).

I Timothy 4:12-16 provides us with a glimpse: 1) “Let no man despise thy youth; 2) but be thou as an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity. 3) Till I come, give attendance to reading, to exhortation, to doctrine. 4) Neglect not the gift that is in thee... 5) Meditate upon these things; 6) give thyself wholly to them; that thy profiting may appear to all. 7) Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.”



We may play many earthly roles in various difficult and often unexpected situations as we walk by faith in this journey of life. Yet, we’re still God’s soldier, servant, and ambassador. It’s much like participating in the Ironman Triathlon (long, demanding physical events of running, swimming, and biking). An athlete wisely plans, preparing his body to endure hardness and the sustained discomfort of participating in such challenging endeavors. This advanced readiness to get in shape, improve endurance, and practice for these events is hard work. Similar to this, we are to prepare for victory in our own life journey: read, study, meditate, believe, and practice applying the Scriptures in the various life situations, with confidence. “But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.” (I Cor. 15:57

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