

## Expectations Can Drive Life

God helps us know what to value. Paul learned to focus on what the Lord had provided, appreciating spiritual things. **“Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.”** (Philippians 4:11) This can orient our thinking too. To be content, rest on things above, not allowing ‘physical wants’ to rule.

God teaches: **“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”** (Col. 3:15) We were saved/called into the Body of Christ so ‘the peace of God’ could rule. This isn’t possible when we ‘tightly hold’ onto our **wants and expectations**.

‘Internal hopes’ can be unconscious, fleshly desires, which develop expectations and these drive our thinking. An ‘ideal future’ develops. If held too tightly in this unpredictable world, great disappointment & frustration can surface; life isn’t what we expected. What has become the focus?

Goals and planning are necessary to direct living, but they need to be ‘kept loosely;’ adapting is key. You found your dream house, but someone out bid you. Today’s your wedding, but appendicitis puts you in the hospital. The answer, focus above.

Sometimes, expectations are unrealistic: an ideal marriage, a fun job, or kids who always behave. Pray to keep hopes in line with reality/God’s Word. Focus on eternal things, anticipate challenges, and be prepared.

When expectations center on eternal hopes & we’re spiritually equipped, discouragements pale. We can now ‘bear’ the bombardment of life realities in a sin cursed world by focusing on Scripture. **“...God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”** (I Cor. 10:13) Be ready.

**Believe...This is the Way!**

## 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.



## Hope: How it Keeps Us Centered

Is our future in this world certain? By no means! Yet, the destiny God has planned, since before the foundation of the earth for His saints, is absolute. It is to be our *greatest expectation*: “Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ.” (Titus 2:13) Hope is a *confident expectation* of ‘what’s to come.’ Our hope is to live with God eternally in heaven, having a new and perfect resurrected body.

God is worthy and honorable; we can *always* count on Him: “So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.” (Isaiah 55:11) Further, “Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, **My counsel shall stand, and I will do all my pleasure.**” (Is. 46:10) His great love & trustworthiness helps us to remain steadfast, as King David: “In God have I put my trust: I will not be afraid what man can do unto me.” (Psalm 56:11)

When we feel stuck or hurt with no answers, we can seek God & His Word. He has promised to be our perfect provision. Romans 8:31-39 is meant to be a great encouragement & unchangeable confidence. Can you rely upon it?

Verse 31: God is for you, so who can really be against you?

Verse 32: God didn’t spare His only Son; surely He will freely give you all things?

Verse 33-34: No one can condemn or lay anything against you; Christ died/rose to pay for all sin. Right now, He’s at God’s right hand, making intercession for you.

Verses 35-39: Nothing can separate you from the love of Christ: tribulation, distress, persecution, famine, nakedness, peril, sword, death, life, angels, principalities, powers, not things present or to come/height/depth/nor any creature.

Verse 37: In all things, **you are more than a conqueror** through Christ!

The simplicity of God’s hope makes even the tough times, *glorious*. How? God teaches, “For I reckon that the sufferings of this present time are not worthy to be compared with the *glory* which shall be revealed in us.” (Rom. 8:18) He assures us, “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of *glory*.” (II Cor. 4:17)

Some ideas on how we can access this hope and glory:

**1) Slowly read the Word in faith (start in Romans 1):** “And be not conformed to this world: but be ye transformed by the renewing of your mind...” (Romans 12:2)

**2) Trust Christ, turning all over to Him:** “...the Spirit also helpeth our infirmities...maketh intercession for us...’ when we don’t know how to pray. (Rom 8:26)

**3) Focus on the eternal things, yielding to God:** “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.” (II Corinthians 4: 18)

**Jesus Christ Has Us Perfectly Covered!**

### Christian Life Coach Support Services

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



Paul's Roman Epistle: Designed to Establish the Body of Christ

**Romans 8: Student Study Insights**

Romans 8:29 "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 finalizes the second unit of the book, which details our new identity in Christ and 'how' to live a holy life unto God. Romans 7:25 provides a clue, introducing Chapter 8: "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." Focus on 'the mind.'

It is Romans 8 that prepares a saint for spiritual adulthood: a) Teaches there's no condemnation & how to please God. b) Lists a process on 'how to mortify the deeds of the body.' c) Introduces the Spirit's ministry, i.e. 'led by the Spirit.' d) Unveils our 'adoption,' e) Relays that sufferings will come, but with glory/hope. f) Reveals God's goal for believers. g) Summarizes the reasons we can have perfect trust and confidence in God.

Now, explore Romans 8 using 2-3 new study insights:

- 1) **Study with purpose:** Read the chapter to observe the main ideas placed there for your learning. Notice how these topics organize Romans 8 into sections. Pray to grow in these areas.
- 2) **Being expectant:** As you read, purpose to find something new that God the Spirit is teaching you. At times, surprises await. Look for ways it can apply to your life, then use it.
- 3) **Find a process:** There is a series of steps that teach 'how' to *mortify the deeds of the body*. Locate it by finding this key phrase in Chapter 8, then, look at the verses that come immediately before it. Highlight the steps, using it to meditate.
- 4) **Look for qualifiers:** God often qualifies a verse, setting

conditions to limit 'to whom' or 'how' it relates. (Words that qualify are used at times, that can help you find the phrases: 'if,' 'who,' 'which,' or 'when') a) Verse 14: Who are the 'they,' who make up the 'sons of God.' b) Find the qualifying phrases in Verses 1, 8, 17, & 28. Can you find others?

5) **Examine a verse by focusing on the wording:** a) How are these phrases different: Walking 'after the flesh' or 'after the Spirit' from, being 'in the flesh' or 'in the Spirit.' b) What do these mean: 'carnally minded' and 'spiritually minded.'

6) **Investigate terms using a concordance:** a) Adoption: Find another place where Paul uses this term to expand your understanding. b) Suffering: Look at synonyms for 'suffering,' such as tribulation, affliction, infirmity, distress, or trouble. Choose 1-2 & study these terms in Romans-Philemon, considering context. How do they relate? c) Glory: Search the Scriptures to find verses that use this word. Start in Paul's epistles, then broaden your study to the whole Bible. Be sure to study the word in Exodus, as it may reveal a new way to view 'glory.'

7) **Focus on a section in Romans 8:** Read through each section, choosing one to make your focus. Read these verses several times, noticing key words, helping words, and new concepts presented. 8:1-8, 8:9-15, 8:16-23, 8:24-30, 8:31-39.

8) **Reflection:** This unit, Romans 6-8 is a key to understand your identity as a Christian and how to live holy. He layered these teachings so as you grow and are open, you'll see more. Regularly re-examine and meditate on this section. **Enjoy!**

\*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.

## Is The Lord Jesus Christ 'Worthy' of Your Time and Life?

Romans 5:8 testifies, "...God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." We were ungodly sinners and His enemies, yet He gave **His all** for us. Being God, He humbled himself and became a man, suffering rejection, persecution, and an agonizing death on the cross. Even more, Christ took upon Himself the sin of each person, being 'made sin,' separated from the Father. Why? "For he hath made him to be sin for us, who knew no sin; *that* we might be made the righteousness of God in him." (II Cor. 5:21)

He did this in selfless love, just to be able to freely offer to every person *eternal life* by simple faith in His blood. He loves you SO MUCH, He would have done it all 'just for you!' In the July issue, we touched upon the question, '**Do you believe Christ is worth your time, energy, and your very life?**' Have you really thought about this? The Father offered His only Son to enable you to grow in the Word and to live it, being His 'ministering hands.' All this 'works glory' in you now and when you get to heaven; but God doesn't want 'religious thinking/behavior,' He wants YOU!

Romans 12 asks you to be a living sacrifice. Set aside your life 'in this flesh,' motivated by love to serve Christ, until you go home to be with the Lord. Remember, "...ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Cor. 6:20) You may say to yourself: 'It's more than I can do!' Yes it is, but God desires you to trust Him and yield. "Wherefore, my beloved...work out your own salvation with fear and trembling." (Phil. 2:12) **He is able** to do it in you; trust Him & walk by faith, not by sight; "...we are more than conquerors through him that loved us." (Rom. 8:37) Now is a good time to prepare; *this is the purpose for which you were saved.*

Read and study, pray, and live for Christ; **make the time.** "For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead. And that he died for all, that they which live *should not henceforth live unto themselves*, but unto him which died for them, and rose again." (II Cor. 5:14-15) **Let God Be Your Power!**

**Family Bible Study In N. Chesterfield**

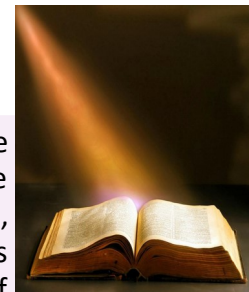
Brian's Topic: How to Understand the Bible

Time: Fridays, 7-9 PM Call for info - (804) 519-1210



Brian's View  
On Scripture

## The Relationship God Has Always Desired



In Romans 8, our Heavenly Father introduces us to the doctrine of our adoption: **1)** As sons, we will be taught in a very different way. “For as many as are led by the Spirit of God, they are the sons of God.” (Romans 8:14) **2)** We also begin to see the intimacy of this Father-son relationship, “...whereby we cry, Abba, Father.” (Romans 8:15) **3)** Saints are then given a hope as adult sons that will empower us to persevere through the sufferings we will encounter. “The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint heirs with Christ; if so be that we suffer with him, that we may be also glorified together.” (Rom. 8:16-17) **4)** God wants us to also know that His desire to adopt us today is consistent with how He has dealt with man in time past.

The Father-son relationship may not have been mentioned, but the education, the implicit trust, and godly labor were all laid out and offered to saints in time past. God reveals His desire for an intimate relationship with man in the Genesis account. In Genesis 5 and 6, we are told that Enoch and Noah both walked with God. They lived in a time period that Peter calls, “...the world of the ungodly...”. (II Peter 2:5) As saints, they endured the suffering because they had a better hope. Their ‘walking with God’ is setting forth a doctrine, very early in the Scriptures, regarding the kind of relationship the Father desired with man. God longed for an intimate, loving, ongoing teaching relationship with man to produce godly labor.

We see, particularly in Noah’s life, how he was just and did “...all that God commanded him...”. (Gen. 6:22) Noah was truly involved in godly labor as a preacher of righteousness and in building the ark. The next individual we see in the Scriptures that manifest attributes of being a son of God is Abraham. The LORD told Abraham to separate from his nation, kin, and family, which he did without questioning. “So Abram departed, as the LORD had spoken unto him...and Abraham was seventy and five years old when he departed out of Haran.” (Genesis 12:4) Next, Abraham and Sarah were told that they would have a son when they ‘...were old and well-stricken in age; and it ceased to be with Sarah after the manner of women.’ (Genesis 18:11) Abraham had learned to trust the LORD implicitly.

While these Old Testament saints never attained to the adoption of sons, they clearly manifested certain attributes of adult sons. Our adoption is totally consistent with all God has promised in time past.



### What Keeps Us From Taking Wise Counsel?

I Corinthians 3:18 “Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise.”



*The desire for independence starts before we are a year old. A child often insists he wants to ‘do it himself.’ This lasts through adolescence into adulthood. A toddler wants to buckle himself in his car seat and an adolescent can’t wait to move out. As an adult, we can stay in ‘the pride of high-mindedness’ to think ‘we know, we can do it ourselves,’ until, of course, we can’t. Do you personally yield to Scripture’s wisdom?*

*The Old Testament documents the Jew’s foolish history of ‘trying to do it without God,’ responding as unwise children, “...All that the LORD hath spoken **we will do...**”. (Ex. 19:8) God wants believers to rely on Him, with a thankful, humble attitude, as did Abram. God proved him; “...I am the Almighty God; walk before me, and be thou perfect...And Abram fell on his face...”. (Gen. 17:1-3) Yes, he had learned and knew his flesh couldn’t be perfect; he matured to trust God.*

*Today, before receiving instruction about how to be a ‘living sacrifice,’ we are taught about our true identity in Christ (Romans 6-8) and ‘selfless love,’ which is to motivate service. (Rom. 1-11) Immediately, Paul warns the believer in Romans 12:3, “...not to think of him-*

*self more highly than he ought to think, but to think soberly, according as God hath dealt to every man, the measure of faith.” This was strategically placed here for our learning, because of our fleshly ways.*

*As we grow to adulthood, our tendency is to think we ‘know best’ or ‘don’t really need to read Scripture.’ **Bad thinking will keep us stuck...** break the habit of ‘I know better.’ Christ will do the work in us, but **we need to read, trust, and purpose to live it.** It is a journey of faith.*

*While our fleshly instinct is to push away advice, even from our wise Father, we desperately need Him. Painful life challenges can eventually prompt rethinking of our self-exalted wisdom and desire for independence; but don’t wait for calamity, trust God today... He is ‘worthy.’*

*Respond in maturity; God is your perfect provision. Paul says, “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.” (Phil. 4:13, 19) Read, then ‘think on’ spiritual things, ‘doing’ what Paul has taught, “...and the God of peace shall be with you.” (Phil. 4:8-9)*

**Our Hope: Trust in God’s Wise Counsel!**







## How To Live What We Have Learned in Scripture, Using Time Wisely

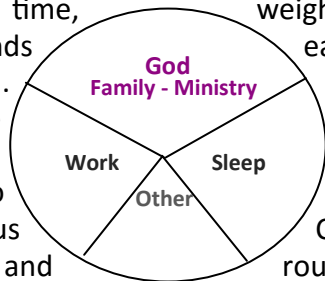
Philippians 3:16 "...whereto we have already attained, let us walk by the same rule, let us mind the same thing."

Last month's issue addressed how we are to submit unto authority in Romans 13; this 'structure' helps prevent chaos. Similarly, personal orderliness in day-to-day living is also wise. It seems there is never enough time to accomplish everything 'we would like' to do. This is precisely why there is a need to be organized and prioritize the truly important 'to dos.' Set boundaries to organize your day or there will be a tendency to be swept through life with 'emotions' in the drivers seat.

Satan delights to know his world system prevents saints from 'making time for God.' Paul admonishes, "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed." (Rom. 13:11)

Instead of 'squeezing in' time for God, let us target a different approach. 'Center life around Him.' What would this look like? Wipe your personal 'life' schedule totally clean. Start by placing 'spiritual priorities' first. Example: **1) God:** Personal 'daily alone time' with God to read and study Scripture, meditate and pray. **2) Immediate Family:** Quality time for relationship-building: Read Scripture/pray, then, discuss application. **3) Ministry:** Fellowship around the Word at Church and make time to live Christ by serving others.

Work and sleep are our secondary priorities, so they're scheduled next. Insert 'other' things as there's time, weighing their value. Clearly, activities will need to be cut. Sounds easy, but emotionally, we can be attached to some of them. Ask, "Am I dead to my flesh? We know change is possible when we depend on God. Get rid of 'shoulds' and 'unwise habits.' and reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord." (Romans 6:11) Put fleshly feelings, views, and routines aside to live your convictions; put God first. "Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing." (Philippians 3:16)



Is being caught up in the busyness of life, sin? God saved us to live 'unto Him,' not 'unto ourselves.' "How shall we, that are dead to sin, live any longer therein?" (Rom. 6:2) In grace, 'use time' wisely & walk by faith. Scripture develops the mind of Christ, conforming us to His image. Therefore, in faith, we ought to make time for God's spiritual priorities, knowing that, "...whatsoever is not of faith is sin." (Romans 14:23)

What would a day look like? Wake up early to assure Bible time and prayer are the first order of business. After secondary priorities are scheduled, assess how much time is left for 'other activities.' Include pastimes that are fun/neutral, not loaded with worldly doctrine i.e. Talking/puzzles/exercise/games. (Put away, or at least dramatically limit time wasters such as texting, sitcoms, movies, and gaming, etc. In the beginning, some could be used as strategic motivators for a 'short periods' at the end of the day.)

If married, a husband and wife could prepare/pre-discuss the challenges to make this a smooth process, working out anticipated problems. This takes family cooperation and understanding, so include the children in talks before implementation, requesting input. What a wonderful way to practically teach others what you are learning in Scripture and that, 'even you' are on a journey of faith, being refined. Make time regularly/briefly to review how it's going to encourage and troubleshoot.

New habits take time, but push through challenges, equipped with 'the power of Christ.' Prepare yourselves as a family with prayer, saturated with teachings in Romans 6-8 in order to walk by faith, not in fleshly efforts. As you continue to notice things that need to change, reflect, pray, and choose to make adjustments, as our body is 'for the Lord' (I Cor. 6:13) God's Spirit works His Word in you, which is your power. Time is precious, like liquid gold, so in grace, use it to serve the living God. Romans 13:11-14 says, "...knowing...now it is high time to awake out of sleep...put ye on the Lord Jesus Christ, and make not provision for the flesh..." **It is 'high time!'**



### 'On A Personal Side'

Forward feedback or questions about this newsletter. We will address all we can.

#### From Our Readers...

"The website looks great! Thanks for another good newsletter! (Illinois)

"Yes, I would like to be placed on your mailing list. Thank you for your strong stand for the Grace Message. (Alabama)

"This Newby's Bridge is the single best presentation of the Gospel of Grace in Jesus Christ to the un-churched and 'newby' I have ever had the pleasure to read. I would like to use it in all our endeavors and organizations. I am printing it now and will be sharing it with all of my social media, newsletters, teens and anyone else to whom I need to reach out. I can't thank you enough for writing this. It feel it is inspired by the Lord...Thank you again; you have no idea how much this has blessed us! (Arizona)

### ANNOUNCEMENTS

**Reflection:** Are there people in your life who need Christ as their Savior? Maybe they grievously struggle with life's problems and could benefit from sound doctrine. Take the first step: develop a loving relationship, praying to God for them and how He can use you mightily. This is an opportunity to live Christ! Many people are trying to navigate this difficult world without wisdom or hope. Choose to be God's ministering hands! Let them know you love and care for them.

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From the Editor: The goal of this ministry is to edify saints with sound doctrine and encourage personal study. We are ever looking to better meet our reader's needs. Therefore, please bear with us, over the next months. We are using feedback from our readers to improve our newsletter. We will be 'tweaking' the format and would welcome your thoughts.

### Two Women's Bible Studies

1. **Wednesday**  
10:30am-12pm - LaPrade Library
  2. **Friday Home Study**  
2-4pm in North Chesterfield
- Call for more info - (804) 519-1210

### Monthly Things To Do Be a Berean (Acts 17:11)

1. Prayerfully, look at your 'life expectations.' Are they in line with God's Word?
2. Ask yourself, do you have real hope? What do you focus on most: the spiritual realm and God's wisdom or worldly concerns?
3. Is Christ worthy of your time? Do you take His counsel? The answer is reflected in your life. Meditate on living unto God.