

# Silent Word Ministries

**A TEN YEAR SUNDAY SCHOOL PROGRAM  
FOR DEAF MINISTRIES**

## **SPIRITUAL HELP SERIES VI**

**BY DR. TED CAMP**



**One Series Contains One Year of Lessons  
Each Series Contains 4 Quarterly Studies  
Each Study Contains 12 Lessons or More  
{All Scriptures KJV}**

- Study 1 – God's Help For Christians**
- Study 2 – Help One Another**
- Study 3 – Fruit of Holy Spirit**
- Study 4 – How To Break A Sin Habit**

**A Systematic Bible Teaching Program  
*Teaching & Training With Bible Principles***

**SS06 Spiritual Help Series**

**Introduction**  
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~ Since 1966 ~

**Dr. Ted Camp, Founder**  
**Jon Barr, President - Jim Bracelin, Vice President**

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**SWM Publications** also specializes in literature, videos, and Sign Language materials for **Deaf people** and **Deaf ministries**.

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*All Scriptures King James Version.*

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**Silent Word Ministries**  
**PO Box 889 - Trenton, Georgia 30752**

**We are here to serve!**

**Lessons Written by Ted Camp, SWM**

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## A Ten-Year Sunday School Program For Deaf Ministries

A Systematic, Proven Method to Teach Deaf Classes – Study Groups – Personal Bible Study

**One Series: One Year of Lessons - Includes Four (Quarterly) Bible Studies**

(Recommended: One Series of Lessons for Each Student and Teacher)

### **SUNDAY SCHOOL PROGRAM FOR DEAF MINISTRIES**

~ Teaching and Training With Bible Principles ~

**One Series = One Year of Lessons  
Includes Four (Quarterly) Bible Studies**

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- [ ] \$2.50 each for 10 – 19
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- [ ] \$15 for one set of all 10 Series

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#### **INTRODUCTION FOR TEACHING PROGRAM**

This is a systematic teaching program to help a teacher lead Christians into spiritual maturity. The Bible is the authority and the guidebook. These lessons are not to take the place of the Bible, but are to be used as an aid in teaching the Bible and its principles. It is recommended that each student be given a set of lessons or given only one lesson to study for the coming week. Some topics may require more class time. If they **do not understand**, do not advance until they do **understand**.

**Note:** Teachers should seek related teaching materials from SWM or other sources.

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6. Visuals Lessons For The Deaf – VN1
7. Visual Lessons & Charts – VN2
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#### **Place Orders at [SilentWordMinistries.org](http://SilentWordMinistries.org)**

#### **Helpful Suggestions and Guidelines For Teachers**

- Be creative. Use your personality and ability.
- Be prepared. Use the blackboard for spelling.
- Teach as if they are learning for the first time.
- Review past lesson before teaching next lesson.
- Maintain eye contact. Deaf listen with their eyes.
- Ask questions, but avoid "yes" or "no" questions.
- Use illustrations, pictures, charts and stories.
- Teach Bible truths with practical applications.
- Use repetition and review past key principles.

**If they don't understand the way you teach, then teach the way they understand.**

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## Introduction

### THE TEACHER OF A DEAF MINISTRY

“... They that have not heard shall understand” (Romans 15:21).

“... How can, (know) except some man should guide me?” (Acts 8:31).

“... We know that thou art a teacher come from God” (John 3:2).

The most important position in the deaf ministry is the **teacher**. In the Sunday School class a teacher can sign directly to the deaf in their language and culture. In interpreting you must interpret the English language into the deaf language. A teacher can also use a blackboard, gestures, overheads, and teach until the deaf understand. The Sunday Class is a time to teach and train deaf people into maturity. Always remember that the deaf class is as a mission field, not just another class. Because public schools are not permitted to teach the Bible and many parents never learn Sign Language, you have a great responsibility. Also you are commanded to “**teach them**” the Word of God (Matthew 28:20). No one can grow without the Word of God – No one! (I Peter 2:2).

### How To Teach A Deaf Class

1. Start on time - Stop on time - Be prompt!
2. Keep it exciting - Don't be boring with same routines.
3. Teach the Bible - your opinions mean nothing - It is the Word of God that will change lives not you.
4. Use a planned systematic practical method in teaching. A 4th grade teacher's goal is to promote her class to the 5th grade. System Bible lessons are available from Silent Word Ministries.
5. Plan exciting activities at least once a quarter and on special days. Have one big annual event.
6. Teach the deaf to reach the deaf. Disciple the deaf into maturity. Let your deaf **grow** in the Word of God.
7. Remember, it is a deaf class. Deaf **listen with their eyes** so use **visual** signs, charts, and blackboard,
8. Keep it clear, simple and exciting. Make sure they understand.
9. Build a total ministry for all deaf people in all areas and levels of their life.
10. Build a ministry for families, adults, teens, and juniors.
11. Look for ways to improve, grow and reach all your area. Never stop learning.
12. Be a finisher. Don't stop, quit, or give up! "I have finished my course.." (II Timothy 4:7).

**This teaching program is designed** lead a deaf person into **Christian maturity** through a **systematic Bible program**. The Bible is the authority and the guidebook. These studies are not to take the place of the Bible but are to be used as an aid in teaching the Bible and its principles. **These lessons are written primarily for teaching**, but the lessons can also be used for personal studies. It is recommended **students be given a set of the lessons** for personal study. This is a ten-year teaching program with at least twelve lessons or one quarter of teachings. Your suggestions are welcomed and requested. - **SilentWordMinistries.org**.

### Some Helpful Suggestions and Guidelines

1. Be creative. Use your own personality and ability.
2. Be prepared. Write lesson topics, names, places and Scriptures on blackboard.
3. Teach as if those in the class are learning these principles for the first time.
4. Review the past lesson before teaching the new lesson. Repetition is essential.
5. Maintain eye contact. Remember that deaf people listen with their eyes.
6. Ask questions, but avoid "yes" and "no" questions.
7. Use illustrations, pictures, charts and stories to present the lesson more clearly.
8. Teach Bible truths with personal and practical application for today.
9. Remember that the Bible is the authority. Your opinion has no authority. It is Bible truths that change lives.
10. Prepare a question sheet to take home.

**If they don't understand the way you teach - Then teach the way they understand.**

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# THE TEACHER OF A DEAF CLASS

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The most important position in the deaf ministry is the **teacher of the deaf class**. In the class you can sign directly to the Deaf in their language and their world. In interpreting you must interpret the English language into the deaf language. A teacher can use a blackboard, gestures, overheads, and teach until the deaf understand. The Sunday School class is a time to teach and train deaf people into maturity. Always remember that the Deaf class is as a mission field not just another class. The public schools do not teach the Bible and many parents never learn Sign Language. Because of this responsibly, there should be certain requirements for a teacher.

## The Teacher and Salvation

Are you a Christian? This needs to be answered. To be a good Bible teacher you need to be saved and **know** you are saved. A person who doubts his salvation will be unstable. A person who is not saved will only be teaching from the head and not the heart. The Holy Spirit enlightens you with spiritual truths.

## The Teacher and Self

God can bestow no greater compliment upon you than to place His Book in your hands and call you a **“teacher.”** Remember what you are is God’s gift to you; what you become is your gift to God. As a good teacher you should know **four things**: (1) Yourself, (2) your class, (3) your lesson and (4) how to teach the lesson. Never be content but be willing to continually improve yourself and your signs. Dedicate your hands and heart to the purpose of teaching them the Word of God and Bible principles..

## The Teacher and Spiritual Life

It is very important that the teacher practices a daily time to be alone with God. There is no substitute for prayer and daily devotions with the Lord. Reach God and you will reach your class.

## The Teacher and Success

It is faithfulness that makes you successful. Teaching a deaf class **can** become discouraging and demanding. There will be exciting times when many will be present then the next week only a few.

## The Teacher and Simplicity

It is very important that the Deaf understand what you teach. Keep it clear and simple. Remember, the average Deaf who graduates from school is on about a \*5th grade reading level ( *\*SWM D14 Comparing Education Levels of a Deaf and Hearing Child*). The Deaf are not dumb. Their IQ is the same as the hearing, but there is a communication handicap. Do not teach childishly but teach clearly. Teach so everyone in the class **understands**, not just a certain few. Do not try to be impressive with words or signs. Teach the Word of God.

## The Teacher and Separation

Your students will not become stronger than you. A chain is only as strong as its weakest link. **You** are the greatest lesson you will ever teach. Be a good example. Lay aside every weight, and the sin which can easily beset you (Hebrews 12:1). Just knowing signs is **not** sufficient to be a teacher.

## The Teacher and Stability

It is required of a steward (teacher) that they be found faithful. Be faithful and loyal to the Lord, your pastor and church. The Deaf will follow your example. Keep going no matter what happens. A failure is not someone who fails but someone who quits. Quitters never win and winners never quit! A good soldier may lose a battle but he knows the war is not over. Deaf ministries need stability. Never, never, quit!

## The Teacher and Sincerity

You need to be honest and sincere with the Deaf. You cannot fool them about your love for them. Deaf people read your face and know if you are sincere. A little love can cover a multitude of bad signs. Never teach down to the Deaf or treat adults as though they are kids. Respect them and they will respect you.

## The Teacher and Soul Winning

Remember, the deaf are not obligated to come to your church, but you are commanded to go to them. Many churches provide an interpreting service but do not have a ministry. Seek to evangelize all the deaf in your area. Maintain a good visitation program. Teach and train the Deaf to reach the deaf. Every Deaf person in your area needs to be reached for Christ. If you don’t tell them, who will? “Go ye into **all** the world.” (Includes the Deaf).

# How to Be a Better Teacher

By Ted Camp, SWM

T = Teach the Word  
E = Educate to Next Level  
A = Apply to Daily Life  
C = Communicate until it is understood  
H = Heart reaches heart - Head reaches head  
E = Edify the full person with principles  
R = Reproduce Christians who will also teach others

## Knowledge is Good

“I don’t know what you don’t know. As I teach I learn what you don’t know. Then I can teach you what I know. When I am finished you will know what I know.”

“You cannot teach what you do not know, so you need to know more!  
As you know more - you will grow - and so will others.”

Success of a Teacher - “When a teacher finds a teachable student.”

Teaching is more than telling - Education is more than explaining.  
Learning is more than lessons - Good teaching also involves good training.

## Teaching & Training

Teaching involves information from head to head.  
Training involves instructions from hand to hand.

“I hear...I forget - I see...I remember  
I do...I understand - As I understand...I change.”  
-- Chinese Proverb

You retain only 10% of what you HEAR - 50% of what you SEE - 90% of what you DO.

## Common Sense Teaching Rules

Don’t teach someone else’s lesson from just your head to other heads.  
Teach something you know, feel in your heart and have done.  
The pupils will know what you know, feel and relate to what you do.  
If it works for you it will work for them.  
Your life is your greatest teacher and example.

## Suggestions For Teaching

1. What you teach will help mold a child for a lifetime.
  2. A child will never depart from his teachings.
  3. You must begin at the level of the students.
  4. You must advance from the known to the unknown.
  5. You must assume that each student can learn and will improve.
  6. You should teach to the level of the student.
  7. You should help each student to go to the next level.
- Remember, the student also learns from your actions.

## Suggestions For Lessons

1. Prepare well - Organize your lesson carefully.
2. Teach to the level of the class before you.
3. Don’t try to present too much.
4. You are successful if one major principle is understood.
5. Develop a plan and direction to teach your subject.
6. Vary your methods from lecture to leisure - From subject to storytelling.
7. Emphasize and reteach important points.

Conclusion: Review before you begin the next lesson.

“If they don’t understand the way you sign – Then sign the way they understand.”  
“If they don’t understand the way you teach – Then teach the way they understand.”

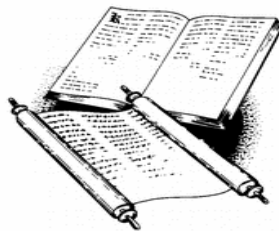
# **Spiritual Help**

## **Series VI**

**One Study Contains 12 or More Lessons**  
**{All Scriptures KJV}**

### **Study One**

# ***GOD'S HELP FOR CHRISTIANS***



SS06 Spiritual Help

# HELP FROM GOD

## Lesson 01

"**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**" (Romans 8:28). Through the centuries God's people have drawn comfort from this blessed verse. In the midst of trials and heartaches, it has been a rock of strength and hope. There are times to preach the Gospel to the unsaved, but there are times to "**Comfort ye, comfort ye my people, saith your God**" (Isaiah 40:1). **God is the God of all comfort and cares for his children.** "**...the Father of mercies, and the God of all comfort**" (II Corinthians 1:3). As a leader, there will be times you will need to comfort and help those who hurt. God cares for His own with ears that are always listening, eyes that are always open, arms that never tire, and with a love that never fails.

### Where To Find Comfort

1. **Scriptures** "**Wherefore comfort one another with these words**" (I Thessalonians 4:18).  
Comfort is found in the Scriptures. Use the Word of God to give comfort and hope.
2. **Spirit** "**He shall give you another Comforter, that he may abide with you forever**" (John 14:16).  
The Holy spirit will give comfort. He is always with you.
3. **Saviour** - "**Casting all your cares upon Him: for he careth for you**" (I Peter 5:7).  
You are important to the Lord. There is a song, "No one ever cared for me like Jesus."
4. **Saints** - "**Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus**" (II Corinthians 7:6). Christians are to comfort one another. You need Christian friends who care.

"**And we**" - "**We**" as Christians can have bad things happen to us. But with a Christian it is different because **we** know as long as there is a God there is hope. Only Christians know peace even in the darkest hours. Christians need to trust God in all circumstances and consequences.

"**know**" - The word **know** means to be sure, aware, experience, be acquainted, have knowledge about it. Christians can personally **know** the God of **all comfort** in an intimate relationship. You can know God personally the same as you personally know family members (I Peter 5:7).

"**all things**" - Name any problem or circumstance, or tragedy. **All things** can be controlled by God. It may be a financial loss, sickness, death, divorce, unexpected tragedy but **all things** means **all things**. If there is **one thing** God cannot control or change then He is not God. God controls five "**All things**" at all times (Colossians 1:16-20). A Christian **knows** he can do **all things through Christ**" (Philippians 4:13).

"**work**" - God's work is always active and energized to fulfill its mission and purpose. The Lord may cut here, change there, and make corrections but He is always **working all things for good** for the child of God. When things seem confused, GOD, high above all, is in control of the situation. He **works** even while the Christian sleeps. He knows what is best, He is too wise to do wrong and too good to do bad.

"**together**" - God is busy in working and changing all things "**together.**" "**All things together.**" He blends and mixes the tears, heartaches, and problems and mixes them in with the sorrows. He works them "**together**" into a **work for good**. Job never knew **why** but later he knew it worked **for good**.

"**for good**" - When the tragedy happens, it is bad. But God promises that "**all things work together for good.**" Even the bad will **work** for good. The Lord sees the total picture and everything is being moved to slowly **work** the bad into good. Trust Him, "**Though he slay me, yet will I trust in him**" (Job 13:15).

"**to them that love God**" - This promise is not for the unsaved who have no hope or comfort "**...that ye sorrow not, even as others which have no hope**" (I Thessalonians 4:13). This is a promise for "**them that love God.**" Christians can **know** that "**all things work together for good.**"

"**according to his purpose**" - At the time of loss a Christian may not see the working of God but His wheels are slowly grinding and his tools are chiseling to make it work for good. When Jacob said "**all these things are against me,**" at the same time God had already worked all things together for good.

**After** you respond and the work of God is **complete** there will be certain **results**. "**after that ye have suffered a while, make you perfect (complete), stablish (steadfast), strengthen (stronger), settle (sensitive) you**" (I Peter 5:10). **After** the **work of all things** the Christian should be: **Stronger** than before. **Sweeter** because they have been mellowed. **Steadfast** in the Lord. **Sensitive** to needs of others.



# **HELP IN TROUBLED TIMES**

## **Lesson 02**

**"God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though the waters thereof roar and be troubled..... Be still and know that I am God."**

– Psalm 46:1-11

There will be times that even Christians will need help. A time of heartache, disappointment, loneliness, hurt, or sorrow. The difference between an unsaved person and a Christian is that Christians have a helper. Someone who loves and cares for them at all times. **"The Lord is my helper, and I will not fear what man shall do unto me"** (Hebrews 13:6). The unsaved people have no hope or comforter. The word **help** means to **provide what is useful or needful in achieving an end**. It also means to **aid, assist, relieve, remedy or prevent at a needful time**. A helper is a person who helps at a needed time. The Lord is our **helper** and He will help with any problem or need. He has promised to always be **there** when He is needed. He promises to never leave or forsake us (Hebrews 13:5). The word **help** has been used for many centuries as a cry of distress and need. A person calls for help when he cannot handle the situation himself. It is a cry as **S.O.S.** from a ship, or **MAYDAY** from a plane, or **911** on the telephone. When these times of trouble come and the load is very heavy, call for "help" from the Lord. He is always **there** with ears that are always open, eyes that never close, and arms that will hold and comfort you until the storm passes by. It does not matter when or where you need Him, He will always be **there** day or night (Psalms 121:4).

### **GOD PROMISES TO BE YOUR HELPER**

He will give "grace to help in the time of need" (Hebrews 4:16). **"He is our help and our shield"** (Psalms 33:20). He is **"a very present help in trouble"** (Psalms 46:1). The disciples were asked if they would depart and they answered, **"To whom shall we go? Thou has the words of eternal life"** (John 6:67-68). When you are in trouble and need, go to the Lord and His grace will be sufficient to help you in the time of trouble. He will enable you and comfort you. "I can do all things through Christ which strengtheneth (enables) me" (Philippians 4:13). He may not remove the load but He will enable you to continue.

### **GOD PROMISES TO REMAIN WITH YOU**

He may not **REMOVE** the problems but He promises to **REMAIN** with you and help you. He did not **REMOVE** the thorn from Paul but he learned that His grace was sufficient (II Corinthians 12:7-10). His grace was sufficient for Noah during the storm, for the three Hebrew children in the fire, for Joseph in the pit, for David as he fought the giant, and even for Paul at the time of death. **"I am now ready to be offered, and the time of my departure is at hand. ....I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness"** (II Timothy 4:6-8). Once a person is saved they are never alone. The Lord is with them in life as a comforter and at death "absent from the body, and to be present with the Lord" (II Corinthians 5:8). As He was with David in the valley, and Joshua at the walls of Jericho, so shall He be with you. There will be mountains in your life. He may not **REMOVE** the mountain and it will **REMAIN** to teach a valuable lesson. He may give you strength to climb over it, or a shovel to tunnel through it, or wisdom to just go around it, or He may just stand with you to see the beauty of the mountain as it slowly teaches you that **"all things work together for good"** You needed the mountain and it remained that you might be still and **know** that **GOD** is your helper. When you are in trouble, look up and the Lord will be there to help. Christians need to call, cry, ask, seek, lean, and come to the Lord for help. **"Come unto me, all ye that labour and are heavy laden, and I will give you rest"** (Matthew 11:28). The only place to find true peace and rest is from God (Psalm 107:9) He is a **very present help** in trouble and He cares for you (I Peter 5:7). Take your burdens to the Lord and leave them there.

**Know God - Know Peace = No God - No Peace**

# **WHERE TO GO FOR HELP?**

## **Lesson 03**

*"From that time many of his disciples went back, and walked no more with him. Then said Jesus unto the twelve, Will ye also go away? Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life. And we believe and are sure that thou art that Christ, the Son of the living God."*

– John 6:66-69

**WHERE DO YOU GO FOR HELP?** Where do you go for hope and healing? You may be single, married, divorced, or alone but one thing is for sure, sooner or later you will need help. There will be a time in your life that you will need help and it is important to go to the right place. Go to one who can take care of the need. If you need money you can go to the bank. If you need food then go to the store. When you are sick you need to go to a doctor. But when you have a spiritual need, you need to go to the Lord. The Lord is always there with ears to hear, eyes that never close and arms that are always open. He cares for you. He understands deaf people and their needs. He understands signs and He cares. The Lord can be your 911 in the time of troubles. Right now, are you troubled, hurting and need help? Do you have some problems? Where can you Go?

**WHERE DO YOU GO FOR HOPE?** "But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope" (1 Thessalonians 4:13). "Others which have no hope." There is **NO HOPE** for people who are not saved. But Christians can always have hope. As long as there is a God there is hope. Hope that things will work together for good. Hope for a better life and future.

**Illustration:** During a storm at sea, all the people were afraid and some screamed, but then they noticed a little girl who sat smiling. They asked, "why aren't you afraid?" She answered, "my father is the captain and he has sailed through many storms before, I trust my father."

**WHERE DO YOU GO FOR HELP?** In this generation there are **specialists** for eyes, ears, nose and feet. The Lord is our specialist. He is the answer to our problems, our friend when we are lonely, our father when no one cares. We can always go to the Lord for help. At any time, at any place, He is only a prayer away. He never sleeps nor slumbers. He is "**there.**"

**1. THE LORD WILL HELP** - He is "the great I am," not the "I was." He promises that He will never leave you or forsake you (Hebrews 13:5). He will protect and shelter you under his wings (Psalms 91:1-5). His arms are always open and His ears are never closed..

**2. FRIENDS WILL HELP** – Go to Christian friends because they care. Paul was comforted by the coming of his friend Titus (2 Corinthians 7:6). Friends will help you in troubled times.

**3. THE SCRIPTURES WILL HELP** - "**Comfort ye one another with these words**" (1 Thessalonians 4:18). What are some Bible verses that helped you? The Word of God gives hope and help.

**4. THE HOLY SPIRIT WILL HELP** - The Holy Spirit walks with you, talks with you, and comforts you in the time of need (John 14:16). He is "**there**" when you need Him.

**WHERE DO YOU GO FOR HEALING?** It is sad that many do not seek help but keep problems within themselves. When you have a splinter in your finger, it must be removed before it can be healed. You need to **remove** sin from your life and seek forgiveness (1 John 1:9). There will be times you may be hurt from family or friends. Do not become bitter but become better. The Lord can heal and make the bad become good (Romans 8:28). The Lord can heal a broken-heart, grief and sorrow.

**TO WHOM SHALL WE GO?** - Run to Jesus, He has the answers to our questions. Go to Jesus, He has healing for all broken, burdened and bothered hearts. He is our light when things are dark. Our friend when we are lonely, our help in troubled times. **Go to Jesus**, He cares (1 Peter 5:7).

**Life's road is sometimes hard - But you can make it - Hold out your hand and He will take it.**

# **HELP WHEN TROUBLES COME**

## **Lesson 04**

How should a good leader act or react to trouble? It is easy to be a good Christian when everything is going great on the mountain top. But good Christians should continue even when troubles come in the valley. Christians are to be different than the world in the times of troubles. **"That ye sorrow not, even as others which have no hope"** (I Thessalonians 4:13). Some times God permits Christians to suffer to show the world how His people react during trouble. As a Christian others will follow your example. Keep serving God no matter what happens. The Christian may have sorrow but not without hope. As long as there is a God there is hope. The world has no hope.

1. **Live** a consistent Christian life during troubles. Troubles will test the level of your spiritual life. Be careful about your reactions. Never make any life changing decisions during the times of trouble.
2. **Lean** on the Lord. Times of trouble should drive you to the Lord, Bible and friends. Talk and confide in a good friend you can trust. Go to someone who will listen and care in confidence.
3. **Learn** from the experience. Experience will teach you to be better and not bitter. *"It is good for me that I have been afflicted...that I might learn"* (Psalm 119:71). It's OK to hurt but don't lose hope.
4. **Love** the Lord and stay close to Him. He is **"the God of all comfort"** (II Corinthians 1:3). Let Him help and comfort you. He will help you, **if you will let Him**.
5. **Leave** it in the care of the Lord. Everything that happens to a Christian must **first** go through the Lord. Leave your burden upon Him (II Peter 5:7). Take your burden to the Lord and leave it there.
6. **Look** to the Lord. Do not look down but look up *"Looking unto Jesus"* (Hebrews 12:2). Learn to look at the possibilities not the problems.
7. **Let** the Lord work it out. He is in control and promises to make even the bad become good. **"All things work together for good"** (Romans 8:28). Even bad things can one day become good.

## **NORMAL REACTIONS TO A DEEP HURT**

There will be times of deep trouble even for a Christian. As a leader how will it effect you? How will you react in the time of trouble? Will it make or break you? This study will also help you to help others in the time of need. Let's study some normal reactions:

1. Usually the first reaction is **DENIAL**. Refusing the true facts - You must fact the facts.
2. Then comes **ANGER** toward those who are to blame. Some even blame God. Some stay at this level and never improve but become bitter. Anger will never solve the problem.
3. Next comes the **BARGAINING** time with the Lord. "Lord If only You will" - "I promise I will" or "where did I go wrong - why?" God makes no mistakes. You can question His ways, but never question His wisdom. He is too wise to do wrong. Trust God!
4. The next stage is **DEPRESSION** without hope; withdrawal and self pity. At this level a person needs to be busy and active for others. Get away from the problem and help others.
5. The best reaction is **ACCEPTANCE**. Trust the Lord with the problem. Do not let the problem control your life. Grief must run its course but there should be a time of trust and acceptance. As Charlie Brown, the cartoon character says **"Good Grief."** Grief is good and it will slowly heal.
6. The healing begins when you become sweeter, stronger and more sensitive to others needs. The experience should teach you a great lesson so you can help others (I Peter 5:10).

**As Job learn to trust God no matter what happens.  
STOP TRYING AND START TRUSTING**

## **HELP WITH WORDS**

### **Lesson 05**

***"A soft answer turneth away wrath: but grievous words stir up anger."***

– Proverbs 15:1

***"Out of the same mouth proceedeth blessing and cursing.  
My brethren, these things ought not so to be."***

– James 3:10

One-half of communication is by speech. A word is a spoken, written or, with the deaf, signed method of communication. Words are a way to express thoughts, ideas and desires to other people. We need to guard our speech (signs) and use words that are good and profitable. Kind words cost nothing and the benefits are rewarding. With words wars have been started, marriages have been broken, and lives have been ruined. Words can be a blessing or a cursing, a help or a hurt. Words once spoken can never be erased. During the time of trouble it is important to think and talk right. Don't become bitter or blame God. Don't think and say words that you will later regret. Read the Word of God, have a quiet time, mediate and get in control of what you think and talk about. It is important that you have the right reaction as a Christian. Be careful what you think and say during the time of trouble. Most of the times your reactions are in the flesh. Wait on your words!

**RIGHT THOUGHTS AND TALK CAN HELP** - It takes the same amount of effort to say kind words as it does to say mean words. The words we speak show what is in our minds and hearts. Words are powerful and can start wars or can bring peace. Words are warm and can give comfort and hope. What you say can change lives or destroy lives.

Words can be **timely** - "*...A word spoken in due season, how good is it!*" (Proverbs 5:23).

Words are **valuable** - "*A word fitly spoken is like apples of gold in pictures of silver*" (Proverbs 25:11).

Words **encourage** - "*Heaviness in the heart ... but a good word maketh it glad*" (Proverbs 12:25).

Words are **pleasant** - "*Pleasant words are... sweet to the soul, and health...*" (Proverbs 16:24).

Words of **wisdom** - "*The words ... are as deep waters, and the wellspring of wisdom*" (Proverbs 18:4).

Words **rejected** - "*Speak not in the ears of a fool...he will despise wisdom of words*" (Proverbs 23:9).

A wise man will listen and learn but a fool rejects wisdom.

### **THINK GOOD THOUGHTS**

***"Finally, brethren, whatsoever things are true, ...honest ...just ...pure,...lovely..  
of good report; if there be any virtue, and if there be any praise, think on these things."***

– Philippians 4:8

It is important to put **good** things into your mind and the mind of others. If you put bad things into your mind, then bad things will come out. Computer language is "**GI-GO**" which means garbage in-garbage out. What you think about is what you talk about and what you will become. It is important to think and talk right words because wrong thinking will effect the way you look at your problems. Wrong thinking will lead to wrong talking. The first step in handling your problem is right thinking and right talking. Think of the positive and things that are true. Look for the good things even when things are bad. As a person thinks in his heart so will he become.

***"For as he thinketh in his heart, so is he."***

– Proverbs 23:7

When you think wrong you will pray wrong, say wrong, be wrong and do wrong.

**Think** of good things and it will slowly give you **peace** in your mind and heart.

# **HELP WITH WORRY**

## **Lesson 06**

It seems our world is full of worry. People worry about the future, war, diseases, pressures, anxieties, stress, and death. Many are seeking help from doctors and drugs while others just give up in suicide. It has been said that over one-half of our hospital beds are occupied by people who are sick with worry. Worry can cause many health problems such as ulcers, stress, anxiety and early death. The word "worry" means "to divide the mind." It means to divide, tear and rip apart. The Bible word for "worry" is "anxiety" or "care." **Worry is a sin.** Worry says, "God cannot do all things" but the Bible states, **"I can do all things through Christ which strengtheneth me"** (Philippians 4:13). It is a sin to worry and fret about things you cannot change.

## **How To Win Over Worry**

**1. Don't Worry About Today About Tomorrow** - The Lord says, "Do not worry" (Matthew 6:31). He continues to tell how to overcome and win over worry: **"Therefore do not be anxious for (worry about) tomorrow, for tomorrow will take care of itself"** (Matthew 6:34). The Lord makes it clear that worry is wrong. It is wrong to let tomorrow's problems bother you today. You must learn to live one day at a time. **"Sufficient unto the day is the trouble thereof."** Don't today about tomorrow. Tomorrow worry about tomorrow. learn to face today, leave tomorrow in the hands of the Lord.

**2. Stop Trying and Start Trusting** - Sometimes you cannot control what has happened but you can control how you react. It is important to slowly get in control of your life again. You cannot change others, circumstances or situations but you can change yourself. Something may happen and you will never be the same again. It is only natural to try to work things out but sometimes the problem may be out of your hands to change. The Bible tells us **"Casting all your cares (worries) upon him, for he careth for you"** (1 Peter 5:7). The word **"cast"** means to take it off of yourself and roll it over upon Him. It is too much for you to carry alone. When you worry, you are not trusting God. You must **trust** God and stop **trying** to handle it yourself.

**3. Give it to God** - **"Be careful for nothing (worry about nothing); but in every thing (all problems) by prayer...let your requests be known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus"** (Philippians 4:6-7). Ask the Lord to forgive you, then forgive yourself and others. The problem must be reversed. Give the problem to God. Pray that God will give you strength to face **the day** as a Christian. He can **keep** peace in your mind and heart beyond your understanding. As you pray He will give you peace.

**4. Remember, Bad Things Can Become Good** - **"All things work together for good to them that love God"** (Romans 8:28). Don't seek self pity or justification. Accept your responsibility as a Christian. Ask, "How should I react to this problem?" Adjust your life to accept the problems. Let your family and friends give comfort and help. There are times that God permits bad things to happen to show the world how Christians react during troubles. Remember, it is all right to have **grief** but not **guilt**. Sometimes God does not still the storm but He can still you in the storm. Become better and not bitter. Learn to look at the positive side and not the negative.

**5. Do not Resist but Respond** - Seek to respond correctly to God. Do not resist or fight God. Some children despise the chastening or correcting hand of the Lord. (Hebrews 12:5) Once a Christian responds correctly, then the peace of God will be restored. **"Afterward it yieldeth the peaceable fruit of righteousness"** (Hebrews 12:11). Respond quickly to God and you will be restored. As long as there is a God, there is hope. Daily, practice putting your problems in a closet and close the door. It may take time but slowly God can "work" all things to become good. **"Afterwards"** you will be sweeter, stronger and more sensitive (2 Peter 5:10).

**Worry has never healed one broken heart!**

# **HELP WITH GRIEF**

## **Lesson 07**

**Grief** is very painful and real. It can be overwhelming like ocean waves pulling you under. Some people try to bury themselves in work and ignore their grief. Grief does not just go away because we ignore it. Grief is very necessary and part of the healing process. Even Charlie Brown in Peanuts knew the value of "**good grief.**" As one woman cried, "Let me have my grief." To many times people try to hide or ignore grief but this will bring inward problems later. The person who refuses to grieve can easily become a bitter person. How long does grief last? Each person must make his own way, and the journey through grief will be different for each loss. Even after the healing there will times of flashbacks at anniversary dates or occasions that remind them of the loss. Slowly there will come a time when the days will pass and not be consumed by the pain of memories or guilt. But the times of sadness may continue for years.

### **HOW TO HELP IN THE TIME OF GRIEF:**

1. It is important to contact the family or person who has grief.
2. If you cannot visit, send a card or note of sympathy.
3. Support them any way you can.
4. Be a good listener - listen.
5. If they need to cry, let them. Release brings some relief.
6. Talking, tears, touching are all very important.
7. It is more important to be "there" than to talk.
8. Remember to **contact** them on the special occasions of the loss.
9. Share your good memories of the lost loved one.
10. Remember the hard time is after the funeral when everyone is gone.
11. Invite the person for lunch or a special day of events.
12. Encourage them to attend support groups or seek counsel.

### **HOW NOT TO HELP:**

1. Don't say, "Maybe this was for the best."
2. Don't say, "It was God's will."
3. Don't say, "You need to quit thinking about it."
4. Don't say, "You need to get this behind you."
5. Don't say, "You will get over it."
6. Don't say, "I know how you feel."
7. Don't say, "If it was me I would do this."
8. Don't compare this death with another death or person.
9. Don't give advice.
10. Don't stay away because you don't know what to do or say.

**Your presence and care are very important.** Do say, "**I am here if you need me - I care.**" Your actions and attention is very important. Remember to follow up with a card or telephone call. Also pray with them before you leave and continue to pray for them. Having a friend is very important in the time of grief.

**Christians: "Comfort ye one another"**

**Christians: "Bear ye one another's burdens."**

# **HELP WITH BITTERNESS**

## **Lesson 08**

**“Follow peace with all men, and holiness, without which no man shall see the Lord:**

**Looking diligently lest any man fail of the grace of God;  
lest any root of bitterness springing up trouble you,  
and thereby many be defiled.”**

– Hebrews 12:14-15

What does the word “bitterness” mean? Harsh and unpleasant thoughts and feelings toward another; unforgiving spirit against others; inner feelings of grief, pain and misery; feelings of deep rejection, anger and hurt. Many families, friendships, lives and ministries have been destroyed by bitterness. Bitterness is compared to a root, **“root of bitterness springing up.”** If it is not destroyed, it will continually grow and destroy many -- **“many be defiled.”**

**Roots are Unseen** - They grow under the ground. They are ugly. Bitterness is usually covered and others can't see it. It is also ugly. Bitterness, just like roots of weeds, needs to be carefully dug up and destroyed. There are many causes of bitterness; unfaithful/abusive husband; abusive parents; rejection; physical handicaps; deep hurt by friends; always hard time in life; neglect; poor physical appearance; rebellious children; abusive children; life seems unfair; poverty; abandonment; poor health; illegitimate birth; shame in the family; death of a loved one, etc. **What is causing your bitterness?** Admit it; analyze it; attack it; dig it up and destroy it. Do not let it **trouble** you any longer. Do not let it **defile** others. Learn to attack the problems and not people.

**Bitterness in the Family** - **“Husbands, love your wives, and be not bitter against them”** (Colossians 3:19). The home is not a place for strife and bitterness. Home is the place where bitterness and strife should be shut out and love should be shut in. When the home is not right, then nothing is right. There should be no bitterness in your family. Dig it up and destroy it.

**Bitterness in the Church** - **“But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish”** (James 3:14-15). An easy way to kill a church quickly is to have members with bitterness. It will grow until the church is destroyed and consumed with it. The church will grow and be blessed when there is a spirit of unity and fellowship.

**Bitterness in your Conversation** - **“Doth a fountain send forth at the same place sweet water and bitter?”** (James 3:11). What you say with your mouth is evidence of what is in your heart.

**Become Better not Bitter** - Don't let bitterness control and consume you. The person who is bitter is the one who is hurt the most. Bitterness will not accomplish anything but more bitterness. Life is too short to be bitter. **“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice”** (Ephesians 4:31).

**Forgiveness Will Kill Bitterness** - When two people are in disagreement, all that is needed is for one to give in. The one with the strongest character will do what is right. **“For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses”** (Matthew 6:14-15).

**Personal Bitterness** - Sometimes only you know of your bitterness. You may not need to go to the other person but you should go to God. Then, change your attitude toward that person. **“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness”** (1 John 1:9). Ask God to forgive you and then forgive yourself. When you see the person to whom you were bitter, be kind and forgiving as the Lord forgives you.

**Do not become bitter -- Become better.**

# **HELP WITH FORGIVENESS**

## **Lesson 09**

**Note:** This lesson can be taught in one or two sessions. A good lesson to take your time and make sure that all bitterness is gone with your people. The greatest joy is to have unity and fellowship with God's people in a good ministry. All strife and division should be avoided.

**Forgiveness** - What does "forgiveness" mean? **Dictionary:** 1. to grant pardon for or to. 2. to cancel (a debt or payment). 3. to cease to feel resentment against. It means to remove, erase, cancel or have paid in full. Unforgiveness will divide but forgiveness will bring peace and unity.

**I. THE SINNER FORGIVEN - How To Be Saved** - A person who is not saved does not have peace with God. He is separated from God. There is no rest or peace for the person who is not saved (Isaiah 57:20). There is no hope for the unsaved person (1 Thessalonians 4:13). God has only one way for a sinner to be forgiven and that way is Jesus Christ (John 1:12; 14:6; Romans 10:13; Acts 4:12). When people accept Jesus Christ to forgive their sins, they have peace with God and their sins are forgiven (Romans 5:1). Joining a church or trying to do good will not forgive a person's sins. The only way to be forgiven with God is to accept His Son, Jesus Christ in your place. When you are saved, you no longer are called a sinner but a child of God. You are born into the family of God. God becomes your "Heavenly Father." You become a son in God's family with sins forgiven and have peace with God. God works from the inside out but religion tries to world from the outside in.

**II. THE CHRISTIAN FORGIVEN - "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness"** (1 John 1:9). Sins of the son or daughter must be confessed or judged. When a child does wrong, the father does not kick him out of the house but he still loves his child. As a child of God you do not need to be saved again but when you do wrong or go the wrong way, you have sinned against God your father and you need to come to your father and ask forgiveness. He promises to the Christian that if you will **confess** your sins He will **cleanse** your sins and forgive you. God will give you a new beginning in the right direction you should go.

**"If we"** Paul was a Christian so the word "**we**" means Christians who have sin.

**"Confess"** means to agree with God about your sins. Confess means also that you desire to stop your sins. You confess to God not man that you have sins. Tell God that you are sorry and desire to stop your sins and change your wrong ways.

**"Our sins"** Sins break fellowship with God our Father. Name your sins and confess that you have done wrong. Do not try to excuse your sins. Be honest with God.

**"He is faithful"** God is faithful as a Father to love and forgive you. As you forgive your children God will forgive you. He is faithful and you can depend upon Him as your Heavenly Father.

**"And just"** This means that God will do what is right. God is fair and good. He does not see our sins but He sees His Son in our place. He will forgive you. God will not be mean or bad to you.

**"To forgive us our sins"** God will cancel the sin. It will be paid in full. He forgives and pardons the sin as though it was never done. He will erase your sins and forgive you.

**"And cleanse us from all unrighteousness"** To cleanse means that it is completely washed away and gone. Christians can sing my sins are **G-O-N-E** (Hebrews 10:17; 8:12).

**Discussion:** Do any of you have any sins in your lives that are not forgiven? Is there anything between you and God at this time? Do you have guilt? God wants every Christian to have peace in his heart. He wants sin to be forgiven. Sin will block your fellowship with God and others.

**Are your sins gone?**



# HOW TO FORGIVE OTHERS

## Lesson 10

**Bible forgiveness means three things happen: It is forgiven. (1) I will not bring it up again to you. (2) I will not bring it up again to others. (3) I will not bring it up again to myself. You may not be able to forget but as the Lord you can chose not to remember it.**

- A. Why should you forgive?** Forgiveness is not easy. It is hard to say, "I'm sorry." it is harder to say "I forgive you." God wants Christians to forgive one another.
- (1) **Because God commands it** - **"Forbearing one another and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye"** (Colossians. 3:13).
  - (2) **Because you need forgiveness** - **"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not ... neither will your Father forgive your trespasses"** (Matthew 6:14).
  - (3) **Because you want to be like Christ** - **"For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps"** (I Peter 2:21).

### B. How To Forgive Others

- (1) Remember God has forgiven you and for Christ's sake you are to forgive others.
- (2) Make the decision to forgive. It will give you freedom of mind and spirit.
- (3) Renew your mind by meditating on the Scriptures. Memorize some verses and when you begin to think about the wrong, say to yourself, "Cancel, cancel" and then think about the Scripture. **"Thou shalt keep him in perfect peace whose mind is stayed on thee"** (Isaiah 26:3).
- (4) Replace your bitterness and unforgiving spirit with love. **"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you"** (Matthew 5:43-44).
  - (a) Bless them that curse you and hurt you.
  - (b) Do good to them that curse you and hurt you.
  - (c) Pray for them that hurt you and persecute you.
  - (d) Ask God to help change your attitude toward those who have hurt you.

### C. God's Plan of Forgiveness

- (1) Forgiveness between **you** and **another person**. Go to that person and make it right. You forgive them first because God has forgiven you (Matthew 5:25).
- (2) Forgiveness between **husband** and **wife**. Husbands are to love their wives. Wives are to be submissive to their husbands. The one who forgives is the strongest and best Christian. It is important that husbands and wives learn to quickly forgive each other (1 Peter 3:7).
- (3) Forgiveness between **parents** and **children**. It is important for the family to be in unity and love. Parents should forgive children and children should forgive parents (Colossians 3:21).
- (4) Forgiveness between **Christian** and **church**. When a Christian sins openly, it hurts the church. He should ask the church (people) to forgive him (Galatians 6:1).
- (5) Forgiveness between **you** and **God**. Go to God and ask Him for forgiveness (Amos 3:3).

### HOW MANY TIMES SHOULD YOU FORGIVE?

"Then came Peter to him, and said, Lord, **how oft** shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven" (Matthew 18:21-22). This means that there is **no limit** to forgiving others. The Jewish tradition was to forgive at least **three times**, so Peter doubled this and added one. The Lord surprised him with an answer to forgive (7x70) **490** times. This simply means to always be willing to forgive as God forgives you. How many times has God forgiven you? Think about it. Good Christians are always **reasonable and willing** to forgive because God has forgiven them.

# **HELP WITH DEPRESSION**

## **Lesson 11**

[Note: This lesson is in two parts and could be taught in several lessons as needed by your class]

What does the word “**depression**” mean? **Dictionary:** 1. to feel low with sadness or gloom. 2. emotional dejection and withdrawal greater than that warranted by any objective reason. 3. to press down. 4. It can also mean deep discouragement and deep frustration.

**Introduction** - Women are **twice** as likely to experience **depression** than men. Women with small children are especially vulnerable because they are often emotionally and socially isolated. Not all depressed people are sad. They can have “highs” and “lows” - mood cycles. Depression is more than feeling sad, blue or down in the dumps. One in twenty people suffer depression. It can become a way of life. **Symptoms:** Mood swings, loss of appetite, withdrawal, bouts of discouragement, nervousness, anxiety attacks, fussy, irritable, cranky, complaining, unhappy and a bad case of the “blues” that continues for weeks and months. Often the physical appearance changes; walk with drooped shoulders; sloppy dress; personal hygiene neglected; sad countenance, etc. Can Christians be depressed? Yes, many great men in the Bible suffered from depression. Many great preachers and Christians in the past and even today suffer from depression. Some people feel that depression is simply a way of life. There will be times when all people will be discouraged and depressed. But, for the Christian, it should not be a way of life.

**Describing Depression** - There is **clinical depression** which needs professional attention and treatment. This type of depression is a **medical illness** the same as diabetes, high blood pressure or heart disease. If a person has a headache he takes treatment with an aspirin. Some people who are clinically depressed should seek professional help and treatment. Do not feel guilty or sensitive about seeking a doctor for a mental health problem. There is **mild depression** that many, even Christians, experience. This study will **not** discuss clinical depression but “mild” and spiritual depression which can be overcome and treated with a proper Biblical outlook and right attitude. When troubles come, it is important for Christians to have the right outlook and attitude. How do you act or react in the time of trouble? Do you become discouraged easily? Is it a sin to be discouraged and depressed? How can you help someone who is depressed?

### **FOUR WRONG STEPS DOWN** **[The Cause of Depression]**

1. **Discouragement** - God never uses a discouraged Christian. Discouragement usually comes when bad things happen. Maybe you have problems with family or friends. You could be discouraged because of finances, failed expectations, bad health or a feeling that life is not fair. What discourages you? Is it a sin to be discouraged? No, because everyone has times of discouragement. But when you stay discouraged and start complaining, then it becomes sin. Are you discouraged?

2. **Disappointment** - Maybe you have become disappointed because of your work, bad news, problems in the family and with friends, illness, an accident, love life, just life itself. Sometimes things can happen and life will never be the same again. Life is filled with disappointments. Bad things can happen. Are you disappointed?

3. **Depression** - The third step becomes a life of gloom - rejection - no use - give up - blaming others - leave me alone - I don't care - sadness - bitterness - isolation. Many Christians go into depression and give up on life. This is a sin. Are you depressed?

4. **Despair** - This means to give up hope of things becoming better or changing. This person may say, "Just let me die." Even Paul despaired of life, “**We despaired even of life**” (2 Corinthians 1:8). A person in despair does not care if he lives or dies. A person in despair feels he has lost all reason to live and has no hope. This is wrong. It is a sin. God is in Heaven. There is always a reason to live. There is hope.

**It is important for you to examine yourself. See your weakness then ask God to help you change or to give you strength to endure it. Don't seek to change others, seek to change yourself.**

## FOUR WRONG WAYS OF ACTIONS AND ATTITUDES

People who become depressed are no longer in control of their life. They will have bad attitudes and actions. Their ways will be moody, complaining, fussy, sour and bitter. They have wrong actions the same as people who are not saved. They stop living like Christians.

1. Depressed people **see** things wrong. They see things negatively. Because they feel bad, they think bad and everything becomes wrong.
2. Depressed people **think** wrong. Things that they see and hear become wrong. They think that the pastor, friends, family and church members no longer care. They think they have no worth and everyone and everything is against them. This is wrong.
3. Depressed people **say** wrong. They can easily hurt other people. It is easy to hurt those that you love the most. Sometimes caring people turn away because of the hurtful things said.
4. Depressed people **do** wrong - They act like people who are not Christians. They become angry at the people who love them the most. When a person is depressed, it is easy to make wrong decisions. Never make any life changing decisions when you are depressed.

## FOUR WAYS OUT OF DEPRESSION

### The Cure for Depression

1. **Lean on the Lord** - Let God work for you. If you cannot change the problem, give it to God. Stop trying to fix everything yourself and start trusting God to help. Job said, **“though God slay me, yet will I trust Him.”** Don't look at the problem or people but look up to God. Take responsibility for yourself. Don't stay alone in dark places. Go outside in the sunshine, look at God's creation, and be thankful for life.
2. **Learn from experience** - Learn and change your life to become better because of what has happened to you. **“It is good for me that I have been afflicted...that I might learn”** (Psalm 119:71). Pray and read your Bible. Find hope and comfort from God. Talk to God about your depression. You can tell Him anything. He will understand. You can trust Him.
3. **Love the Lord** - **“Casting all your care upon him; for he careth for you”** (1 Peter 5:7). No matter what happens, keep going and stay close to the Lord, your family and friends. Get a prayer partner to pray and counsel with you. Seek a Godly friend, whom you can trust, who will listen to you. Don't try to do it alone. Let others help you. Don't stop living but start to live again. Ask God to give you a new beginning. Live one day at a time and rejoice in it. **“This is the day which the Lord hath made, we will rejoice and be glad in it”** (Psalm 118:24). You cannot change the past but you can change the future.
4. **Look to the Lord** - Don't look at the problem or people who perhaps caused your depression. Look to Jesus. **“Looking unto Jesus”** (Hebrews 12:2). Keep going no matter what happens. As you overcome your depression, God will make you stronger, sweeter and more sensitive to the needs of others. **“...after that ye have suffered a while, make you perfect, stablish, strengthen, settle you”** (1 Peter 5:10). One day, as you trust the Lord, you will learn that all things do work together for good (Romans 8:28). Remember, it is all right to question the ways of the Lord, but never question the wisdom of the Lord. God is too wise to do wrong and too good to do bad. Trust the Lord!

Remember, everyone sometimes will suffer from depression. You are not alone. You do not have to be defeated. Recognize your need, analyze the cause, seek help from God, confide in a good friend, get a prayer partner, take responsibility for your life, don't expect immediate change but continually look to God. Remember, it is not what happens “to” you but “in” you that makes the difference.

A good Christian should be consistent and keep going no matter what happens. Other people have faced the same problem you have and they have not stopped. As long as there is a God, there is hope for the child of God.

**Don't let discouragement and depression defeat you. You can have the victory!**

# HELP WITH ANGER

## Lesson 12

(Note: This lesson should be taught in several sessions as needed).

**What is Anger?** Anger is an inner emotion in response to hurt, rejection, ego, pride and selfishness. It can be in different stages such as mad, anger, rage, wrath and violence. Anger can become verbal and emotional abuse to other people. Every year in America almost two million women are severely beaten by **angry** husbands. One million children are abused by **angry** parents. This problem does not recognize the gender because both men and women can be controlled by anger. Some Christians use verbal and emotional abuse in **anger** to those they love the most. Wives fear their husbands and sons and daughters fear their parents because of their **rage**. People are becoming violent with “**car rage**” chasing people in **anger** because they blew a horn or passed them. Just because you are a Christian it does not mean that you will not have anger. Can you think of some Christians who seem to always have anger? Do you have the problem of anger and rage? You should avoid angry people. “Make no friendship with an **angry man**; and with a **furious man** thou shalt not go: Lest thou learn his ways, and get a snare to thy soul” (Proverbs 22:24-25).



**Is It a Sin to be Angry?** Anger is an inner emotion of the flesh. It is something that all are given at birth. It is not a practiced or lifestyle sin but a sin by nature. Even the little baby has fits of anger. How? Who taught the child how to become mad and angry? No one! All children are born into this world crying, consuming and complaining. It seems that people leave this world the same way. Some adults continue to keep the attitude and ways of a child to get what they want in life. This is a very selfish attitude. Notice how a child cries then screams in anger until they get what they want. It is sad but some people use anger as a tool to get what they want. There is a time to put away childish things and become adults. Anger itself is not a sin but when it is revealed and displayed openly it becomes sin.

Christians are to be angry at sin and the Devil. It is correct to be angry with those who would do your family harm. But it is never justifiable to become angry and abusive to others in rage. **It is never right to be rude.**

**What Does the Bible Teach About Anger?** “Be ye angry, and **sin not**: let not the sun go down upon your **wrath**: Neither give place to the devil” (Ephesians 4:26). It is permissible to be angry but not to sin. Notice it does not say not to be angry because there are times that everyone will become angry. Anger must be brought under control. It is wrong to react **quickly**. “A fool's wrath is presently (quickly) known” (Proverbs 12:16). “And, ye **fathers**, provoke **not** your children to wrath” (Ephesians 6:4).

**When You are Angry React Slow.** Why? Because at this time you are not in control of your emotions. Anger can easily become rage and then violent. Take **time out** and try to count to ten slowly before you react or maybe one-hundred. Several times the Bible states to be “**slow**” in your reaction. “He that is **slow to anger** is better than the mighty; and he that ruleth his spirit than he that taketh a city” (Proverbs 16:32). He that is **slow to wrath** is of great understanding” (Proverbs 14:29). “A wrathful man stirreth up strife: but he that is **slow to anger** appeaseth strife” (Proverbs 15:18).

**Anger is a Natural Emotional Sin** - Even the little child is born with anger. No one teaches him/her how to fuss, scream, and be angry but all are born with the nature of anger. “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned” (Romans 5:12). You do not become a sinner but you are born a sinner. The sin nature of Adam is passed upon all people and all have sinned. Some sins are learned by lifestyle, life, practice and habits such as smoking, drinking and even homosexuality but some sins are inward by birth such as lying, jealousy, envy, and anger. These are known as the sins of the flesh or birth. Anger is also a habitual sin that can be replaced with Godly practice. When angry always call a “time out” and cool down. Most of the reactions when angry are in the flesh and very destructive. Don't let the flesh control your body (Galatians 5:17-21). The sins of the flesh are as weeds, they grow naturally. But the fruit of the spirit is as a good garden. You must give more work and attention for good results.

**Replacement Principle** - Sometimes sins of the flesh will be **removed** by the Lord but most of the time they will need to be **replaced**. Replace the “**old man**” (flesh) with the “**new man**” (Spirit). Replace the bad habit with Godly habits until the new man or habit becomes stronger than the sin of anger. “But now ye also **put off** all these; **anger, wrath, malice**, blasphemy, filthy communication out of your mouth...seeing that ye have **put off** the old man with his deeds; And have **put on the new man**...” We must free ourselves of “all such things--anger, wrath, malice.” “**Cease from anger, and forsake wrath**...” (Psalm 37:8). “**Cease**” means to stop your anger, and “**forsake**” means to walk away from it. **Don't let anger control your life!**



# Put Off ...Put On

## God's Replacement Program

### Colossians 3:8-14



#### Put Off...These Things

Ephesians 4:22

1. Lack of Love... I John 4:7-8
2. Judging Others...Matthew 7:1-2
3. Bitterness...Hebrews 12:15
4. Selfishness...Philippians 2:21
5. Pride...Proverbs 16:5
6. Stubbornness...I Samuel 15:23
7. Disrespect of Authority...Acts 23:5
8. Rebellion...I Samuel 15:23
9. Disobedience...I Samuel 12:15
10. Impatience...James 1:2-4
11. Ungratefulness...Romans 1:21
12. Discontent...Hebrews 13:5
13. Jealousy...Galatians 5:26
14. Strife/Contention...Proverbs 13:10
15. Getting Even...Proverbs 24:9
16. Anger...Proverbs 29:22
17. Hatred...Matthew 5:21-22
18. Gossip... I Timothy 5:13
19. Lying...Ephesians 4:25
20. Profanity...Proverbs 4:24
21. Evil Thoughts...Matthew 15:19-20
22. Laziness...Proverbs 20:4
23. Hypocrisy...Job 8:13
24. Worry/Fear...Matthew 6:25-32
25. Unbelief...Hebrews 3:12
26. Unfaithfulness...Proverbs 25:19
27. Prayerlessness...Luke 18:1
28. Lost burden...Matthew 9:36-38
29. Procrastination...Proverbs 10:5
30. Stealing...Proverbs 29:24
31. Gluttony...Proverbs 23:21
32. Wrong Friends...Psalm 1:1
33. Stinginess...I John 3:17
34. Fornication...I Corinthians 6:18
35. Adultery...Matthew 5:27-28
36. Homosexuality...Leviticus 18:22
37. Incest...Leviticus 18:6
38. Pornography...Psalm 101:3
39. Immodest Dress...Proverbs 7:10
40. Flirtation...Proverbs 7:21
41. Alcoholism...Proverbs 20:1
42. Gambling...Proverbs 28:20-22
43. Witchcraft/Astrology...Deut. 18:10-11
44. Worldliness...Proverbs 21:27
45. Flesh...Galatians 5:19-21

#### Put On...These Things

Romans 14:14

1. Love... John 15:12
2. Judge Myself...John 8:9
3. Forgiving - Kind...Ephesians 4:32
4. Self Denial...John 12:24
5. Humility...James 4:6
6. Brokenness...Romans 6:13
7. Honor Authority...Hebrews 13:17
8. Submission...Hebrews 13:17
9. Obedience...Deuteronomy 11:27
10. Patience...Hebrews 10:36
11. Gratefulness...Ephesians 5:20
12. Contentment...I Timothy 6:8
13. Trust...I Corinthians 13:4
14. Peace...James 3:17
15. Return Good for Evil...Romans 12:19
16. Self-Control...Galatians 5:22-23
17. Love...I Corinthians 13:3
18. Edifying Speech...Ephesians 4:29
19. Speak Truth...Zechariah 8:16
20. Good Speech...Proverbs 15:4
21. Good Thoughts...Philippians 4:8
22. Diligence...Proverbs 6:6-11
23. Sincerity...I Thessalonians 2:3
24. Trust...I Peter 5:7
25. Faith...Hebrews 11:1-6
26. Faithfulness...Luke 16:10-12
27. Praying...Matthew 26:41
28. Compassion...Acts 1:8
29. Diligence...Proverbs 27:1
30. Giving...Luke 6:38
31. Discipline...I Corinthians 9:27
32. Godly Friends...Proverbs 13:20
33. Generosity...Proverbs 11:24-25
34. Abstinence...I Thessalonians 4:3
35. Faithful...Proverbs 5:14-19
36. Moral Purity...I Thessalonians 4:4-5
37. Moral Behavior...I Corinthians 7:2-5
38. Pure Thoughts...Philippians 4:8
39. Modesty...I Timothy 2:9
40. Gentle Spirit...I Peter 3:4
41. Abstinence...Proverbs 23:30
42. Good Stewardship...Luke 16:11
43. One True God...Deuteronomy 6:5
44. Godliness...Galatians 5:16
45. Fruit of Spirit...Galatians 5:22

**PUT OFF — This is God's Replacement Program — PUT ON**

# **Spiritual Help**

## **Series VI**

**One Study Contains 12 Lessons or More**  
**{All Scriptures KJV}**

### **Study Two**



***HELP***  
***ONE ANOTHER***

**SS06 Spiritual Help**



# **HOW CHRISTIANS SHOULD RESPOND**

## **Lesson 01**

**Christians Should Be Reasonable** - The Bible gives guidelines for Christians to follow in their actions, conduct and love for other Christians. The late **Dr. Bill Rice** made the statement, "**Good Christians are always reasonable.**" It is all right to discuss, debate and disagree, but do not divide. Remember, God has the right to use Christians who disagree with you. Christians should try their best to live peaceably with one another (Romans 12:18). Seek to bring **unity** into the body of Christ. Attack the problem, but do not attack the person. Learn to **avoid** strife and seek unity. "Let **nothing** be done through strife or vainglory" (Philippians 2:3). **Nothing** means nil, nada, zero, and no thing.

**How Are You Known?** - "By **this** shall all men know that ye are my disciples." To what does the key word "**this**" refer? The word **this** refers to **Christian love one for another** (John 13:34-35). It is important for Christians to respond or react properly in all circumstances and situations. What does the word **respond** mean? **Respond** means to **return an answer or action; to reply; to react**. It is never right to **react or respond** in a rude, mean, mad, or temperamental spirit. Many verses are written to show how Christians are to respond one to another. You would think this would not be necessary as Christians should live Christ-like. One of the major problems in churches, families and ministries is that Christians just do not **get-a-long**. Many ministries, families and friendships have been destroyed by personality conflicts. It seems the same problems are in deaf ministries: deaf against other deaf people, deaf against interpreters, interpreters against interpreters, interpreters against pastors, pastors against interpreters and one ministry against another ministry. Then there are the problems of ASL, Sign Language, RID, deaf churches, hearing, deaf, children, KJV and then you must smile when you don't feel like smiling. It is almost like a boxing match with one Christian in one corner and another Christian in the other corner - **Christians vs Christians**. The problem is that there will be no winner or victory because both are on the same side. The Scripture could be reversed, "By **this** (division, fussing, strife, arguments) shall all men know **you are not** my disciples."

**Are You Known As A Good Christian?** - How do other people talk about you? What do people at church, school or at work really say about you? What is your personal testimony? God wants His people, churches, and ministries to love one another and have unity and act like Christians. When Christians are right with one another, then the unsaved people will want what they have. The greatest need in our ministries, homes and families is for Christians to act like Christians. Cults understand the value of unity, fellowship and relationship to build their programs. They have much growth even though they err in doctrine. People in this world are desiring for a good relationship and someone to love them. In the early church of the New Testament they knew the value of unity and were first called Christians because of their actions, unity, and testimony.

## **THE FIRST CHRISTIANS**

"Now they which were **scattered** abroad (Christians) upon the persecution that arose about Stephen traveled as far as Phenice, and Cyprus, and Antioch, preaching the word to none but unto the Jews only. And some of them were men of Cyprus and Cyrene, which, when they were come to Antioch, spake unto the Grecians, preaching the Lord Jesus. And the hand of the Lord was with them: and a great number believed, and turned unto the Lord. Then tidings of these things came unto the ears of the church which was in Jerusalem: and they sent forth Barnabas, that he should go as far as Antioch. Who, when he came, and had seen the grace of God, was glad, and exhorted them all, that with purpose of heart they would cleave unto the Lord. **For he was a good man,** and full of the Holy Ghost and of faith: and much people was added unto the Lord. Then departed Barnabas to Tarsus, for to seek Saul: And when he had found him, he brought him unto Antioch. And it came to pass, that a whole year they assembled themselves with the church, and taught much people. And the disciples were called **Christians** first in Antioch."

-- Acts 11:19-26

## **WHAT DOES CHRISTIAN MEAN?**

### **Lesson 02**

**Christian** - The name **Christian** is found only **three times** in the Bible. The **first time** the word Christian is found in the Bible is in Acts 11:26, "And the disciples were called **Christians** first in Antioch." The **second time** the word Christian is found in the Bible is in Acts 26:28, "Then Agrippa said unto Paul, Almost thou persuadest me to be a **Christian**." The **third time** the word Christian is found in the Bible is in 1 Peter 4:16, "Yet if any man suffer as a **Christian**, let him not be ashamed; but let him glorify God on this behalf." The people were called Christians by others. Why? Because they acted and lived differently from other people. They acted and lived the same as Christ. They were **Christ-like**, or "**Christians**." They were people who followed and acted the same as Christ. The word "**Christian**" means "**Christ-like**" or follower of Jesus Christ. They had a good report with all people in the city. Their testimony was good and their faith in Jesus Christ was known by all. They were called "**Christians**" because they **acted** and **responded** like Christ. One of the greatest needs in churches and ministries is to have true Christian fellowship one with another. True Christian fellowship requires proper and right responses and actions toward one another. Notice it says "One another." It requires **two** to have fellowship. Christians should always have good fellowship.

### **ARE YOU A POSITIVE CHRISTIAN?**

*A Song of degrees of David. Behold, **how good and how pleasant it is for brethren to dwell together in unity.**"*

-- Psalm 133:1

It is important for people to see Christ in your life. You need to have a good testimony and report with **all** people. What do people say about you? Are you a good faithful Christian? The world and especially the deaf world needs to see Christ in Christians. Everyone who is saved is going to Heaven, but not all are good Christians. Do people on your job call you a Christian? Do your family members call you a Christian? Do your friends call you a Christian?" Christians should act and react like Christ to the world and also to other Christians. The Bible states that the world is watching Christians in how they respond, react, and act with each other. The world is wanting to see something they do not have. It is important that Christians treat one another with love and respect. Christians are **bound together** with cords of love. Christian unity is stronger than any club, association or group in the world. The Bible has much to teach about how Christians should act towards one another. What does the Bible have to say about Christian love and fellowship one to another? "*We have **fellowship one with another***" (1 John 1:7). Fellowship is missing from many churches. It seems there is more fellowship in the world than in the church. Fishermen, bowlers, golfers sports fans have fellowship one with another without problems and strife. Christians should have godly fellowship one with another. It is **good** when God people have fellowship one with another. The Greek word for **fellowship** is **koinonia** which means **to have things in common with one another, to share the same things together**. The world can have fellowship one with another, but not Christian fellowship. Only Christians can have Christian fellowship, **koinonia**, one with another. Only Christians can share their salvation experience, the Word of God and Christian relationship. Some Christians think that fellowship is food and fun, but it is more than that. True Christian fellowship is sharing the Word of God and Christ with one another. Church worship must involve Christian fellowship. **Seek to have fellowship and avoid all strife**. Fellowship is **not shared** where there is **strife** and **division**.

"But if ye have bitter envying and **strife in your hearts**, glory not, and lie not against the truth.  
... For where **envying and strife** is, there is **confusion and every evil work.**"

-- James 3:14-16

"For ye are yet carnal: for whereas there is among you **envying, and strife, and divisions**,  
are ye not carnal, and walk as men?"

--1 Corinthians 3:3

"Let **nothing be done through strife** or vainglory... let each esteem other better than themselves."

-- Philipians 2:3-5



# **THIRTY ONE BIBLE WAYS CHRISTIANS SHOULD RESPOND TO ONE ANOTHER**

## **Lesson 03**

### **1. LOVE ONE ANOTHER**

"A new commandment I give unto you, That ye **love one another**; as I have loved you, that ye also **love one another**. By this shall all men know that ye are my disciples, if ye have **love one to another**."

-- John 13:34-35

"For this is the message that ye heard from the beginning, that we should **love one another**."

-- I John 3:11

"And this is his commandment, That we should believe on the name of his Son Jesus Christ, and **love one another**, as he gave us commandment."

-- I John 3:23

"Beloved, let us **love one another**: for love is of God; and every one that loveth is born of God, and knoweth God."

-- I John 4:7

"No man hath seen God at any time. If we **love one another**, God dwelleth in us, and his love is perfected in us."

-- I John 4:12

### **2. ACCEPT ONE ANOTHER**

"Wherefore **receive ye one another**, as Christ also received us to the glory of God."

-- Romans 15:7

**Accept** people no matter their race, handicap, education, personality, or looks. Some educated ASL deaf do not accept uneducated deaf people. This is not right. Many people are lonely and need to be loved. Some Christians shun or ignore people they do not like. They sit opposite from them and try not to talk to them. This is not right. This verse says Christians are to receive one another. It does not matter if they are poor, uneducated, stuck-up, handicapped, rich, or a different race. Why? Because Jesus Christ accepted us when we were sinners and unlovable. When you accept people, you will be like Christ who commands that we go into all the world. Be a good Christian and accept one another no matter who they are. All Christians are in the same family with God. It is easy to be friends and to fellowship with people who are the same as you, but you need to do what is right and fellowship with all of God's people. You need to learn to accept other people. It is never right to be rude to one another. Accept one another.

### **3. CONSIDER ONE ANOTHER**

(Be thoughtful of one another).

"And let us **consider one another** to provoke unto love and to good works."

-- Hebrews 10:24

Christians should be thoughtful of one another. Look for ways to encourage others to do good works. If you are rude to another Christian, it will produce bad works. Treat others as you want them to treat you. Try to encourage others and be a kind Christian. One wrong word can hurt many. One **right word** can help others. **Consider one another**. Consider how you can be a blessing to others. Seek to encourage others to do right. Stop thinking of yourself and learn to think of others. William Booth in his absence sent a telegram to a large meeting. The telegram simply read, "**OTHERS**." As Jesus, you should only interested in **people**. Remember, **God is only interested in people**.

## 4. COUNSEL ONE ANOTHER

### Lesson 04

"But **exhort** (correct or counsel) **one another** daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin."

-- Hebrews 3:13

"Not forsaking the assembling of ourselves together, as the manner of some is; but **exhorting one another**: and so much the more, as ye see the day approaching."

-- Hebrews 10:25

**Exhorting** means to **counsel and advise** others to do right no matter what happens. Why? Because if you do not try to stop people from doing wrong, they will soon have a hard heart and cannot be helped. It is important to teach, advise and counsel others to do right according to the Word of God. Always counsel and advise in love. Do not become a judge, but counsel and teach with love. Christians should be able to bring out the **best** in one another.

## 5. BE KIND ONE TO ANOTHER

"And be ye **kind one to another.**"

-- Ephesians 4:32

It is never right to be rude to other people, never. Have you ever been hurt with an unkind action or word? It is not easy to love people who are hurtful and unkind. The word kind means to be good and gentle to others. Treat others with respect and politeness. Christians are to be kind to one another. Do you know some good, kind Christians? You should follow their example. You should be an example to others. Seek to be a kind Christian.

## 6. BE TENDER TO ONE ANOTHER

"And be ye...**tenderhearted...one to another.**"

-- Ephesians 4:32

Have a soft heart, show mercy, and help one another. Tenderhearted means to have a soft heart for others. Look for ways to help others. Don't be mean but be sweet and kind.

## 7. FORGIVE ONE ANOTHER.

"And be ye ... **forgiving one another**, even as God for Christ's sake hath forgiven you"

-- Ephesians 4:32

"...And **forgiving one another**, if any man have a quarrel against any: even as Christ forgave you, so also do ye."

-- Colossians 3:13

Christians are not to stay mad with other Christians. Christians should not try to get even or seek revenge. Learn to quickly forgive others and stay friends. Do not pout or fuss with others. As Christ forgave you, you should forgive others. How many times has Christ forgiven you? If you will not forgive others, then Christ will not forgive you. Do not stay mad with others. Try to be a peacemaker with your family and friends. Quickly forgive and love one another. Learn to go to others and say, "**I am sorry, forgive me.**" Forgiveness means to put it away and not bring it up again to you, another person or yourself (1 John 1:9). It is forgiven and you chose as the Lord not to remember it again!

## 8. BE FRIENDLY TO ONE ANOTHER

### Lesson 05

“Be kindly affectioned one to another with brotherly love.”

-- Romans 12:10

The word "**affection**" means to be friendly and like one another. It is important to love one another, but you should also like one another. Sometimes Christians will say, "I don't like that person." This is wrong. If you have a problem liking someone, ask the Lord to help you to change your feelings for that person.

## 9. HONOR ONE ANOTHER

“Be kind; in honour preferring one another.”

-- Romans 12:10

Be happy for others when they are blessed of God. Pray for others that God will make them prosper. Rejoice with them that rejoice. Do not envy others but encourage them. When others succeed, congratulate them. Honor them for their work's sake (I Thessalonians 5:13).

## 10. GIVE GODLY INSTRUCTION TO ONE ANOTHER

“And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to **admonish one another.**”

-- Romans 15:14

“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.”

-- Colossians 3:16

The word **admonish** means to **give helpful advice** to do right, to help others correct their mistakes and faults. You should correct with goodness and knowledge of the Word of God.

## 11. SERVE ONE ANOTHER

“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love **serve one another**”

-- Galatians 5:13

Christians are to serve one another with love. Being a servant is not a one time decision but a daily choice to help others. The Lord is our perfect example in serving others. Look for ways to be helpful and serve others. Christians should seek to be servants. You must **choose** to be a servant.

## 12. CONFESS ONE TO ANOTHER

“Confess your **faults one to another...**”

-- James 5:16

**Be willing to say, "I was wrong."** Christians should always be honest with one another. Do not lie to or cheat others. When you do wrong to someone, quickly tell them and apologize. Treat others as you want others to treat you. When you are wrong, you should admit it. Be willing to confess your faults, not the faults of others. All disagreements can be solved when one of the parties is willing to yield. Christians should learn to be reasonable at all times. Good Christians are always reasonable. Seek to help others up and not put them down. Remember, God can use people who disagree with you.

## 13. PRAY ONE FOR ANOTHER

### Lesson 06

"Pray **one for another.**"

-- James 5:16

Christians should pray for one another. They should pray for each other's needs, health, finances, problems and cares. Praying for one another causes closeness and fellowship. The greatest enemy of prayer is silence. When you cannot do anything else, you can pray for them. Prayer is a force that reaches God Who can help. Prayer does not change things but the **God of prayer** can!

## 14. SHOW COMPASSION FOR ONE ANOTHER

"Finally, be ye all of one mind, having **compassion one of another**, love as brethren, be pitiful (show mercy), be courteous."

-- I Peter 3:8

Help in the time of need, be a good friend, and show your love and compassion to others. Send a card, write a letter, call or visit to let others know you care. People do not care what you know, until they know that you care. Seek to show compassion to someone this week.

## 15. CARE ONE FOR ANOTHER

"That there should be no schism (conflicts) in the body; but that the members should have the same **care one for another.**

And whether one member suffer, all the members suffer with it."

-- I Corinthians 12:25

Christians should care for one another. Go to those in need and help them in the times of sickness, troubles, discouragement and financial crises. Do not wait for them to come to you. You go to them. The story of the man in need on the road to Jericho is a good example to follow. Do not ignore or go around those in need but go to them and help (Luke 10:30-35). When you see a fellow Christian in need, go to him and help. When he is sad, be sad with him, and when he is glad, be glad with him.

## 16. SUBMIT ONE TO ANOTHER

"**Submitting yourselves one to another** in the fear of God."

-- Ephesians 5:21

Husbands and wives should be willing to submit to each other in the fear of God. A good marriage is built on problems that have been solved. Learn to attack the problem and not the person. Submit means to give up yourself to the other person. It is important for both husband and wife to learn to give, adjust, and accept one another. Always remember that you are not perfect and your marriage will not always be perfect, but you can always love and submit one to another. Submit one to another. It seems some people hate the words "**submit**" and "**obey.**" Always be willing to submit in non-scriptural issues to maintain peace. Most conflicts can be resolved when one submits to the other.

## 17. COMFORT ONE ANOTHER

"Wherefore **comfort one another** with these words."

-- I Thessalonians 4:18

Christians are not the same as the unsaved who have no hope or comfort. Christians can find **comfort** in the God of all comfort (2 Corinthians 1:3). Christians can comfort one another. The Holy Spirit gives comfort (John 14:16-18). The Word of God gives comfort (II Thessalonians 4:16). Christians are to comfort one another. Everyone needs comfort at certain times. Christians should comfort one another.

## 18. INSTRUCT ONE ANOTHER

### Lesson 07

"Wherefore comfort yourselves together, and **edify one another**, even as also ye do."  
-- I Thessalonians 5:11

"Let us therefore follow after the things which make for peace,  
and things wherewith one may **edify another**."  
-- Romans 14:19

**Edify** means to **build up, encourage, teach, and instruct** in **righteousness** or right ways. Use the Word of God to teach principles. Remember, it is the Word of God that changes people, not personal opinions. Show what the Bible has to teach about sin and doctrines. Don't keep your Bible knowledge and wisdom to yourself but share the Bible with others. Christians should edify one another so that all can become stronger and more mature servants of the Lord. **Instruct one another**. Everyone needs to learn and be instructed more.

## 19. HAVE HOSPITALITY ONE TO ANOTHER

"Use **hospitality one to another** without grudging."  
-- I Peter 4:9

**Hospitality** means to **make others feel comfortable** in your home and presence. Christians should open their homes and hearts to make others feel welcome. You can show hospitality wherever you go but especially in your home. Show hospitality in your church. Welcome all no matter their race, education, personality, etc. Some may need to be saved and your hospitality will help them know the Lord.

## 20. MINISTER TO ONE ANOTHER

"As every man hath received the gift, even so **minister the same one to another**,  
as good stewards of the manifold grace of God."  
-- I Peter 4:10

To **minister** to others means to **be a servant to other people**. Use the gifts, skills and talents God has given you to help and serve others. If you can sew, help others who have a need for clothes. If you can cook, make a meal for someone needy. If you can sing, use that talent for the Lord to bless others. Use your God given talents to serve and minister to others.

## 21. BE PATIENT WITH ONE ANOTHER

"With all lowliness and meekness, with **longsuffering, forbearing one another in love**."  
-- Ephesians 4:2

No matter what happens, be patient with other Christians. Jesus Christ is patient with you. Do not have a hot temper or be unkind because others irritate you. Patience is not natural but must be learned. We all have need of patience (I Thessalonians 5:14; Hebrews 10:36; II Peter 1: 5-6; James 5:10).

## 22. HAVE PEACE WITH ONE ANOTHER

"...and have **peace one with another**."  
-- Mark 9:50

The opposite would be to divide, fuss, argue or even be bitter with another Christian. This is not right. Christians should have peace one with another and also other people. There is no substitute for the peace of God in your heart and having peace one with another. **Peace and strife** cannot exist together.

## 23. TALK TO ONE ANOTHER

### Lesson 08

"And he said unto them, Where is your faith? And they being afraid wondered, **saying one to another**, What manner of man is this! for he commandeth even the winds and water, and they obey him."  
-- Luke 8:25

Many Christians talk to one another about the weather, sports, and news, but Christians should also talk to one another about the Bible, church, missionaries, and Christ. Don't avoid someone because you do not like to talk to them. It is not right to be rude. Learn to talk to others, even if they are not your good friends. Be friendly! Be excited about the Lord Jesus Christ and that you are a Christian. Christians should feel free to openly **talk** to one another.

## 24. COMMUNICATE ONE TO ANOTHER

"And he said unto them, what manner of **communications are these that ye have one to another**, as ye walk, and are sad?"  
-- Luke 24:17

**Communicate** means that **two people** talk and listen to one another. To communicate means to **talk** and **listen**. Communications means to **give** and to **receive**. Christians should be able to share their problems and needs with each other. Christians should pray for each other, love each other, and be happy and sad with each other. We need one another to **communicate** and counsel with each other. A good Christian will listen and keep private what is told to him in private. Keep communications open with one another. Learn to be a good listener and understand what is being said to you.

## 25. SHARE THE BIBLE WITH ONE ANOTHER

"And they **said one to another**, Did not our heart burn within us, while he talked with us by the way, and while **he opened to us the scriptures**?"  
-- Luke 24:32

Christians should love the Word of God and use it to help others. The Word of God should burn in your heart as you read it. It should burn in your heart when you witness to someone. It should burn in your heart as you encourage others. The Word of God should burn in your heart.

## 26. QUESTION ONE ANOTHER ABOUT THE BIBLE

"**Questioning one with another** what the rising from the dead should mean."  
-- Mark 9:10

Man is not the authority but the Word of God is the authority. When there is a question, it should be settled with the Scriptures, not opinions. Be sure about the Word of God. Ask questions so you can learn, not so you can criticize.

## 27. BE AS A TEAM ONE TO ANOTHER

"So we, being many, are one body in Christ, and every **one members one of another**."  
-- Romans 12:5

Christians all belong to the same family of God. We are as brothers and sisters in the Lord. When our family members hurt, we should hurt with them, and when they rejoice, we should be happy with them. We are not like a golf or tennis player but we are a team working together, as an army in war, a football or basketball team. We must join together as a team. We are all members in the family of God. You need all the team to play a good game! **TEAM** = Together Everyone Accomplishes More!

## 28. HAVE THE SAME MIND ONE WITH ANOTHER

### Lesson 09

“Be of the **same mind one toward another.**”

-- Romans 12:16

“Now the God of patience and consolation grant you to be **likeminded one toward another** according to Christ Jesus.”

-- Romans 15:5

Christians should be of the **same mind in one accord** to do the work of God. Christians should seek to have the same mind as Jesus Christ. Christians should be as a team working together to do God's work. We all need each other to work together.

## 29. RESPECT ONE ANOTHER

“Likewise, ye younger, submit yourselves unto the elder.

Yea, all of you be **subject one to another.**”

-- I Peter 5:5-7

Christians should honor those who are older and wiser and respect those who are leaders. Respect their authority and position. This is pleasing unto God. Do not be stubborn and proud but be humble and honor those in authority. We are all God's creation, and each has something to give another. We can learn something from everyone.

## 30. GREET ONE ANOTHER AS FRIENDS

“**Salute one another** with an holy kiss. The churches of Christ salute you.”

-- Romans 16:16

“**Greet ye one another** with a kiss of charity.

Peace be with you all that are in Christ Jesus. Amen.”

-- I Peter 5:14

**Salute** and **greet** means to say, “**Hello, good to see you,**” with a smile. The first impression is always a lasting impression. When you greet someone with a frown, all may become grumpy and sour. Be a happy Christian and other people will be glad to see you come. They will want to talk to you. When shaking hands, look the person right in the eye and say, “Good to see you.” A holy kiss is not recommended. A holy kiss was a custom in Bible days the same as shaking hands is a custom in our days. Sometimes when Christian ladies meet other Christian ladies or Christian men meet other Christian men, a warm, friendly hug is appropriate. In some situations a friendly kiss on the cheek is all right. Always use common sense about this.

## 31. FELLOWSHIP ONE WITH ANOTHER

“But if we walk in the light, as he is in the light, we **have fellowship one with another,** and the blood of Jesus Christ his Son cleanseth us from all sin”

-- I John 1:7

It is good for Christians to have fellowship one with another. Fellowship is more than food and fun. Fellowship is people sharing the same things together. Artists enjoy meeting with other artists, golfers talk about golf, politicians talk about government, but Christians should talk and fellowship about Christ and the Word of God. Because of Jesus Christ we have fellowship one with another. Christian fellowship is better than the Lion's Club, Deaf Club, or any other organization. It is good to have fellowship one with another.

**[These are the thirty-one positive ways Christians should respond to one another].**

# TEN NEGATIVE WAYS NOT TO RESPOND TO ONE ANOTHER

## Lesson 10

The Bible lists **ten negative ways** that Christians **should not respond** one to another.

### 1. DON'T DESIRE POWER/POSITION OVER ONE ANOTHER

"Let us not be desirous of **vain glory, provoking one another...**"  
-- Galatians 5:26

Some Christians only think of "**me**," "**mine**," "**myself**," or "**I**." This present generation is known as the **me** generation. Notice the middle letter in "**sin**" and "**pride**" is "**I**." The Devil fell because of pride. Do not be jealous when God blesses others. Do not envy others who interpret or teach when you feel you should. Do not be jealous of or envy other Christians. Do not have an ego problem. Do your work and do not care who is praised for it. Do your work for the Lord. Do not be jealous of others. Be careful about pride in your life. When you seek glory for things you have done, you are robbing God of His glory.

### 2. DO NOT ENVY ONE ANOTHER

"Let us **not** be... **envying one another.**"  
-- Galatians 5:26

**Jealousy** and **envy** causes unhappiness and conflicts. **Envy** is when you want something that **someone else has** for yourself. Jealousy is what you feel when someone else wants **what you have**. You can have envy about things, looks, talent, recognition, friends, jobs, children, husband, etc. You must learn to be content with such things as we have (Hebrews 13:5). Be thankful for the life and blessings that God gives.

### 3. DO NOT GOSSIP/BACKBITE ONE ANOTHER

"But if ye **bite** and **devour one another**,  
take heed that ye be not consumed one of another."  
-- Galatians 5:15

Many homes, lives, friendships, churches, and ministries have been destroyed with evil words. Words can help or they can hurt. Christians can destroy one another with words. Speak only good things about one another (Ephesians 4:29). Gossip and backbiting has destroyed many homes and ministries.

### 4. DO NOT BE BITTER/GRUDGE ONE ANOTHER

"**Grudge not one against another**, brethren, lest ye be condemned:  
behold, the judge standeth before the door."  
-- James 5:9

Do not become bitter but become better. The person who is mad and pouts hurts himself/herself more than anyone else. Do not judge others but learn to quickly love and forgive. A bitter person can destroy and defile many others. Families, ministries, churches and friends have all been destroyed because of bitterness. It is sad to see a person become bitter against the church, family, friends, and even God. They become bitter with the ones who love them the most. Bitterness and guilt can destroy you and your ministry. Bitterness can destroy you on the inside. Bitterness hurts you more than anyone else.

**Don't become bitter but become better.**



## 5. DO NOT LIE ONE TO ANOTHER

### Lesson 11

"**Lie not one to another**, seeing that ye have put off the old man with his deeds."  
-- Colossians 3:9

Christians should be honest and truthful. It is important for Christians to have a good testimony at home, at work, and at church. Be honest and pay your debts. It is a sin to not pay your debt on time. Do not lie about others but be honest. It is important to have good character and be called a good Christian. Remember, when someone lies about someone else, later he will also lie about you. Sometimes it takes courage to tell the truth but it is always easy to lie.

## 6. DO NOT SLANDER ONE ANOTHER

"**Speak not evil one of another**, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a doer of the law, but a judge."  
-- James 4:11

"Let the **words of my mouth** (hands), and the meditation (thoughts) of my heart (mind) be acceptable in thy sight, O Lord, my strength, and my redeemer."  
-- Psalm 19:14

The word **slander** means to **say things (even true things) about someone that will hurt their testimony**. It means to say false things about others. Do not talk evil about others as the words can never be changed once they have been signed or spoken. Be kind not mean.

## 7. DO NOT LOOK DOWN ON ONE ANOTHER

"I charge thee before God, and the Lord Jesus Christ, and the elect angels, that thou observe these things **without preferring one before another**, doing nothing by partiality"  
-- I Timothy 5:21

It is not right to look down at others because they are different. It is not right to ignore or put others down because of race, handicap, education, or money. Do not snub or reject others.

## 8. DO NOT HATE ONE ANOTHER

"For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, **hateful, and hating one another.**"  
-- Titus 3:3

Sometimes deaf people will say, "It is deaf ways or deaf habits or deaf culture," but it is never right to do wrong. When there is a question about right or wrong, follow Jesus Christ culture and not deaf culture. Do not hate other people as it will only hurt you and the work of God.

## 9. DO NOT JUDGE ONE ANOTHER

"There is one lawgiver, who is able to save and to destroy: who art thou that **judgest another?**"  
-- James 4:12

The Bible tells us not to judge one another. "Judge not, that ye be not judged" (Matthew 7:1). Why? Because you do not know the thoughts or motives of another person. You could think wrong because you do not really know the motives of other people. You do not know what is causing their actions or attitude. Judge not because you do not have or know all the facts. When you point one finger at others three more are pointing back toward you. You cannot judge others because you do not know all the facts.

# 10. DO NOT POUT WITH ONE ANOTHER

## Lesson 12

“And these things, brethren, I have in a figure transferred to myself and to Apollos for your sakes; that ye might learn in us not to think of men above that which is written, that no one of you **be puffed up** for one against another.”

-- I Corinthians 4:6

Do not stay mad, puffed up or pout with other Christians. Some Christians will not talk to others or try to sit away from others. This is wrong. Don't be mad, pouting, and puffed up. Don't act childishly. Be a mature Christian. It is wrong and it hurts you, your family, your friends, your church, and the deaf ministry. **Do not** be puffed up and pout with one another. It is hard for a **pouting person** to give praises or to pray.

## THE CONCLUSION

### Christians should Have Unity One With Another

#### Be Of One Mind And One Accord

**Christians Belong To The Same Family** - All Christians belong to the family of God. All Christians belong to the body of Christ. This lesson teaches that Christians should do right no matter what happens. God has made us for relationships and fellowship. Think of the many times that another Christian has helped you in the time of need. Christians need to get along with one another. It has been said that 80% of the people who leave a church or a ministry is because they just **cannot get along** with other people. It is not a problem of doctrine but division over personalities. Christians should be reasonable and learn to agree in certain areas. Always realize that God can use people who disagree with you. It is all right to discuss, debate, disagree, but do not divide. Christians share the same family, God, Lord, Holy Spirit, friends, and Bible. Remember, Christians are all on the same team. Christians are not in competition with other Christians and churches. Always remember that Christians are on the same team.

***Illustration:** Many years ago in England during the time of war, some ships were firing bombs against their own ships. During the fog they were confused and thought the ships were the enemy. Admiral Wellington sent a message, "**The enemy is over there.**" Christians are not to fight other Christians because we are on the same team. Christians should join together to fight the Devil, world and sin, not each other.*

### LEARN TO AGREE TO DISAGREE BUT DO NOT DIVIDE

It is all right to discuss, debate, or disagree but do not divide. Sometimes my wife and I disagree but we do not divide or divorce. A good marriage will learn to adjust and keep harmony and unity. **A good marriage is built upon problems that have been solved.** A good marriage learns to **attack the problems** and **not the person.** You should learn to seek unity in your ministry, church, and family.

**There should never be any strife in your home, church or life.**

***Personal Illustration:** Carlene and I have been married since 1958. Would you believe that there have been times that she actually disagreed with me? I am usually right about 90 percent of the time, but there will be times that we must discuss the ten percent (smile). In all these years we have had our discussions, debates, and disagreements, but we have never divided or divorced. Why? Because we love one another and make adjustments to bring unity again to our marriage. We have learned to attack the problem not the person. Our marriage is built upon problems that have been solved.*

**Good Christians Are Always Reasonable!**

# **Spiritual Help Series VI**

**One Study Contains 12 Lessons or More  
{All Scriptures KJV}**

## **Study Three**



# ***FRUIT OF THE SPIRIT***

SS06 Spiritual Help

# **FIRST: LET'S TEST YOUR FRUIT**

## **Springing Forth Spiritually**

**"But the fruit of the Spirit is love, joy, peace, longsuffering (patience), gentleness (kindness), goodness, faith (faithfulness), Meekness (gentleness), temperance (self-control): against such there is no law."**

-- Galatians 5:23

**Do you have a fruitful Christian life? How would other people rate you as a Christian? Are you willing to be tested? Are you willing to change?** Sometimes it is easy to judge and examine others. The greatest need is not to change others but to change ourselves. After one man made things right with God, he was asked, "Are things different at your home now?" He said, "No things are not different at my home **but I am different.**" You cannot change others but you can change yourself.

**"But let a man examine himself..."**

-- 1 Corinthians 11:28

**"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you."**

-- II Corinthians 13:5

### **GIVE YOURSELF A SELF-EXAMINATION TEST**

(Teach make Copies for your class). Give yourself a "Fruit of the Spirit" test. After you test yourself, have your husband or wife discuss the test with each other. How would your children score you? Would you let your pastor or boss complete the test for you? The last fruit of **\*honesty** was added to help you be **honest** in the test.

#### **HOW TO SCORE - TOP SCORE 100 - LOW SCORE 40**

**100 = Perfect - 90 = Good - 80 = Fair - 70 = Average - 60 = Make changes - 40 = Get a new life**

<b>FRUIT SCORE:</b>	<b>EXCELLENT</b> (10pts)	<b>GOOD</b> (8pts)	<b>FAIR</b> (6pts)	<b>ROTTEN</b> (4pts)
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<b>LOVE</b>	_____
<b>JOY</b>	_____
<b>PEACE</b>	_____
<b>PATIENCE</b>	_____
<b>KINDNESS</b>	_____
<b>GOODNESS</b>	_____
<b>FAITHFULNESS</b>	_____
<b>GENTLENESS</b>	_____
<b>SELF-CONTROL</b>	_____
<b>*HONESTY</b>	_____
<b>TOTAL SCORE</b>	_____

**This study of "FRUIT OF THE SPIRIT" will help you to improve spiritually**

# FRUIT OF THE SPIRIT

## Lesson 01

Christian character is produced by the Holy Spirit, not by self effort. Christianity is not moral or legal correctness, but the possession and manifestation of nine graces called the fruit of the Spirit. There is a difference between the Gifts of the Spirit and the Fruits of the Spirit. A Gift is given, but fruit grows. The Fruit of the Spirit is the outcome, or natural growth from being filled with the Spirit. A Spirit filled Christian will practice and produce these fruits:

### PERSONAL FRUIT

#### INWARD

LOVE  
JOY  
PEACE

### PATIENT FRUIT

#### OUTWARD

PATIENCE  
KINDNESS  
GOODNESS

### PRACTICAL FRUIT

#### UPWARD

FAITHFULNESS  
GENTLENESS  
SELF-CONTROL

It is important to have a **balanced life** in all three areas of the Christian life. A three-legged stool cannot stand unless all three legs are strong. A Christian should be right within, right with others and right with God. He will then have a balanced life that will produce fruit. As Christians practice these fruits they will then produce more fruit. Some churches and ministries emphasize the negative attitudes, **don't** smoke, drink, cuss, spit or chew. According to Bible principles and doctrine a Christian is **not** rewarded for what he **does not** do but for **what he does**. Don't emphasize the negative and become sidetracked from the fruitful Christians life of serving and doing. As a Christian **abides** in the Lord, the world and its habits will leave. He matures as he **abides**. When a Christian **abides** in the vine (Lord), he will produce fruit. Christians are given the RESPONSIBILITY to abide in the Lord and the RESULTS are the Lords. Without the Lord, the Christian is just a branch or a dead stick. But as he abides, fruit is produced through him by the Holy Spirit. The fruit of the Spirit is produced in the life of a Christian as he abides in the Lord. The Lord says, "**Without me ye can do nothing.**" (John 15:5). But with Christ, "**I can do all things.**" (Philippians 4:13).

**Parable of Vine and Branches** - Study the parable of the vine and branches in John 15 with these lessons. Notice that the word **abide** is found **nine** times. One time for each fruit of the Spirit. As a Christian daily stays close to the Lord and abides in the Word, prayer and in prayer, he will naturally produce fruit. The greatest need in the Christian life is to continually abide in the Lord. It is not a one time act but a daily abiding. "**Trust in the LORD with all thine heart (not head); and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths**" (Proverbs 3:5,6). Notice that paths and ways are plural. He will direct you in the ways and paths of a man, husband, father or a woman, wife or mother. **He** will also direct your paths and ways.

**THE FRUIT OF THE SPIRIT** - How many Christians do you know who manifest the fruit of the Spirit in their lives? How many truly satisfied Christians do you know? How many complaining Christians do you know? Notice the many Christians around you, watch their lives. Are they positive or negative Christians? Some things is missing in many Christian lives. God is more interested in the person instead of the performance. Remember, God works from the inside out not the outside in. Some may have faith but not joy. Some may have longsuffering but not have peace. Give yourself a test! How much of the fruit of the Spirit do you manifest in your life? How many of the nine products of the fruit are practiced daily in your life? There should be some improvement and growth **AFTER** these lessons are taught. It should be the goal of all Christians to daily possess the **fruit of the Spirit**.

**Don't let your body control your life**  
**The spirit and the flesh are never compatible – never!**

Class Time: Discuss the fruit of the **Spirit** and the fruit of the **flesh**.

# THE VINE - THE BRANCHES

## Lesson 02

"I am the true vine, and my Father is the husbandman. Every branch in me that **beareth not fruit** he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth **more fruit**.

Now ye are clean through the word which I have spoken unto you. **Abide** in me, and I in you. As the branch cannot bear fruit of itself, except it **abide** in the vine... I am the vine, ye are the branches: He that **abideth** in me, and I in him, the same bringeth forth **much fruit**: for without me ye can do nothing...If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye **bear much fruit**."  
- John 15:1-8

In this parable the Lord is teaching His relationship to His disciples. He has just finished the Lord's Supper (Passover) with them and is now walking with them through the Garden of Gethsemane. Perhaps, they pass by a grapevine or a vineyard and Jesus used it to illustrate His work in the believer. He compares the vineyard to His future work with Christians.

Jesus Christ is **THE TRUE VINE** - Jesus said "**I am the true vine.**"  
Christians are **THE BRANCHES** - "**Ye are the branches.**"  
God the Father **IS THE OWNER** - "**My Father is the husbandman (owner).**"  
The reason for **THE VINEYARD** - "**To bear (produce) much fruit.**"

Christians are to **abide** (continually stay) in the Lord. Abide also means to dwell or remain. The Lord will flow through the branches with life giving sap that will produce fruit. The Holy Spirit will flow through Christians as they abide in the Lord. They will slowly produce "**fruit**" then **more fruit** and finally as they abide **much fruit**. Notice that the branch is nothing without the vine. A branch by itself is nothing more than a stick. A dead stick cannot produce fruit. It is without life and cannot produce, "**without me ye can do nothing.**"

**Key Word is Abide** - Notice the word **abide** is found **nine** times in these verses. The same number of the **Fruit of the Spirit**. As the Christian abides, he will bring forth fruit and have the fruit of the Spirit. The branch is to bring forth fruit that will glorify the owner (God). The branch is not to be glorified. No one is to praise the branch for bringing forth fruit, the glory should be to the **Father** and the **Vine** which gives life to the branch. The branch is to bring forth fruit to glorify the **Owner**.

**HOW DOES A BRANCH BEAR (PRODUCE) FRUIT?** How does the branch grow? Does it say over and over again, "**I've got to grow. I've got to grow.**" Does the branch seek the sun or water to grow? No the branch simply abides or stays connected to the vine. The branch will die and wither unless it is connected to the vine. The greatest problem of the branch is leaving the vine. The fruit produced by the branch that abides to the vine will be remaining fruit which will produce more fruit.

**THE PURPOSE IS TO BRING FORTH FRUIT** - Something is wrong when a branch does not produce fruit. To correct the problem, it must be **pruned** or **purged**. The branch must be cut and cleansed. This will cure the problem and permit the branch to be healthy to produce fruit. Christians sometimes need to be cut and cleansed so they can produce fruit that will glorify God. The purpose of the vineyard or garden is not to be kept clean of weeds but to produce fruit. It seems some Christians major on what they don't do instead of what they need to do. You do not receive a reward for things you have left undone but for the things you have done. What have you left undone? Your goal should be to produce fruit to glorify your Father in Heaven. He is glorified when Christians produce fruit.

**THE BRANCH IS TO ABIDE AND PRODUCE FRUIT**

# WORKS OF THE FLESH

## Lesson 03

**"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...Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry,witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like."**

-- Galatians 5:17-21

**The Warfare and Works** - It is important to understand the **POSITIVE** and the **NEGATIVE** of a Christian life. A Christian will either follow the *works of the flesh* or the *fruit of the Spirit*. Notice the words *works* and *fruit*. When you think of *works* you think of SELF effort and works. When you think of *fruit* you think of beauty, quietness, a product that is made from an inner life. The flesh produces **dead works** and the *Spirit* produces life giving **fruit**. The new nature of the *Spirit* will produce life giving fruit, but the old nature of the *flesh* only produces dead works. **"Now the works of the flesh are manifest."** The word *manifest*, means to **come forth from within** or to be brought out into the open. All Christians have the *works of the flesh* within the body. These works will "manifest" themselves when a Christian follows the flesh. Works of the flesh cannot produce fruit of the Spirit and the Spirit cannot produce works of the flesh. There is a war within each Christian between the *flesh* and the *Spirit*.

### **The works of the flesh are *manifest*, which are these:**

- Adultery** - Sexual unfaithfulness of a married person.
- Fornication** -Sexual acts (pornography-perversion) of married or single people.
- Uncleanness** - Impure thoughts or acts of ungodliness.
- Lasciviousness** - A sexual appetite that cannot be satisfied.
- Idolatry** - Worship of someone or something that is not God.
- Witchcraft** - Involvement in following or studying evil spirits.
- Hatred** - To hate or dislike another person.
- Variance** - To cause strife and problems with other people.
- Emulation** - Competition to prove self and exalt self.
- Wrath** - A violent and uncontrolled anger - a bad temper.
- Strife** - To cause division and problems in a ministry.
- Sedition** - To cause open rebellion or "church splits."
- Heresies** - Changing the faith or fundamentals of the Bible.
- Envyings** - To look upon the things of others with jealousy.
- Murders** - To unlawfully kill another person.
- Drunkenness** - To be drunk or intoxicated with strong drink.
- Revelling** - To celebrate with worldly ungodly parties and crowds.
- And such like** - This includes any or all acts done by the flesh.

**Flesh vs Spirit** – One is **contrary** to the other. Contrary means that they cannot co-exist together. The flesh and spirit are never compatible. When a Christian follows the flesh, he will produce the works of the flesh. When a person practices these sins **MARK THEM** as carnal, fleshly Christians. Sometimes Christians will say they are led of the Spirit when they cause strife, but the Spirit does not produce these works of the flesh. Do not follow the "**old man**" or "**old nature**" of the flesh. The flesh will always lead down the path of destruction.

"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: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God."

– Romans 6:12,13

# FRUIT vs FLESH

## Lesson 04

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

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.

But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”

– Galatians 5:16-23

**Continual Warfare** - Christians are not a body with a soul but soul with a body that has a continual conflict of the “Spirit” and the “flesh.” This **war within will continue** until death or until the Lord comes and changes our “vile bodies.” Notice that both **fight** one against the other, “**Flesh lusteth against (vs) the Spirit and the Spirit against (vs) the flesh.**” It is the same as two fighters in the boxing ring. The greatest battle in the Christian life is **within**. It is a continual fight to see which will be in control the “**flesh**” or the “**Spirit.**” The “Spirit” is the greater force so Christians must learn to seek the Lord’s help to win the battle.

**Who is in Control?** “**Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world**” (1 John 4:4). Which will win in your life? It is not a fight with a **one time** knock-out victory but it is a continual battle for every Christian. Paul said, “**I have fought a good fight.**” (2 Timothy 4:7). Don’t let the flesh control your body. The Holy Spirit fights to bring forth “**fruit**” in your life and produce good works. Fruit is produced naturally from fruit. The “**flesh**” fights to control your life with sin. The flesh is non-life as a **machine** producing only “**works**” but never “**fruit.**” **Seventeen different sins** of the flesh are mentioned.

The **fruit** of the Spirit is ... love, joy, peace (inward),  
longsuffering, gentleness, goodness (outward to others),  
faith, meekness, temperance (upward to God).

**Nine fruit** of the Spirit are mentioned. Which do you produce in your Christian life, **fruit** or **flesh**?

<u>“FRUIT”</u>		<u>“FLESH”</u>
Love	VS	Hate
Joy	VS	Depression
Peace	VS	Strife
Patience	VS	impatience
Gentle	VS	Rude
Goodness	VS	Badness
Faith	VS	Doubt
Humble	VS	Pride
Control	VS	No Control

**Spirit vs Flesh** - To win the fight you must yield and seek the “**Spirit**” who is the greater force. Do not try to defeat hate but seek to love and hate will leave. The absence of love is hate. Do not seek to beat depression but seek joy and depression will leave. Do not try to fight strife but seek peace and strife will leave. Remember, flesh cannot beat flesh but only the Spirit of God can give you victory. As you yield to the “Spirit,” He will become stronger and stronger and slowly you will the fight against the “flesh.” “**I can do all things through Christ which strengtheneth me**” (Philippians 4:13). Don’t let your “**flesh**” control your body but be a fruitful Christian used of the Lord.



# FRUIT OF THE SPIRIT IS LOVE

## Lesson 05

**"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."  
– Galatians 5:22-23**

The first fruit of the Spirit is love. What is Bible love? What does love mean? Why is love taught first? Why is love so important? Love is of God because God is love. You are to abide in Him until you get enough love from Him to give to other people. God does not want you to give something to others that He doesn't first give to you. He loves you then asks you to give that same love to others. You cannot create love or make someone love you. You have to get love from God. True love begins with God and Jesus Christ.

### BIBLE LOVE

**"Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13). "...for God is love" (1 John 4:8). "Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins" (1 John 4:10). "This is my commandment, That ye love one another, as I have loved you" (John 15:12). "Husbands, love your wives, even as Christ also loved the church, and gave himself for it" (Ephesians 5:25). "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). We love because He first loved us. True love lives to give not get. "For God so loved the world, that he gave..."**

**FOUR DIFFERENT KINDS OF LOVE** - What is love? Sometimes the husband may say, "I love pizza, golf, football, fishing and my wife." There are different kinds of love given in the Bible in the **Greek** language. The Bible teaches four different kinds - Greek Language:

1. **Eros** is physical love or lust.
2. **Phileo** is friendship or brotherly love.
3. **Storge** or **Sturgin** is parent or family love.
4. **Agape** is Godly or divine love.

**Agape Love** - Godly **agape** love is the only way that God can love. He does not know the other kind of love. God and the Lord Jesus Christ always loves us with **agape** love. This is an unconditional love given us in Christ Jesus. This love is called "grace" meaning we cannot earn or deserve it. The Christian can never love as God loves but he is to show God's love to others. This love cannot be created but comes only as the Christian abides in the Lord. **What is Godly Agape Love? "And though I bestow all my goods to feed [the poor], and though I give my body to be burned, and have not charity, it profiteth me nothing" (1 Corinthians 13:3). In the Bible the word "charity" means "love." What is love? The Bible tells what love is and what it is not in 1 Corinthians 13:1-8:**

### CHRISTIAN LOVE IS:

Kind, helps in all things, believes all things for the best, hopes for the best in all things, and is patient in all things. Christian love seek to please others and not self. Christian love seeks to give not take. You can give without loving but you cannot love without giving.

### CHRISTIAN LOVE IS NEVER:

impatient, jealous, easily mad or angry, full of pride or puffed up. This love never behaves or does wrong, seeks for self or thinks bad of others. This Christian love will never fail. Don't love things but love people. Remember, love will cover a multitude of sins and problems.

### Notice

**The First Fruit of the Spirit is Love!**

# FRUIT OF THE SPIRIT IS JOY

## Lesson 06

**Joy vs Happiness** - There is a great difference between **joy** and **happiness**. Joy is not the same as happiness. Happiness is from the word **hap** meaning something that comes by chance or something that **happens** to you. Happiness comes from things good that **happen** to you. If things happen for our good, then we are happy but if bad things happen, then we are not happy. The world can know happiness but not joy. If someone happened to give you a thousand dollars, it would make you happy. You would be happy. Many people are seeking for **happiness** when what they really need is **joy**. Happiness comes and goes very quickly but joy will remain no matter what happens to you.

**WHAT IS JOY?** - **Joy** is from the Greek word **chara** which means **calm gladness**. Joy comes from **within** while happiness comes from outward things that **happen** to you. Joy comes from the Lord to give a calm peace within the Christian. Joy is not from the human spirit but from the Holy Spirit. As a Christian walks in the Spirit he will have experience joy. This joy cannot be imitated or created by man. No one can increase or decrease the joy of the Lord. Joy is given to Christians who permits the Holy Spirit to freely flow through their life. Joy is possible even during troubles and heartaches.

**Joy Remains After Happiness is Gone** - "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong" (II Corinthians 12:9,10). "And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost" (1 Thessalonians 1:6). God gives an **INWARD** peace that is not effected by **OUTWARD** circumstances. Only Christians can know the inward joy of the Lord. "And these things write we unto you, that your joy may be full" (1 John 1:4). "for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength" (Nehemiah 8:10). "Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory" (1 Peter 1:8). The fruit of the Spirit is **JOY**. First comes the fruit of **love** which produces joy in Christ Jesus. **Both are important** to give **inward strength** to the Christian

## FRUIT OF THE SPIRIT IS PEACE

**Love Produces Peace** - When a person is saved, he experiences God's **love** the first fruit of the Spirit. Then as he walks in the Spirit, he experiences **joy** the second fruit of the Spirit. This **joy** will produce an inward **peace** which is the third fruit of the Spirit. **Love** and **joy** will produce **peace**. There is no substitute for the peace of God which passes all understanding. "And the **peace of God**, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:7).

**WHAT IS PEACE?** Peace means to have inner rest and calmness; to be free from worry and strife. Peace cannot be earned but it is a gift from God. "**Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid**" (John 14:27). This peace cannot be duplicated or faked. When a Christian has inner peace with God, he will not be effected by outward circumstances. He will experience peace as he walks in agreement with the Spirit. To walk in the Spirit means to be **led** of the Spirit. To keep in step, not run ahead, or lag behind. **Flesh** cannot produce peace. Love, joy and peace are only given by the Lord.

**Flesh + Strife = Stress --- Love + Joy = Peace**  
**Love – Joy – Peace**

These **three** are inward between man and God

# FRUIT OF THE SPIRIT IS LONGSUFFERING

## Lesson 07

**LONGSUFFERING** - Means to be strong and endure without quitting. It means to suffer-long and not give up. To be patient. To suffer but still continue with hope and trust in the Lord. The Christian who has longsuffering will not be angry or seek vengeance against those who do him wrong. Longsuffering will produce **kindness** and **gentleness**. Human nature cannot do this. Only the Holy Spirit can produce Godly longsuffering.

"And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity.

For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ."

– II Peter 1:5-8

## GOD IS LONGSUFFERING

"And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth."

--Exodus 34:6

"The LORD is longsuffering, and of great mercy, forgiving iniquity and transgression..."

– Numbers 14:18

The longsuffering (suffers-long) of God has no limit or bounds. This is seen in His dealing with people throughout history. It is seen in His patience with the ungodly and backslidden Christians. Every person should be grateful and thankful for the longsuffering of God. There are times that God remembers that we are flesh and human. "But he, being **full of compassion**, forgave their iniquity, and destroyed them not: yea, many a time turned he his anger away, and did not stir up all his wrath. For he **remembered that they were but flesh**; a wind that passeth away, and cometh not again" (Psalms 78:38-39). When you err you know you are human. No one is perfect.

## THE LORD IS LONGSUFFERING

"The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance" (II Peter 3:9). "Howbeit for this cause I obtained mercy, that in me first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting" (1 Timothy 1:16). The Lord is longsuffering or **suffers-long** with those who reject Him. He is also patient with Christians who are self-willed. The Lord is the perfect example for for longsuffering.

## CHRISTIANS SHOULD BE LONGSUFFERING

Love + Peace = Joy which will result in Christians showing **OUTWARDLY (to others)** what they possess **INWARDLY (love, joy and peace)**. The fruit will be longsuffering towards those who reject or hurt you. Longsuffering cannot be done in the flesh but only in the Spirit of the Lord. "With all lowliness and meekness, with **longsuffering**, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace" (Ephesians 4:2-3). Longsuffering will cause you to love and pray for those who hurt you, "**Love your enemies**" (Luke 6:27-35). "If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the LORD shall reward thee" (Proverbs 25:21-22).

**Love + Joy = Peace X Longsuffering**

# FRUIT OF THE SPIRIT IS GENTLENESS

## Lesson 08

**Gentleness** means an attitude of **graciousness** and **kindness**. A Christian should be **kind** and **gentle** at all times. The opposite would be **rude** or **mean**. It is never right for a Christian to be rude. The English word "Gentleman" is a man who is kind and gentle. Gentle does not mean feminine or sissy. No one was more of a gentleman than Jesus Christ. "**That the goodness of God leadeth thee to repentance?**" (Romans 2:4). "**Thy gentleness hath made me great**" (Psalms 18:35). "**That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus**" (Ephesians 2:7). "**And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you**" (Ephesians 4:32). "**But we were gentle among you, even as a nurse cherisheth her children**" (1 Thessalonians 2:7).

**Gentleness** requires great strength and courage to be gentle when others are angry and out of control. The attitude and character of a Godly Christian will be gentle and kind. "**To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men**" (Titus 3:2). "**And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves**" (II Timothy 2:24-26). A gentle horse is a horse that is strong spirited but easily obeys its master. A gentle Christian is spirited and under control of his master. The works of the flesh produce unkindness and meanness. The fruit of the Spirit will produce gentleness and kindness. These are the marks of a mature Christian.

**Love + Joy = Peace X Longsuffering X Gentleness**

## THE FRUIT OF THE SPIRIT IS GOODNESS

**Goodness** means **you do good on the outside because you are good on the inside**. The works of the flesh are **bad** but the fruit of the Spirit is **good**. Goodness is the actions and works of a person doing good. When a person is gentle and kind he will enjoy doing good. Goodness will follow gentleness and kindness. It is a joy and blessing to be around good kind Christians. It brings stress when you are around a complaining Christian. "Behold, how good and how pleasant it is for brethren to dwell together in unity!" (Psalm 133:1). Christians should avoid strife and seek goodness.

### GOD IS GOOD

"O give thanks unto the LORD, for he is good: for his mercy endureth for ever" (Psalms 107:1). "Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy; And gathered them out of the lands... They wandered in the wilderness in a solitary way; they found no city to dwell in. Hungry and thirsty, their soul fainted in them. Then they cried unto the LORD in their trouble, and he delivered them out of their distresses... Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!" (Psalms 107:2-8).

### JESUS CHRIST IS GOOD

"How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good..." (Acts 10:38). Jesus Christ is also called the **Good Shepherd**.

### CHRISTIANS SHOULD BE GOOD

Christians should be good Christians. It is sad that some Christians are not good Christians. "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works..." (Ephesians 2:8-10).

**Love + Joy = Peace X Longsuffering X Gentleness X Goodness**

# FRUIT OF THE SPIRIT IS FAITHFULNESS

## Lesson 09

**Faithfulness** means to have **complete faith** and **trust in God**. Faith "**believeth all things**" that are of God and knows that all things work together for good to those who love Him (Romans 8:28). The opposite of faith is doubt. Faithfulness is the actions and works of a person who has faith. The fruit of the Spirit is having faith in God. **Faithful simply means full of faith**. You should be faithful not just on Sunday but every day. Not everyone can be a preacher but **everyone can be faithful to God**.

**GOD IS FAITHFUL** - "It is of the **LORD'S mercies** that we are not consumed, because his **compassions fail not**. They are new every morning: **great is thy faithfulness**" (Lamentations 3:22-23). "**Thy mercy, O LORD, is in the heavens; and thy faithfulness reacheth unto the clouds**" (Psalms 36:5).

**THE LORD IS FAITHFUL** - "**For he hath said, I will never leave thee, nor forsake thee...Jesus Christ the same yesterday, and today, and forever**" (Hebrews 13:5-8).

**THE CHRISTIAN SHOULD BE FAITHFUL** - "**Moreover it is required in stewards, (Christians who desire to be used of God) that a man be found faithful**" (1 Corinthians 4:2). All those in the "**Hall of Faith**" in Hebrews Eleven are listed because of their faith in God. They are not listed because of their abilities or talent but because of their faith in God.

**"Now faith is the substance of things hoped for, the evidence of things not seen.  
For by it faith the elders obtained a good report."**

– Hebrews 11:1-2

By faith: Abel, Enoch, Noah, Abraham, Sara, Isaac, Joseph, Moses, pleased God.

**"And these all, having obtained a good report through faith..."**

– Hebrews 11:39

When Christians consider the faithfulness of God, the Lord Jesus Christ and the Godly people in the past, they have no choice but to follow their example of faithfulness. Today Christians give up and quit too easily. Their faithfulness is short lived. The Lord said, "**Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life**" (Revelation 2:10). Not everyone can sing or preach but every Christian can be faithful to his Lord, family and church. One day the Lord say to all who have been faithful, "**His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things**" (Matthew 25:21).

**The fruit of the Spirit is faith**. The works of the flesh will produce doubt. As Christians abide in the Lord, they will experience faith that increases with testing and troubles. There will be times that every Christian will become discouraged and be tempted to give up. A failure is not someone who fails but someone who quits. Paul had faith in God. "**I have fought a good fight, I have finished my course, I have kept the faith**" (II Timothy 4:7). The Lord encourages all Christians to be faithful and keep going. "**And let us not be weary in well doing: for in due season we shall reap, if we faint not**" (Galatians 6:9). A quitter will never know what he could have done. A quitter is never truly happy.

**Illustration:** Winston Churchill returned to his academy and spoke to the boys, his speech was short but powerful. He said, "**Young men, never quit, never, never, never!**" The fruit of the Spirit is faith. Christians should never, never, never, never quit.

**Faithful means full of faith!**

**Love + Joy = Peace X Longsuffering X Gentleness X Goodness X Faith**

# FRUIT OF THE SPIRIT IS MEEKNESS

## Lesson 10

**Meekness** means **not** easily **angered**, but is mild, gentle and patient. To be **submissive** and to **easily yield** to authority. Meekness is not weakness but power brought under control. Meekness would also describe a humble person willing to serve another. The term **meek** horse describes a horse with much spirit but easily obeys its master. A person out of control cannot be used of the Lord. The works of the flesh produce pride and self- glory. The fruit of the Spirit is humbleness and meekness. Only the Spirit can produce meekness in a Christian. Meekness cannot be made or accomplished by self-effort. As a Christian abides in the Lord, he will have a spirit of longsuffering, gentleness, goodness, faith and meekness. Meekness is not weakness but meekness is strength under control.

**THE LORD IS MEEK** - **"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls"** (Matthew 11:29). The Lord is not weak but He is meek. The Lord Jesus Christ sets an example for Christians to follow. **"Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father"** (Philippians 2:5-11). The Lord did not seek self glory. He was the King of Kings and Lord of Lords but He laid aside His glory and became a meek servant.

**PAUL WAS A MEEK MAN** - **"Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you"** (II Corinthians 10:1). Paul was a combination of the "fruit of the Spirit" who had the image of the Lord.

**THE CHRISTIAN SHOULD BE MEEK** - "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, **meekness**, longsuffering" (Colossians 3:12). "With all lowliness and **meekness**, with longsuffering, forbearing one another in love" (Ephesians 4:2). "Be ready always to give an answer to every man that asketh you a reason of the hope that is in you with **meekness** and fear" (1 Peter 3:15). Moses was a meek man. **"Now the man Moses was very meek, above all the men which were upon the face of the earth"** (Numbers 12:3-9). Moses did not represent himself but the Lord. He never misused his power or position for self-glory. Moses was a meek person used of God. Christians should follow the examples of Jesus Christ and Moses and have the spirit of meekness. The works of the flesh will produce pride and self-glory but the fruit of the Spirit will produce meekness. The fruit of the Spirit is meekness. As Christians abide in the Lord, they will have love, joy, and peace within their heart and mind. This will produce longsuffering, gentleness and goodness toward others. then this will yield faith, meekness and temperance.

**The Purpose is to Glorify and Magnify the Lord** - There is no power on earth that can give a man love, joy and peace. These are gifts from God. When a person has these, then there will be longsuffering, gentleness, goodness, faith, meekness and temperance. He will be a Christian that shows forth and glorifies the Lord Jesus Christ.

**Meekness is not weakness!**

**Love + Joy = Peace**

**+ Longsuffering + Gentleness + Goodness + Faith + Meekness**

**These are the "marks" of a good Christian serving the Lord**

# FRUIT OF THE SPIRIT IS TEMPERANCE

## Lesson 11

**Temperance** means **self-control**. When the flesh is in control, there is rage, anger, impatience, and rudeness. There is no love, joy or peace. Self-control is the fruit of the Spirit. This control must come from within to give victory over the flesh. This is the ninth and last fruit which is one of the most important. Without self-control, there is no love, joy and peace. There will be no longsuffering, kindness, goodness, faith, and gentleness. **Why?** Because this is the **OUTWARD** fruit that controls the Christian life and is most seen by others. His testimony, influence and works is lost. Many Christians have fallen because of the lust of the flesh, pride of life, and works of the flesh. Self-control is a daily conflict but it must be accomplished to have a fruitful life.

**THE LORD HAS TEMPERANCE** - "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: Who did no sin, neither was guile found in his mouth: Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously" (1 Peter 2:21-23). Pilate examined and tested the Lord but found no fault in Him. "Said unto them, Ye have brought this man unto me...behold, I, having examined him before you, have found no fault in this man touching those things whereof ye accuse him" (Luke 23:14).

**CHRISTIANS SHOULD HAVE TEMPERANCE** - Temperance means self-control in all areas of life. It could also mean modest or average, not drawing attention to yourself. Christians need to have temperance in all things. A Christian without temperance will have no testimony for the Lord. "**And every man that striveth for the mastery is temperate in all things**" (1 Corinthians 9:25). Temperance is important as it is seen outwardly by others. People judge Christians by their actions of temperance.

**Strength Comes From Within** - A Christian does not have the power to overcome temptation within himself. He must abide in the Lord and the Spirit will give victory over the works of the flesh. A person who has an uncontrolled temper does not have temperance. Christians need to guard and control their lives so **others** can see Christ in them. Every Christian will have moments of temptations. "**But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death**" (James 1;14,15). If a Christian yields to the flesh, then the end result will be destruction. Sin always looks good and inviting but the end will always be death and destruction.

**Yield Your Members to the Lord** – The Bible states several times that Christians should submit, yield, surrender, and present their bodies to the Lord for service. "I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies** a living sacrifice, holy, acceptable unto God, which is your reasonable service" (Romans 12:1-2). Do not yield to the works of the flesh. "**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: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God**" (Romans 6:12,13). Christians are "**tools**" to be used of the Lord. A "**hammer**" or "**nail**" is never praised. The praise should be given to the carpenter. Christians are only "**tools**" to be used by the Master. To be used of the Lord to bring forth fruit, more fruit and much fruit. As Christians abide in the Lord, the Spirit will produce temperance and self-control.

**"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh."**

– Galatians 5:16-18

**WHEN YOU LOSE YOUR TEMPER  
YOU CAN LOSE YOUR TESTIMONY**

# FRUIT SHOULD REPRODUCE MORE FRUIT

## Lesson 12

The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance. These nine complete the **fruitful** life of a Christian. This can only be done as a Christian abides in the Vine (the Lord). The work of the Spirit is to make the branch usable to bear fruit that will bring glory to the owner of the vineyard (God). The works of the flesh can produce counterfeit fruit that looks real but it is false. Some people have wax fruit on their tables but they never eat them. Wax fruit is good to look at but it is not real fruit. Just take one bite and you will know the difference. The Spirit makes the difference in the fruit of the Christian. Unsown seeds never produce any fruit. The need is to put the seed into the ground. Christians also need to be cultivated by the Holy Spirit to produce fruit, more fruit and much fruit.

### FRUIT MUST BE CULTIVATED

When a tree does not produce, something is wrong. It must be cultivated or worked to make it produce fruit. Weeds need to be pulled out and dead branches cut. **"Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit"** (John 15:2). The purpose of the branch is to bear or reproduce more fruit. It is important for the Christian to cultivate his own life with prayer, Bible, right living, and doing right. Think on right things and do good. The branch cannot produce fruit of itself but it can only abide or stay connected to the Vine. The Vine will give sap and all that is needed to produce the fruit.

### FRUIT NEEDS RIGHT CLIMATE

Oranges do not grow in Canada nor coconuts at the north pole. It is important for fruit to have the right climate of air, sunshine, water and care. For Christians to grow, they need to have the right climate of Bible, prayer, worship, praise, and fellowship with God's people. Christians need the right climate of church fellowship and worship. The wrong climate will kill and destroy the fruit. It is important that Christians have **peace and unity** to grow (Philippians 2:3). Strife and peace cannot exist together!

### FRUIT MUST HAVE ATTENTION AND CARE

Fruit cannot produce or take care of itself. Someone must cultivate the ground and plant the seed. Seeds in a package will not grow. A branch is nothing without the Vine. It is only a dead stick. The branch only needs to abide in the Vine. **"If we live in the Spirit, let us also walk in the Spirit"** (Galatians 5:25). A tree that is left alone will soon die or only produce fruit that is bitter. There is much pleasure to eat fruit that is sweet and delicious. A Christian should produce love, joy, peace, patience, kindness, goodness, faith, gentleness and temperance. Then there will be a good harvest and the results will be great. **"Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples"** (John 15:8). There needs to be a great reaping and harvesting for the Lord but the workers are few. **"Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest"** (Matthew 9:37-38).

**The Goal is to Produce Much Fruit** - The small little branch can produce a great harvest from the Vine. One grain of corn or wheat can produce a great harvest of corn. **"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit."** (John 12:24). **"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit"** (John 15:7,8). The real meaning and purpose of the branch is to abide in the Lord and produce fruit for His glory. All living things grow to produce their kind. Christians should produce more Christians and then they will produce more Christians. Again, notice the different levels of producing fruit. It begins with fruit then more fruit and ends with much fruit. It is a progressive program to not only produce but to be productive with a harvest.



# FRUIT COMPARED WITH OTHER FRUIT

## Closing Lesson

Fruit produces only after its kind. A peach tree does not make apples. Compare the different kinds of fruit, some can be good and some bad, some true and some false. "Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?" (Matthew 7:16). "Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit (Matthew 12:33). "But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty" (Matthew 13:23). "That we should bring forth fruit unto God" (Romans 7:4). "Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God" (Philippians 1:11). "For the fruit of the Spirit is in all goodness and righteousness and truth" (Ephesians 5:9). You can compare fruit and you can also compare Christians. Fruit produces after its kind. A peach tree does not make apples. Compare the different kinds of fruit, some can be good and some bad, some true and some false. "Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?" (Matthew 7:16). "Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit (Matthew 12:33). "But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty" (Matthew 13:23). "...that we should bring forth fruit unto God" (Romans 7:4). "Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God" (Philippians 1:11). "For the fruit of the Spirit is in all goodness and righteousness and truth" (Ephesians 5:9). "clouds they are without water, carried about of winds; trees whose fruit withereth, without fruit, twice dead, plucked up by the roots" (Jude 12).

### FRUIT OF SPIRIT

LOVE  
JOY  
PEACE  
PATIENCE  
KINDNESS  
GOODNESS  
FAITHFULNESS  
GENTLENESS  
SELF-CONTROL

### WORKS OF FLESH

HATE  
DEPRESSION  
STRESS  
IMPATIENCE  
RUDENESS  
SELFISHNESS  
UNFAITHFULNESS  
MEANNESS  
SIN IN CONTROL

**CHRISTIANS HAVE CHOICES** – An orange has no choice but to be an orange tree. You have the power to choose whom you will serve. Will you serve the flesh or the spirit? "I beseech you therefore, brethren, by the mercies of God, that **ye present your bodies** a living sacrifice, holy, acceptable unto God, which is your reasonable service. 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" (Romans 12:1-2). Christians make the choice to "**present**" their bodies for service. As a branch the Christian is nothing. He cannot produce fruit within himself. "Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me" (John 15:4). God always uses people who **DESIRE and DECIDE** to abide in Him. Daniel decided to be used. "But **Daniel purposed in his heart** that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself" (Daniel 1:8). Joshua decided that his family would serve the Lord, "And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; ...but **as for me and my house, we will serve the LORD** (Joshua 24:15).

### Decisions Determine Direction - Direction Determine Destination

You need to **decide to abide** in the Lord. Decide to produce fruit to glorify God. "Abide in me, and I in you. As the branch **cannot** bear fruit of itself, except it abide in the vine... I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing (John 15:7-8). Let the Lord produce fruit through your life. Seek to be a spirit filled Christian who produces fruit for the Lord. You will never regret serving the Lord – never!

# **Spiritual Help**

## **Series VI**

**One Study Contains 12 or More Lessons**  
{All Scriptures KJV}

### **Study Four**



# ***HOW TO BREAK A SIN HABIT***

SS06 Spiritual Help

# THE BEGINNING OF SIN

## Lesson 01

**Note:** Why do we naturally desire sin? Why do we have sin? This study will help us understand. All people have a body that desires worldly things and sin. Our bodies will all be changed when the Lord comes (I Corinthians 15:51), but until then Christians will have a daily problem of sin that started in the Garden of Eden. To better understand ourselves we need to get the answers from the Bible.

**"But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die."** (Genesis 2:17). (Study Genesis 2:7, 16, 17.) God gave man a choice. **"...Of every tree of the garden thou mayest freely eat...But of the tree of the knowledge of good and evil, thou shalt not eat of it..."**All the trees but one belonged to Adam. One tree belonged to God and Adam was told not to eat of it. Man was given the power to decide. Love and obedience cannot be forced but must be freely given.

**THE COMMAND** **"...thou shalt not eat of it..."** This was a command from God. A command is a law. A broken law brings forth punishment for correction. "Thou shalt surely die." God promised that man would be punished if he did not obey. God cannot lie or change. Man has no choice about the command or about the punishment. He was only given the choice whether to obey or not obey.

**THE CHOICE** **"She took of the fruit thereof, and did eat...and he did eat"** (Genesis 3: 6,7). Compare with James 1:14, 15. Sin always pulls, draws, lures and tempts you away from God. Every Christian has temptations to sin. Sin begins in the mind and heart then comes forth in the body. When it is finished, it brings forth death or destruction. Sin always ends in destruction. Sin is never satisfied but always increases until it controls the body. Adam was given the choice to say "no." **Every person** has a struggle with sin and its temptations. Always remember, when you sin, destruction is coming.

**THE CHANGE** **"...I was afraid...I hid myself"** (Genesis 3:10). After the fall into sin, there was a change in man. Sin always makes a change. It breaks fellowship with God and causes man to try to hide from God. Before sin, Adam had fellowship and peace with God. After sin, he hid from God and for the first time, he knew fear. Sin will bring fear of God. When a Christian sins, a change will happen. There will be guilt, grief and gloom. Sin will break your fellowship with God. When you are tempted, learn to say **"no!"** A Christian can have **secret** sins (Psalm 90:8); **besetting** sins (Hebrews 12:1); and sins of **youth** (Psalm 25:7). Do not let sin control your mind and body. It will always bring destruction. Sin will bring fear in your heart. Sin changes your life until it controls and destroys you. Sin will always bring stress and guilt. **Purity brings Peace - Sin causes Stress.**

**THE CAUSE** **"Wherefore, as by one man (Adam) sin entered into the world..."** (Romans 5:12). Because Adam sinned, everyone is born in sin. God promised He would bring forth punishment. Because of sin Adam must work hard, Eve must suffer in childbirth and be under the rule of her husband, the serpent must crawl in the dust of the earth, and the devil will be defeated. Because of sin, the earth grew thorns and weeds, the animals became wild, and everyone is now born in sin. All this because Adam did not obey God and sin entered the world (Genesis 3:14-19.) This is the beginning of sin. All mankind and the world changed because of sin.

**THE CURE** **"For as by one man's (Adam) disobedience many were made sinners, so by the obedience of one (Jesus Christ) shall many be made righteous"** (Romans 5:19). Because of Adam all are born sinners, but because of Jesus Christ, all can be forgiven (Romans 5:12-17). Sin is forgiven only through Jesus Christ (Ephesians 4:32; John 14:6). Those without Christ need to be "in Christ." (John 14:6). Also Christians (as sons) need to confess their sins (I John 1:9). Do not let sin break your fellowship with God. Sin will separate you from God and His blessings.

**This is How Sin Began!**

# ASSURANCE OF SALVATION

## Lesson 02

**"Beloved (Christians), now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. "**

-- I John 3:2

**"And this is the record (Bible), that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath (now has) life; and he that hath not the Son of God hath not life (eternal life). These things (Scriptures) have I written unto you that believe on the name of the Son of God; that ye may know that ye have (present) eternal life. "**

--I John 5:11-13

**Questions to Ask** - How many times can you be saved? Can a Christian lose his salvation? When a Christian sins, does he need to be saved again? How can I know for sure I am saved?

**ASSURANCE OF SALVATION** - The Bible clearly teaches that a person can be saved and **know** he is on his way to Heaven. God does not want His child to be in doubt about his salvation. The word "know" is found 30 times in the book of John. "That ye may **know** that ye have eternal life." Assurance involves the mind and spirit. Sometimes because of past teachings or beliefs it is hard to change the mind. Your assurance of salvation is based on the Word of God. It is not based on what you **think**, but on what God says. Can God lie? **"In hope of eternal life, which God, that cannot lie, promised before the world began."** You can trust the Word of God. Did you do what God said to do? Did you receive Jesus Christ? Then what does God promise to you? Eternal life!

**SOME REASONS CHRISTIANS DOUBT** - We are only human, so there will be times of doubt because we want to see, touch, or feel something. When we touch or see it we know it is real. Salvation is not by feelings but by faith in God. Feelings make us doubt. Sometimes because of sin a Christian will doubt his salvation. He feels that a saved person would not do this. "Maybe I am not saved." Sometimes a person is depressed or discouraged he doubts his salvation. All of these things are based upon the human life. Our salvation is not depending upon man but God. Do not trust in feelings but trust in the Word and promise of God. A Christian may lose assurance of salvation, but **never** salvation. D. L. Moody said, "God has never used a discouraged Christian." A person who doubts his salvation is unstable in all his ways. It is all right to doubt yourself but never doubt what God says and His Word as He cannot lie. The problem is not God but you are not trusting God by faith that He will do what he has promised.

**TRUST THE WORD OF GOD** - More than forty five times words as "eternal life" and "everlasting life" are in the Bible. God promises everlasting life to the Christian. This everlasting life does not begin after he dies but **after** he is saved. **"He that believeth on the son hath (now) everlasting life."** It does not say **will have**, but "**hath**" it now. Once you "**hath**" it you cannot lose it. If you can lose it than it is not everlasting life. God cannot lie. Do you believe him? Trust Scriptures! A Christian is **"born again"** into the family of God. Salvation is a new birth, and a child cannot be unborn. He will always be a son and God will be his Father. When you are saved you are changed from a sinner to a son. A son may do wrong but the Father will correct him. When a Christian sins, our heavenly Father will correct us. A **newborn** babe must learn to grow into maturity. He will fall and make mistakes but he is still a son. A Christian can lose his **fellowship**, joy and peace but he cannot lose his **sonship**. A Christian is saved from the **penalty** of sin (Hell), but he is not saved from the **presence** or **possibility** of sin. The soul is saved but the body will not be saved until Jesus comes (Philippians 3:21; I Corinthians 15:51-53). One day all things will become new (Revelation 21:4,5). Salvation is a **heart** matter and assurance is a **head** matter. The doubts are in the **mind** but the mind cannot undo what has been done in the **heart**. Salvation is from **above** not from things you have done. Don't **try**, but simply **trust** God at His Word! It is forever settled in Heaven.

**GOD PROMISES YOU HAVE ETERNAL LIFE - GOD CANNOT LIE!**

# TEMPTATION

## Lesson 03

"let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: but every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."

-- James 1:13-15

The word "**tempted**" or "**temptation**" means trying to pull you into sin as baiting or luring you to do wrong. God does not tempt a man to sin. Temptation is from the devil, flesh and world. God will test you to bring out the best in you. The devil will tempt you to bring out the worst in you. Notice that all Christians are tempted, "**but every man is tempted.**" It is important to understand the enemy of temptation. Remember, the soul is saved but not the body. Your body will not be changed until the Lord returns. The body cannot be changed or improved. The flesh is and always will be flesh.

**CAN CHRISTIANS BE TEMPTED ?** The answer is always "**Yes.**" Temptation has two meanings in the Bible. (1) To tempt to sin (2) To test for service. God permits **testings or temptations** for His children, but God does **not use sin** to tempt. God's testing (temptations) will bring out the best in you. The devil's temptations will bring out the worst in you. There is a difference in **testing and tempting**. Sometimes your greatest temptations will be **after you are saved**. No one is free from being tempted, but each one is tempted in a different way. Usually the temptation may come from your past sins and lifestyle. Some are delivered from habitual sins when they are saved and others must battle them all their lives. Each person is different. "**Train up a child in the way he should go**" (Proverbs 22:6). Each Christian is "**a**" child with different personalities and lifestyles. All children are not the same. Each person is tempted with **different** temptations. Peter had a continual problem temper problem. Thomas had a problem of doubt. Paul had to control his body daily. "**But I keep under (control) my body, and bring it into subjection (control)**" (I Corinthians 9:27). Every Christian will have problems, but each one will have different problems. You need to know your problem and weakness.

**STEPS OF TEMPTATION** - Notice the **progressive steps of temptation** as it **slowly increases** until it controls you. "When lust hath **conceived** (born in mind and heart within), it **bringeth** forth (comes out in body) sin: and sin, when **it is finished**, bringeth forth death (destruction)." Sin begins small in fantasy and thought, then becomes an action and practice, and ends in death or destruction. The end of sin is always destruction. It is best not to take the first step as it will lead to destruction. The Bible warns to "**flee**" from youthful lusts (II Timothy 2:22). Some Christians continue to practice ungodly habits **after** they are saved. This practice will destroy them and their testimony.

**TEMPTATIONS OF SIN** - The devil is very smart and knows just how and when to tempt. He will use the right bait for the lure into the trap. You use cheese to catch a rat, worms to catch a fish, and carrots to catch a rabbit. The devil will use the right bait for each Christian. Even the Lord was tempted of the devil, but he did not give in (Luke chapter four). There is no sin in the temptation, but sin comes forth from the temptation as you think about it and dwell upon the sin. A person usually thinks about the sin before he does it. The sins you continually think about usually destroy you.

**WAY OF ESCAPE** - The Lord has made a way of escape from temptation. "**The Lord knoweth how to deliver the godly out of temptations**" (II Peter 2:9). "**There hath no temptation taken you but such as is common to man: but 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** (not be free, but live with it)" (I Corinthians 10:13). **God usually makes a way of escape right before you sin. He usually says to your heart... "Stop - Don't do it."** You can be free from habitual sins. God has put a desire within you to do right and seek purity. He will help you, but you must decide **you** need help. The Word of God has the **way of escape** from habitual sins. Learn to say "**no**" to sin and "**yes**" to God. Seek to follow the Spirit instead of the flesh.

# WHEN A CHRISTIAN SINS

## Lesson 04

"My son, despise not thou the chastening of the Lord...for whom the Lord loveth he chasteneth (corrects), and scourgeth (punishes) every son...God dealeth (acts) with you as with sons; for what son is he whom the father chasteneth not?"

-- Hebrews 12:57

**Some questions asked:** What happens when a Christian sins? Does he need to be saved again? Can a Christian live a perfect life without sin? Do you know a perfect Christian?

**A SINNER BECOMES A SON** - When a sinner is saved, he becomes a **son**. He is born again into the family of God (John 3:7; John 1:12). God becomes his father. God the Father does not wait until judgment to correct His son. He does it now. A father is responsible for the actions of his children. When a child does right it pleases his father, but when he does wrong he must be corrected. When you are saved you are as a new born baby in the Lord. A newborn babe does not know how to talk or walk but must slowly be taught. Christians, as new babes, do not know and understand the Bible. They must be taught what is right and what is wrong. When a child does wrong he must be punished (corrected) to do right. This is called "**chastisement**." Chastisement is used to stop the child from wrong and start the child doing right. Every Christian has been chastened (corrected) of the Lord. "**For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.**" When a Christian sins, he comes to God the Father for forgiveness as a son, not a sinner.

**HOW DOES THE HEAVENLY FATHER CHASTEN?** When a son sins he does not need to be saved again, he is still a son but he needs correction to do right. Not all children are corrected the same way. Because of **anger** Moses' life was shortened. Two people **lied**, and kept back their giving of money and God killed both of them. There are certain results that all Christians will know from sin:

**Grief** starts in the heart because the Holy Spirit is grieved within (Ephesians 4:30).

**Guilt** will start because of the shame of sin (Psalms 38:4).

**Godliness** will be gone in the life of the Christian (Psalms 38:57)

**Others** can be hurt. Your sin can hurt you, your family and friends (Hebrews 12:15).

**Peace** will be lost and joy will be gone (Hebrews 12:14; Psalms 38:3).

**Judgment** of sin will start. Sin must be judged (I Corinthians 11:30).

**HOW TO STOP CHASTISEMENT** - As a child of God, learn to quickly go to your Father when you sin. Go to Him before He comes to you. (I Corinthians 11:30). Be willing to stop, then confess your sins to God. You can **judge** your sin **before** God judges ). **Warning!** Do not continue in your sins or judgment will come. The choice is yours: cleansing or chastisement. Which do you want? The decision is yours to make.

If you **Confess** - God will **Cleanse** = If you **Continue** - God will **Chasten**

Only God can forgive and cleanse sin – God only has one way for a Christian or a son to remove sin. One Bible verse explains how a Christian can have his sins removed, erased, cleansed and forgiven. "If we (Christians) confess our sins (not sin), he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9). Remember, the only way to be **free or cleansed** from sin is to be **forgiven by God**. Do not hide your sins. God sees them. Do not try to ignore your sins. God remembers them. You can fool other people but you cannot fool God. God knows you. Be honest with Him. Fear him and judge your sins before He judges you. Usually a father warns the child before punishment. This is a warning! God will judge your sins. "**Be sure your sins will find you out.**" (Numbers 32:33).

# COUNT THE COST OF SIN

## Lesson 05

The Bible is God's instruction book to teach us what is right and wrong, what is good and bad, what is truth and error, and what is true and false. We need to follow the instructions that have been given to us in the Word of God. Daily practice the **putting off** the old man (flesh) and **putting on** of the new man (Holy Spirit). You will slowly become a happy, mature Christian.

**"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."**

-- II Timothy 2:15

**"For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?"**

-- Luke 14:28

**Count the Cost** - The Bible teaches that it is wise to count and consider the cost of something before you begin. Just recently I was told of another man who fell into sexual sin. As I listened, I realized that I was getting used to hearing about sexual misconduct. We are losing deaf and deaf workers to sexual sin. We need to stop and count the cost of sexual sins. A person can control the choice of sin but not the consequences of sin. The end of sin is always destruction (James 1:14-15). No one is happy at the end of sin. The results are always the same: broken homes, drunks, addicts, homosexuals, abortions, aids, diseases, insanity, and ruined lives.

### COUNT THE COST OF SEXUAL SINS

1. It is a sin against God (Psalms 51:4).
2. Your sin will be judged (I Corinthians 11:32).
3. The law of reaping begins (Galatians 6:7).
4. Look at others who have fallen (Romans 5:12).
5. It will hurt those you love the most (Lot lost his family).
6. It will break your marriage vows.
7. The end will always be destruction or death (James 1:15).
8. It will also destroy the other person's family.
9. Your sin will always be in your mind and heart (Psalms 51:3).
10. You will never be the same again (Genesis 19:14).
11. You will bring shame to your Lord, family, friends and church.
12. It will hurt your parents very much.
13. The act could result in sexual diseases (syphilis, herpes or aids).
14. You can never undo or change what happens. It is done forever.
15. You will have regrets of loss and never know what you could have done.
16. God may forgive you, but people will never forget.
17. A thirty minute act can destroy thirty years of testimony.
18. No one has ever gotten away with sin.
19. The devil and world will have the victory of another life destroyed.
20. The memories will remain all your life.

When you are tempted to sin - Consider these **twenty** things.

**Count the Cost** - The cost is not worth it. Consider others who have fallen and learn from their mistakes. Consider the fact that you could fall. When you are tempted with sin, stop think about the cost of sin. Count the cost of sin. Remember, sin will destroy you and the best things in life that God planned for you. **Look at all the others who have fallen and now have regrets!**

**"Wherefore let him that thinketh he standeth take heed lest he fall."**

- 1 Corinthians 10:12

# HABITUAL SINS

## Lesson 06

**"But every man is tempted when he is drawn away of his own lust and enticed."**

-- James 1:14.

**"For the good that I would I do not: but the evil which I would not, that I do."**

-- Romans 7:19

**THE WAR BEGINS** - The war starts in the new Christian and continues as long as he lives. His soul is saved eternally and the Holy Spirit comes to live within the Christian. The body is not saved and will not be changed until the Lord comes (Philippians 3:21). This causes a war between the Spirit and flesh (body). The **Spirit** is against the **flesh** and the **flesh** against the **Spirit**. The Christian decides who will win and be in control. It is a problem with some Christians who have lived in sin for many years because their flesh controlled their lives. When you are saved it means your soul is saved, but not your body. Your body will not be changed until the Lord comes. "In a moment, in the twinkling of an eye, at the last trump... and the dead shall be raised incorruptible, and we shall be **changed**" (I Corinthians 15:51). Just being saved did not remove the **desire** for **sin**. Sometimes at salvation, the desire for past habitual sins are removed, but for some Christians the desire to continue to sin remains. Some still desire the same sinful habits. The difference is that now the Holy Spirit dwells within to help Christians with the struggle of sin.

**Illustration:** Two drunkards were saved the same night. Five years later they met again. One man said, "The night God saved me He took away all my desires to drink." The other said, "I still desire to drink every day, but I have not touched one drop." Which do you think is the best Christian? The best Christian is the one who will not let sin control his body. Be thankful if you have been delivered from habitual sins. Some Christians must struggle in the war of the flesh and spirit because of their past sins.

**THE WAR WITHIN** - When you want to do good, you do bad. **Why?** You do not want to sin, but you do. You desire to serve God, but sins overcomes you. You promise God that you will **never** do it again only **to fail** in a few months. Besetting and habitual sins can rob you joy and service. Sins bring guilt and depression. When a habitual sin has been practiced for years, it may take time to break the habit. Just one prayer may give you forgiveness but you still must cope with habitual sin. There may not be any overnight or quick remedies. Slowly, for years some sins have controlled your body. The habitual sin becomes your master. **"Let not sin therefore reign (control) in your mortal body, that ye should obey it in the lust thereof. Neither yield ye your members (body) as instruments (tools) of unrighteousness unto sin: but yield your members as instruments of righteousness unto God"** (Romans 6:12,13). Even Paul said, **"For the good that I would I do not."** Every Christian will have a struggle or warfare between the flesh and spirit. **Who or which will control you?**

**HABITUAL SINS** - We hear much about dope addicts, tobacco addicts, pornography addicts, food addicts, and other addicts. But is it possible for a Christian to have habitual sins and become an addict? **Yes!** The only difference is that unsaved people will not have a **war within** with the Spirit of God. When a Christian sins there will always be a struggle from within. This is **proof** he is saved. When you pray for forgiveness of sins, God forgives, but it may not be the end of your habitual struggle. In just a few days, weeks or months the sin habit will try again to control you. The greatest war is from within.

**WHAT ARE HABITUAL SINS?** - Addiction means to be controlled by a habit that is not easily quit. Habitual sins have been practiced for many years and have become stronger and stronger as you have become weaker and weaker. **"Let not sin therefore reign (control) in your mortal body ... For sin shall not have dominion (control) over you"** (Romans 6:12-14). **"And be not conformed (same as the world) to this world, but be ye transformed (changed) by the renewing of your mind, that ye may prove what is that good, and acceptable and perfect, will of God"** (Romans 12:1,2). Paul had to struggle to bring his body under control unless he would become a castaway from God (I Corinthians 9:27). Can you name some besetting or pet, habitual sins that some you or other Christians battle? Remember, no one planned to sin and fall – no one!

**Don't let Sin Control Your Life - The End of Sin is Always Destruction**



# HOW TO BREAK A SIN HABIT

## Lesson 07

**"For the flesh lusteth against the Spirit, and the Spirit against the flesh, and these are contrary (opposite enemies) the one to the other; so that ye cannot do the things that ye would."**

--Galatians 5:17

### A Bible Fact About You

Paul had a struggle with his flesh and finally cried out, "O wretched man that I am." Notice Paul did not say "I was" but "I am." This means that he is (not was) a wretched (sinful) man as a Christian.

**DO YOU HAVE A HABITUAL SIN?** - Right now in your mind, can you think of a sin that is or has been controlling your life for years? Let the Holy Spirit direct you and be honest. Do not justify or blame it on others. Help begins when you will admit your problem. When you can say, "**I have a problem.**" It is the first step to being helped. The drunkard needs to say, "I am an alcoholic." Then he can be helped. Sometimes a person with a habit will not admit it but thinks, "I can control it," "I can stop when I want," "Just one more time and I will quit," or, "I can handle it." This person cannot be helped because he does not know or accept the fact that he has a problem. Usually a person with a habitual sin tries to justify it. He **sees** and **thinks wrong**. He may say, "Others have fallen but not me." **He talks wrong**. He may say, "I can quit when I want." **He believes wrong**. He lives in a secret world. He believes no one knows and it will do no harm to anyone but himself.

**HABITUAL SINS CONTROL YOU** - These sins are very dangerous as they slowly control your life. Secretly, inside you have guilt and depression. On the outside you smile and fool people. A habitual sin is called "a besetting sin" that will stop you from serving God. The end of the sin will be death or destruction of your Christian life. This sin will destroy you. **Hate it**. See it as your enemy. Do not let sin have the victory in you life (James 1:14,15). "**O wretched (sinful) man that I am! Who shall deliver me from the body of this death?**" (Romans 7:24).

**THE CYCLE OF HABITUAL SINS** - These sins usually have the same pattern in their control. After the sin there will be guilt, then a trip to the altar to confess the sin. Then comes peace of forgiveness and the promise, "I will never do it again." Then slowly the temptation starts all over again with the struggle to sin again. Finally, the sin is committed again. The cycle is now complete and you start over again with guilt and another trip to the altar. Over the years this is repeated again and again. "**O wretched man that I am! Who shall deliver me from the body of this death?**"

**STEPS OF HABITUAL SINS** - It is important that we recognize the enemy and know how to fight it. "**But every man is tempted when he is drawn away (pull of habitual sins) of his own lusts (personal sins), and enticed (pulled). Then when lust hath conceived (in mind and thoughts), it bringeth forth (the act of sin) sin: and sin, when it is finished (slowly controlling), bringeth forth death (destruction)**" (James 1:14,15). Sin starts slowly in your thoughts, then increases to the body, then becomes actions. This cycle of sin continues until it destroys you. The end of sin is always destruction (James 1:14-15).

### HOW TO BREAK HABITUAL SIN

- Step 1 - Decide not to be controlled by your flesh, it will destroy you. Start a new beginning NOW!
- Step 2 - Admit you have a problem, accept your responsibility. You need help - seek help.
- Step 3 - Let the Lord help you. You are not strong enough to win this battle alone.
- Step 4 - Acknowledge your sin and confess it to God (I John 1:9).
- Step 5 - Do not let the cycle repeat itself. Break it now! Get a prayer partner for accountability.
- Step 6 - Replace the bad habit with a Godly habit. You can unlearn a habit as you make a new one.
- Step 7 - Ask the Lord to deliver and transform you as you renew your mind (Romans 12:1,2).

**DO NOT LET SIN HAVE DOMINION (CONTROL) OVER YOU!**

# GOD'S REPLACEMENT PROGRAM

## Lesson 08

**"Mortify (become dead) therefore your members (body) ... put off all these; anger, wrath ... put on the new man, which is renewed in knowledge after the image of him that created him ... put on ... mercies, kindness, humbleness of mind, meekness, longsuffering...charity (love) .. let the peace of God rule (control) in your hearts..let the word of Christ dwell in you richly ... whatsoever ye do in word or deed, do all in the name of the Lord Jesus Christ, giving thanks to God and the Father by him."**

--Colossians 3:5-17

**"But be ye transformed (changed from within) by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."**

--Romans 12:2

**GOD'S REPLACEMENT PROGRAM** - The bad habits must be reversed, stopped and replaced. They have controlled you long enough. Notice the Bible teaches that you **put off** the old man of flesh and **put on** the new nature of the Holy Spirit. You **put off** the **old man** and **put on** the **new man**. The Bible principle is to **replace** the bad habit with a **Godly** habit not just a **good** habit. Some people try to replace gum for cigarettes. This is a good habit but not a Godly habit. It took years for your habit to control you, and it may take time for you to reverse and break the habit with a Godly habit. Just a prayer of forgiveness is not the end but the beginning. It is important that the emptiness be filled with the control of the Holy Spirit. There is the story of a man being cleansed of an unclean spirit and the spirit returned and found him clean and empty. He then returned with more unclean spirits and the man was worse than before (Luke 11:24-28). It is important that after you confess and have God's cleansing you fill the emptiness with things of God. This is a Bible principle that will work. Replace the bad habit with a Godly habit. You must become dead to the desires of the habit. You need to become alive to Godly habits and a new life. Remember, when you confess your sins you are cleansed and must begin a new way of life.

**WARNING! THERE WILL BE WITHDRAWAL PAINS** When drug addicts stop taking drugs, what happens? When a person stops smoking, what happens? At first there is no problem, but soon the body desires and craves for the habit again. The habit of sin will not let go easily. It will battle and struggle to win control of your life. A drug addict will soon again scream for drugs. The smoker will crave another cigarette. It requires much work, will power, and help from the Lord to completely quit. The body will not give up without a fight. A habit is like an alley cat: as long as you feed it, it will never go away. You must stop feeding your habit. There will be **withdrawal pains** as the body starts changing from the old ways. Slowly the body will can change back to normal. The effects of the habit will slowly change and fade away as the new habits become stronger. Sometimes God gives a person the power to immediately break the power of a habit. Most of the time it is a hard, slow process because it was a long, slow process of many years developing the habit. Slowly the **new man** becomes stronger and stronger. Soon the new man will replace the old man with the bad habits.

**YOU MUST REPLACE THE OLD HABIT** - Sin has picked you as a **target** to destroy. If you continue you could be **shot down** this week by the Devil. Decide that you will not be controlled by the habit anymore. Look to the future and results of the sin. It will destroy you. Many homes have been broken, couples divorced, children lost, and lives destroyed because of sin. The bums in the streets at one time had nice homes, families and jobs but lost it all because of drink or drugs. It is time to reverse and change the habit so it no longer controls you. It is the same as a cancer slowly destroying you. It is the same as fire that will slowly burn away and leave only ashes. You have come to the place in your life that you must **choose** whom you will serve, your flesh or the Spirit. God offers you a new beginning and the end will be **"the peace of God ruling (control) in your hearts"** (Colossians 3:5-7).

**Replace Your Bad Habits with Godly Habits!**

# HOW TO REPLACE BAD HABITS

## Lesson 09

"Having therefore these promises , dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."

--II Corinthians 7:1

"Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us."

--Hebrews 12:1

**INCREASE OR DECREASE – As the Spirit, the Lord, faith, Word of God increases the flesh and besetting sins decrease. As sin increases the Spirit decreases.** "The sin which doth so easily beset us." Each person is different with different desires for different sins. What is your besetting sin? A besetting sin will **daily** fight to control you. You may have to battle it all your Christian life. Salvation is a **onetime experience** of the soul that can never be repeated. It would be wonderful if all Christians would also be able to have a **onetime** forgiveness of all sins done in the body. It would be wonderful to be free from the flesh and all sinful desires. But Christians do not the privilege of a **one time** cleansing to be free from all sins of the body. Christians do have the **promise** that the Lord is can help us in our battles. "**Greater is he that is within you, than he that is in the world**" (I John 4:4). God has made a **way of escape** for all Christians. Having therefore these promises (Word of God), **Let us** cleanse ourselves... **lay aside** every **weight** (things hinder) and run the race that is before us. Christians are in a personal race in this life. To run your race you need to lay aside, put off, the old man, who hinders you from running. You need to be cleansed from filthiness and renew our mind. Sin slowly decreases as the Spirit of the Lord increases. Either the Spirit or the flesh controls your life. Who controls you? John the Baptist said, "**He must increase and I must decrease.**" Let the Lord increases the flesh decreases.

## REPLACE BAD HABITS WITH GODLY HABITS

Daily **RENEW** your mind with right, pure thoughts. Fantasy, or sin thoughts, is the beginning of habitual sins. It must be stopped here. It is important to think right and renew your mind (Romans 12:1-2; Philippians 4:8-9). "**Think on these things.**" Don't let your flesh control your mind and body.

Read and memorize **SCRIPTURES** that will help you with your weakness.

Daily **PRAY** for strength and power from the Lord. "Pray lest ye enter into temptation" (Matthew 26:41). Prayer will keep you from sin and sin will keep you from prayer.

**STAY ACTIVE** and **BUSY** in doing good things. Idleness is the workshop of the devil. David fell when he was idle on the rooftop (Colossians 3:17).

**KEEP** in good **CHRISTIAN FELLOWSHIP** with your friends in church.

Break fellowship with friends who tempt you with old lifestyle and habits (I John 1:7; 2:15).

Stay away from the **PLACES** of **TEMPTATION** stay far away so you will not be tested or tempted (Romans 13:14; I Corinthians 6:18; I Timothy 6:11; II Timothy 2:22).

Practice saying **NO** to the flesh and **YES** to the Spirit. Learn to hate sin and refuse it. With the first taste of drink, and the alcoholic will fall. Do not touch sin (Romans 6:13).

Look to the **FUTURE** and forget the past. Remember the **RESULTS** of sin.

"**Take heed lest ye fall.**"

Daily **COMMIT** your **ways** unto the Lord and He will direct your **paths** (Proverbs 3:6).

# GODLY HABIT OF PRAYER

## Lesson 10

**"And he said unto them, Why sleep ye? rise and pray, lest ye enter into temptation."**

--Luke 22:46

**Watch and pray, that ye enter not into temptation: the spirit indeed is willing,  
but the flesh is weak."**

--Matthew 26:41



**MAKE PRAYER A HABIT** - Prayer gives you strength and help. With prayer it is impossible for you to win over sinful habits. The flesh cannot beat the flesh. Jesus warned Peter not to sleep but to pray. The time of testing was coming soon. The soldiers were coming to take Jesus from the garden to judgment. The Lord went into the garden to pray. He told Peter, James and John to pray as he prayed alone. He prayed three different times and each time he returned to find the disciples asleep. But Peter he rebuked because he knew that soon Peter would be tested. **"And he cometh, and findeth them sleeping (all three), and saith unto Peter (not James and John), Simon, sleepest thou? couldest not thou watch one hour? Watch ye (Peter), and pray, lest ye (Peter) enter into temptation"** (Mark 14:37-38).

**PETER FAILED WHEN HE WAS TESTED** "And the Lord said, Simon, Simon, behold, Satan hath desired to have you... But I prayed for thee, that thy faith fail not... and he (Peter) unto him, Lord, I am ready to go with thee, both into prison, and to death. And he said, I tell thee, Peter, the cock shall not crow this day, before that thou shalt thrice (time times) deny that thou knowest me (Luke 22:31-34). **"And Peter followed afar off... and he denied him (Jesus), saying, Woman, I know him not. And Peter said, Man, I am not. And Peter said, Man, I know not what thou sayest. And immediately, while he spake, the cock crew. And the Lord turned, and looked upon Peter... And Peter went out, and wept bitterly"** (Luke 22:54-62). Peter failed because he did not pray. There is strength and power in prayer. Prayer can protect you. **"Pray lest ye enter into temptation."** If Peter had prayed instead of sleeping, he might not have fallen.

**PRAY WHEN TEMPTED** - It is the Lord's will that we pray for help and strength. Learn from Peter. He did not pray and he fell when he was tempted. It is important that you pray so you will not have more temptations. Prayer protects you from falling. Prayer gives you strength to overcome sins. Prayer needs to become a habit to practice every day. Why? Because, you need help every day. Prayer should become a daily habit.

**WHAT IS PRAYER?** Someone has said that Bible study is "God speaking to you" while prayer is "You speaking to God." Prayer should be to God in Heaven (Acts 12:5), in the name of Jesus (John 14:6,13,14), by the leadership and teachings of the Holy Spirit (Ephesians 6:18), and in agreement with the will and word of God (I John 5:14,15). Prayer is asking God for things. It is a time to be thankful for what God has done for you and a time to have fellowship with God (I John 5:14,15; Matthew 7:7; John 16:24). It is God's will that Christians pray.



**DIFFERENT WAYS TO PRAY** - **Private Prayer** - A time to pray alone (Matthew 6:6). **Public Prayer** - A time to pray before others (Luke 18:10). **Family Prayer** - A time families pray together (Acts 1:14). **Pray any place or any time for any need** (I Timothy 2:8). Remember, the Lord never sleeps. His eyes are always open. His ears are never closed and his arms are always open. His eyes are open to the blind and His ears are open to the deaf. He understands Sign Language and all languages. No one is handicapped in prayer. For those with habitual sins, it is good to have a prayer partner to pray with you. (Matthew 18:20). There are many different ways to pray and **all** are pleasing to the Lord.

**The Greatest Enemy of Prayer is Silence**

# GODLY HABIT OF BIBLE STUDYING

## Lesson 11

"Thy word have I hid in mine heart, that I might not sin against thee."

-- Psalm 119:11

"All scripture is given by inspiration of God, and is profitable for doctrine (what is right), for reproof (what is wrong), for correction (get right), for instruction in righteousness ( stay right)."

-- II Timothy 3:16

**THE HABIT OF BIBLE STUDY** - Someone has said that sin will keep you from the Bible and the Bible will keep you from sin. The word of God will give you direction, power and **victory**. **"Thy Word is a lamp unto my feet, and a light unto my path"** (Psalm 119:105). It has been said that most people who fell said it started when they stopped reading their Bible. If you want to replace the old nature then you must start the daily practice of reading the Bible. You need to get stronger and stronger so that you can stand against temptation. **"As newborn babes, desire the sincere milk of the word, that ye may grow thereby"** (I Peter 2:2). If you do not study then you will not grow. A baby needs milk to grow physically. A Christian needs the word of God to grow spiritually. The inward man needs to grow and become strong and healthy. To grow in the Lord there needs to be a steady diet of reading, hearing, studying, memorizing and mediating upon the Word of God. As you read the Word of God you will grow. "As newborn babes, desire the sincere milk of the word, that ye may grow thereby" (I Peter 2:2).

**HOW TO STUDY THE BIBLE** - A good plan to study the Bible can be compared to the **five fingers** of your hand. You need to use all five fingers to hold your Bible properly or it might fall. Look at your hand then think of these **five things** needed to study your Bible:

1. **HEAR THE WORD OF GOD** - Remember, the Deaf listen with your eyes. You need to look and give attention to the preacher, teacher or interpreter. Do not let your mind wander or think of other things. As you listen you will learn. The Word will help you grow and slowly change your life in the right way. No one can spiritually grow without the Word of God – No one!
2. **READ THE WORD OF GOD** - Make it a daily habit to personally read your Bible. It may take years but you can do it. Read the New Testament first, then Proverbs and Psalms. Read Genesis slowly as it explains the beginning of all things. Read at least two chapters a day. Daily read the Bible.
3. **STUDY THE WORD OF GOD** - Take your time and study certain people, places, books or doctrines. The Holy Spirit will help you understand. It may be hard to understand some Bible words but the Spirit can give you wisdom and understanding as you study. Let God speak to you as you study.
4. **MEMORIZE THE WORD OF GOD** - When you read a verse that is helpful to you, read it several times and memorize it. During the day repeat it again and again. Soon you will have it memorized and one day it will help you. At times of temptation - quote the Bible and depend upon its promises.
5. **MEDITATE (THINK) UPON THE WORD OF GOD** - As you read, stop and think about it. Meditate means to think deeply about it. The scriptures will cleanse your mind, thoughts and heart. Let God speak to you through the Word of God. Think about the Word of God during the day.

**USE THE WORD WHEN TEMPTED** - As the devil tempted Jesus Christ to follow him, the Lord said, **"IT IS WRITTEN."** He would then quote a Bible verse to defeat the devil (Luke 4:1-13). The Lord was very weak, but He used the power of God's Word to win over temptation. You need to learn Bible verses that will give you power when you are tempted. Example: **"The Lord knoweth how to deliver the godly out of temptations"** (II Peter 2:9).

"I can do all things through Christ which strengtheneth me."

--Philippians 4:13

# VICTORY OVER SIN

## Lesson 12

**"For it is God which worketh in you both to will and to do of his good pleasure."  
-- Philippians 2:13**

**"For the grace of God that bringeth salvation hath appeared to all men teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world."  
--Titus 2:11**

**"Greater is he that is in you, than he that is in the world."  
-- I John 4:4**

**SPIRIT VS FLESH** - As you win small victories just remember, the war still continues. Which will win? As you put off the old nature and put on the new nature and practice Godly habits, you will become stronger. But always remember that YOU are not winning the battles. It is the Lord that gives the victory. Many fall right after a time of victory. Look to the Lord. **"For it is God which worketh in you to will and to do of his good pleasure." Yield to the Holy Spirit. "Teaching us that denying ungodliness and worldly lusts..."** It is the Lord that gives you victory. Daily practice Godly habits and stay close to God.

**KNOW YOUR ENEMY** - It is always good to know who you are fighting, to learn his strength and weakness. The flesh is your enemy and he will not die. He continues to fight and will not give up. **"Now the works of the flesh are manifest (come forth), which are these: Adultery, fornication (sex sins), uncleanness, lasciviousness (seeking wicked sins), idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like"** (Galatians 5: 19-21). It is easy to see and know the sins that the flesh produces. When you have a problem with your sin, go quickly to prayer for help and the Word of God for power. You can win over these sins with the Lord. **"Greater is He that is in you than he that is in the world."** The flesh, devil and world are too much for you to fight alone. **"Submit yourselves therefore to God. Resist the devil (use the Word of God), and he will flee from you"** (James 4:7).

**KNOW YOUR HELPER AND STRENGTH** - It is wise to also know your friends and helpers in the time of need. You do not have to fight the battle alone. **"But the fruit of the Spirit is love, joy, peace (inward), longsuffering, gentleness, goodness (outward to others), faith, meekness, temperance (upward to God)"** (Galatians 5:22). Practice Godly habits and the results will be the fruit of the Spirit in your life. **"Walk in the Spirit, and ye shall not fulfil the lust of the flesh"** (Galatians 5:16). The promise is that we will **NOT** follow the flesh if we will follow the Spirit.

## YOUR WEAPONS FOR BATTLE

**Submit yourselves to God  
Pray Daily**

**Resist the devil  
Memorize Scriptures**

**Walk in the Spirit  
Be faithful to God**

**VICTORY IN JESUS** - The Bible teaches that it is possible to have victory over sin. **"For whatsoever is born of God (you) overcometh the world: and this is the victory that overcometh the world, even our faith"** (I John 5:4). **"Being made free from sin, ye became servants of righteousness"** (Romans 6:18). **"In all these things we are more than conquerors (victors) through him"** (Romans 8:37). As you fight your war just keep looking unto Jesus. Do not quit. As the Spirit grows **stronger** the flesh will grow **weaker**. One day you will finally be free from past sinful habits. Many who once smoked no longer smoke. Many who once had a bad temper no longer get mad. Many others have won battles and so can you. And one day hear His words, **"Well Done!"**

**Learn to sing daily, "Victory in Jesus!"**

## A Review and Commitment

**HOW TO BREAK A SIN HABIT?** These studies are outlined in a system that will help break a sin habit. Naturally, it is better never to start bad habits. Parents should teach their children about the sins of drugs, drink, smoking, sex, pornography and homosexuality at an early age **BEFORE** they are tempted with sin. Now, let's review what we have learned in these lessons:

**FIRST STEP** - You must **CONFESS** the sin (I John 1:9). Quickly go to God and keep short accounts with him. Do not let sin linger or continue as it will become **stronger and stronger**.

- A. **A**cknowledge your sin. Do not call it a weakness or sickness. Acknowledge it is a sin against God, yourself, and others. **N**ame your sin, face it, and confess it. Agree with God and stop your sin.
- B. **B**lame no one else but yourself. Do not blame your family, church, friends, society or God. "I have sinned." Accept the blame and responsibility for your sins.
- C. **C**onfess your sin to God. Seek his forgiveness, cleansing and a new beginning. Also seek forgiveness from others who may have been hurt or offended.

**STEP TWO** - You must **CHANGE** your past habits, lifestyles, desires and ways. Put off the old man, past sins and put on the new man, new ways. Change your past bad habits with good Godly habits (Colossians 3:8-14). Do you want to change? Do you know that you can change? Do you know how to change? The solution is the Word of God with help from the Holy Spirit.

**STEP THREE** - You must **COMMIT** your ways to the Lord. No matter what happens keep following the right way. Let the Lord direct your paths (Proverbs 3:56). **Commit** means to keep going until you finish. It is not just a decision for a few months, but a **lifetime commitment** to the Lord. Decide to continue to serve the Lord no matter what happens. Don't stop, quit or give up!

**STEP FOUR** - You must **CONTROL** your future life. Do not let your body control your life. "**For sin shall not have dominion (control) over you**" (Romans 6:14). You must daily yield yourself as an instrument (tool) unto God (Romans 6:13,14). Be controlled by the Spirit not your body.

### A Personal Commitment Promise Between You and God

[ ] *"Yes, I have an habitual sin problem. I now ask the Lord forgive and cleanse me from my sins according to I John 1: 9. I have had problems before and know that **I need help to change** in the future. I am asking God to either take away my desires for this habit or to help me conquer it with the power of the Holy Spirit. I realize that my sin habit has been a practice for a long time. I know I must **reverse and change** this practice. I need to replace my sinful habit with a Godly habit. I now desire now to break the habit and let the Holy Spirit of God control my life. With God's help I must destroy it before it destroys me."*

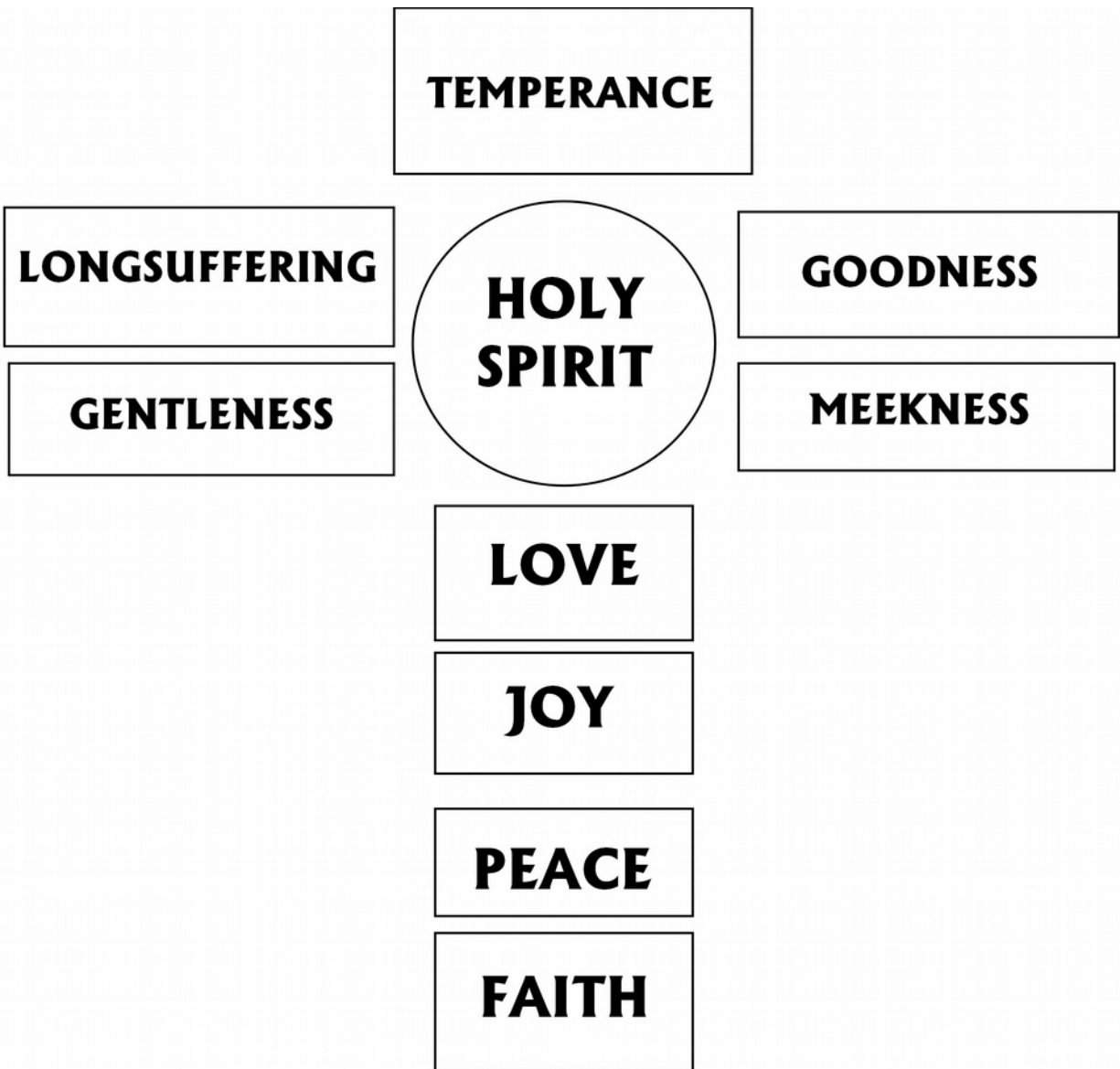
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Record your decision and date in your Bible.

"I asked God for a **New Beginning**."

Also share your decision to someone else to give you accountability. Talk to your pastor, leader or friend and ask them to pray with you about your decision. It will strengthen your commitment. Always remember that you are not alone. You have friends and the Lord who will help you. Don't ever give in to your addiction. Don't let it control your life. With the Lord's help decide to take control of your life. Break your sins habits before they break you!

**Make the days ahead the best you have ever known!**



**“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance...”**

**-- Galatians 5:22-23**



# **THREE UNCEASING ENEMIES**

**All Christians Have A Continual Warfare  
Three Enemies vs Three Helpers  
The Goal is Control of Your Life**

**“For the flesh lusteth against the Spirit - Spirit against the flesh:  
and these are contrary the one to the other:  
so that ye cannot do the things that ye would.”  
– Galatians 5:17**

**THREE ENEMIES: 1. WORLD 2. FLESH 3. DEVIL**

**THREE HELPERS: 1. SPIRIT 2. SAINTS 3. SCRIPTURES**

**WORLD  
FLESH  
DEVIL**

**ALWAYS  
CONTRARY  
YOU  
NEVER  
COMPATIBLE**

**SAINTS  
SPIRIT  
SCRIPTURES**



**WORLD VS SAINTS  
FLESH VS SPIRIT  
DEVIL VS SCRIPTURES**

**GOD CANNOT MAKE YOU SERVE  
DEVIL CANNOT MAKE YOU SIN**

**WHO WILL WIN?**



