

GOSPEL



MIND, BODY, & SOUL



GOSPEL MINISTERS

MIND, BODY, & SOUL



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INTRODUCTION

As a child of God, remember God loves you.
As a member of our family, remember you are not alone.

Psalm 139

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it. Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me. If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you. For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand. I awake, and I am still with you. Oh that you would slay the wicked, O God! O men of blood, depart from me! They speak against you with malicious intent; your enemies take your name in vain. Do I not hate those who hate you, O Lord? And do I not loathe those who rise up against you? I hate them with complete hatred; I count them my enemies. Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

Foundational Truth: We are made by God in His image to bring Him glory by obeying His commands in anticipation of eternity with Christ.

WE ARE MADE BY GOD

Genesis 1:1-2

In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

Genesis 2:7

Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

IN HIS IMAGE

Genesis 1:27

So God created man in his own image, in the image of God he created him; male and female he created them.

TO BRING HIM GLORY

Genesis 1:31

And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

*The end of all the “why” questions is God and His glory.¹
- Kevin DeYoung*

*We exist to glorify God and to enjoy Him forever.²
- Westminster Catechism*

*The chief good of man is nothing else but union with God.³
- John Calvin*

Psalm 79:9

Help us, O God of our salvation, for the glory of your name; deliver us, and atone for our sins, for your name’s sake!

Luke 2:13-14

And suddenly there was with the angel a multitude of the heavenly host praising God and saying, “Glory to God in the highest, and on earth peace among those with whom he is pleased!”

Isaiah 48:11

For my own sake, for my own sake, I do it, for how should my name be profaned? My glory I will not give to another.

2 Corinthians 3:18

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

Ephesians 2:8-10

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

1 Corinthians 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.

OBEYING HIS COMMANDS

Genesis 1:28

And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

ETERNITY WITH CHRIST

Genesis 3:15

I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel.

SPIRITUAL HEALTH

Definition

- Spiritual health is defined as the _____ by which someone can understand how their relationship with God is going.
- We believe that a growing disciple is an obedient _____ of Jesus who is an active member, worshiper, servant, steward, and disciple maker in and through the local church for the glory of God in all nations.

◦Member

- We believe that disciples of Jesus _____ together with other disciples in a local church.

Hebrews 10:24-25

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

1 Corinthians 12:12-26

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit. For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many parts, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the parts of the body that seem to be weaker are indispensable, and on those parts of the

body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lacked it, that there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.

Matthew 16:18

And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.

Ephesians 1:22

And he put all things under his feet and gave him as head over all things to the church,

Colossians 1:18

And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent.

◦Worshiper

- We believe that disciples of Jesus worship the Lord as living sacrifices committed to pursuing God through _____, prayer, and His Word.

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

2 Timothy 2:15

Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.

1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

◦Servant

- We believe that disciples of Jesus prioritize the needs of others by _____ giving of themselves out of a love for God and a desire to follow the example of Jesus.

Mark 10:45

For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

Matthew 20:48

And Jesus in pity touched their eyes, and immediately they recovered their sight and followed him.

Matthew 23:11-12

The greatest among you shall be your servant. Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.

◦Steward

- We believe that disciples of Jesus understand that everything belongs to God, and we honor Him by using our _____ for His glory.

1 Peter 4:10

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

1 Corinthians 4:1-2

This is how one should regard us, as servants of Christ and stewards of the mysteries of God. Moreover, it is required of stewards that they be found faithful.

◦Disciple Maker

- We believe that disciples of Jesus make more disciples of Jesus by _____ (teaching), _____ (showing), and _____ (sending) the gospel into all the world through the power of the Holy Spirit.

Matthew 28:18-20

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

1 Corinthians 11:1

Be imitators of me, as I am of Christ.

Ephesians 5:1-2

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Statistics

- United States⁴
 - 7 in 10 U.S. adults describe themselves as “spiritual” in some way, including 22% who are “spiritual” but not “religious.”
 - 83% of all U.S. adults believe people have a soul or spirit in addition to their physical body.
 - 81% say there is something spiritual beyond the natural world.
 - 48% of Americans have an item of some kind that is intended for spiritual purposes.
 - 54% believe in “God as described in the Bible.”
 - Only 91% of evangelicals believe in “God as described in the Bible.”
- Mississippi⁵
 - 38.5% would say “I have a personal relationship with Jesus.”
 - 25.7% are active in a religious community.
 - 33% believe that Jesus is the only way for salvation.

Insights

- Spiritual _____

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

- Spiritual _____
 - Time with the Lord
 - Solitude, Silence, Sabbath
 - The Word
 - Prayer
 - Praise

Psalm 150

Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to

his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals!

Let everything that has breath praise the Lord! Praise the Lord!

Psalm 96

Oh sing to the Lord a new song; sing to the Lord, all the earth! Sing to the Lord, bless his name; tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples! For great is the Lord, and greatly to be praised; he is to be feared above all gods. For all the gods of the peoples are worthless idols, but the Lord made the heavens. Splendor and majesty are before him; strength and beauty are in his sanctuary. Ascribe to the Lord, O families of the peoples, ascribe to the Lord glory and strength! Ascribe to the Lord the glory due his name; bring an offering, and come into his courts! Worship the Lord in the splendor of holiness; tremble before him, all the earth! Say among the nations, “The Lord reigns! Yes, the world is established; it shall never be moved; he will judge the peoples with equity.” Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it; let the field exult, and everything in it! Then shall all the trees of the forest sing for joy before the Lord, for he comes, for he comes to judge the earth. He will judge the world in righteousness, and the peoples in his faithfulness.

◦ Repent

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

◦ Ask

1 Peter 5:7

...casting all your anxieties on him, because he cares for you.

◦ _____

◦ Pray with an _____ purpose.

◦ Time with the church

▪ We gather together because we _____ together.

Hebrews 10:24-25

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

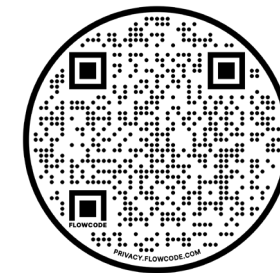
- We gather together to stir up and lift up.
- We gather together to do the _____ of the church.

◦ Time with the world

- _____
 - It is the role and responsibility of the church to send out laborers into the harvest of lost souls. It is necessary to follow the _____ in the local neighborhood and in all nations. All church members are called to fulfill the command of Jesus through personal evangelism and discipleship. Additionally, some are called to serve as missionaries to effectively plant churches where the gospel has not yet been preached.
- Missionary
 - We believe that a missionary is a follower of Jesus who is actively making disciples and multiplying churches in a context (geographic, linguistic, or cultural) other than their own. For security purposes, we also use the terms field worker or global worker.
- The Missionary Task
 - We believe that the missionary task is to establish and strengthen a _____ local church in a secondary context. This may take a variety of forms including evangelism, discipleship, Bible translation, and pastoral training. The goal of a missionary in many ways is to be able to leave the mission field with a healthy indigenous-led local body of Christ in place after departure.
- Mission Trip
 - We believe that our short-term and mid-term mission

efforts function best as assistance to field workers and indigenous leaders who are planting, or are connected to, a local body of Christ. Therefore, we will prioritize efforts that allow us to serve those requesting our assistance.

Scan the QR code below for a spiritual growth assessment:



Or visit:

https://blog.lifeway.com/growingdisciples/files/2013/08/Spiritual_Growth_Assessment.pdf

JESUS, LOVER OF MY SOUL

Charles Wesley

Jesus, lover of my soul,
Let me to Thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Savior, hide,
Till the storm of life is past;
Safe into the haven guide;
O receive my soul at last.

Other refuge have I none,
Hangs my helpless soul on Thee;
Leave, oh, leave me not alone,
Still support and comfort me.
All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenseless head
With the shadow of Thy wing.

Thou, O Christ, art all I want;
More than all in Thee I find;
Raise the fallen, cheer the faint,
Heal the sick and lead the blind.
Just and holy is Thy name,
I am all unrighteousness;
Vile and full of sin I am,
Thou art full of truth and grace.

Plenteous grace with Thee is found,
Grace to cover all my sin;
Let the healing streams abound;
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of Thee;
Spring Thou up within my heart,
Rise to all eternity.⁶

PHYSICAL HEALTH

As a child of God, remember God loves you.
As a member of our family, remember you are not alone.

Definition

- Physical health is the condition of your _____, including the strength, flexibility, and function of your muscles, organs, and systems.

Lest there be any confusion, allow me to state up front that I am not making a direct connection between being thin and being holy. Our holiness does not rest on the shape of our bodies, but on the acceptable sacrifice of Jesus' broken and bruised body.⁷

- Gary Thomas

Statistics

- 46.9% of adults in the U.S. meet the appropriate standards of regular aerobic physical activity.⁸
- 24.2% of adults in the U.S. meet the appropriate standards of regular aerobic and strengthening activity.⁹
- Mississippi is the 45th state in obesity.¹⁰
- Mississippi is the 48th state in diabetes.¹¹
- Heart disease is the state's leading cause of death, and Mississippi's rates of heart disease are among the nation's highest.¹²

Insights

Philippians 1:20

...as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.

1 Thessalonians 5:23

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

I live in a crucible between impressive success and miserable failure when it comes to personal discipline.¹³

- Mark Rhode

- Physical _____

- Fitness

1 Timothy 4:8

...for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Have you noticed how a lifelong devotion to exercise, to the exclusion of anything else, produces a certain type of mind? Just as a neglect of it produces another type? One type tends to be tough and uncivilized, the other soft and over-sensitive.¹⁴

- Plato

- Food

2 Corinthians 7:1

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.

- Overeating

[God] has to separate us from lesser things that tarnish us and keep us from conducting his presence, like using our pantry as a prayer closet. Like turning to ice cream for comfort instead of to him. Like [being in love with] Double Stuf Oreos instead of having the difficult conversation we need to have with a loved one. Like pretending we don't have time to take care of the one body God has given us when, in reality, we're just growing soft.¹⁵

- Gary Thomas

- Eating _____

1 Thessalonians 4:4

...that each one of you know how to control his own body in holiness and honor...

1 Corinthians 6:20

...for you were bought with a price. So glorify God in your body.

- Physical _____

There was a time when the church was very powerful – in the time when the early Christians rejoiced at being deemed worthy to suffer for what they believed. In those days the church was not merely a thermometer that recorded the ideas and principles of popular opinion; it was a thermostat that transformed the mores of society...But the judgment of God is upon the church as never before. If today's church does not recapture the sacrificial spirit of the early church, it will lose its authenticity, forfeit the loyalty of millions, and be dismissed as an irrelevant social club with no meaning for the 20th century.¹⁶

- Dr. Martin Luther King, Jr.

- We do not blame God for our suffering, instead we give Him _____.

Job 1:21-22

And he said, "Naked I came from my mother's womb, and naked shall I return. The Lord gave, and the Lord has taken away; blessed be the name of the Lord." In all this Job did not sin or charge God with wrong.

[The idol] was a god who always acted the way we thought he should. Or more to the point – he was a god who supported our plans, how we thought the world and history should go. That is a god of our own creation, a counterfeit god. Such a god is really just a projection of our own wisdom, of our own self. In that way of operating, God is our 'accomplice,' someone to whom we relate as long as he is doing what we want. If he does something else, we want to 'fire' him or 'unfriend' him as we would any personal assistant or acquaintance who was insubordinate or incompetent.¹⁷

– Tim Keller

- God is good when He gives.
- God is good when He takes away.

Your suffering is more powerfully shaped by what's in your heart than by what's in your body or in the world around you.¹⁸

– Paul David Tripp

God is God. I dethrone Him in my heart if I demand that He act in ways that satisfy my idea of justice... There is unbelief, there is even rebellion, in the attitude that says, 'God has no right to do this [or that].'¹⁹
– Elisabeth Elliot

1. You will waste your [physical suffering] if you do not believe God designed it for you.

Job 2:7
So Satan went out from the presence of the Lord and struck Job with loathsome sores from the sole of his foot to the crown of his head.

Job 2:10
But he said to her, "You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?" In all this Job did not sin with his lips.

2. You will waste your [physical suffering] if you believe it is a curse and not a gift.
3. You will waste your [physical suffering] if you seek comfort from your odds rather than from God.

Psalms 20:7
Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

4. You will waste your [physical suffering] if you refuse to think about death.
5. You will waste your [physical suffering] if you think that "beating" cancer means staying alive rather than cherishing Christ.
6. You will waste your [physical suffering] if you spend too much time reading about cancer and not enough time reading about God.
7. You will waste your [physical suffering] if you let it drive you into solitude instead of deepening your relationships with manifest affection.
8. You will waste your [physical suffering] if you grieve as those who have no hope.
9. You will waste your [physical suffering] if you treat sin as casually as before.

10. You will waste your [physical suffering] if you fail to use it as a means of witness to the truth and glory of Christ.²⁰

◦ We do not curse God for our suffering, instead we give Him _____.

Job 2:10
But he said to her, "You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?" In all this Job did not sin with his lips.

▪ His glory is the supreme _____.

2 Corinthians 4:17
For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison...

▪ His glory is the absolute _____.

Romans 8:17-18
...and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

1 Peter 1:6-7
In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

1 Peter 4:13
But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.

Consider the iconic passage found in Psalm 23:4, "Even when I go through the darkest valley, I fear no danger, for you are with me...." This passage reminds us that our hope in the darkest moments in life is not that God is strong, and can do anything he wants, though that is true. Our hope is not that God is wise, and he has all the answers, though that is also true. Our hope is, instead, that God is present. He is with us. In a word, he is Immanuel. This is our confidence. It is a reminder that we do not have to have the answers, or even that everything

has to be fixed, for us to have confidence in God and for us to trust him. Why do bad things happen to people who love God deeply? I don't know. But Immanuel is a reminder that the greatest prize of the gospel is not that we get what we want, or that life is always ok. No, the greatest prize of the gospel is God himself. God is with us.²¹

- Micah Fries

▪ His glory is the worthy _____.

Trusting God in suffering also glorifies him to others... When believers handle suffering rightly, they are not merely glorifying God to God. They are showing the world something of the greatness of God – and perhaps nothing else can reveal him to people in quite the same way.²²

- Tim Keller

SONG OF LAMENT

David Leonard

My bones are broken, my skin and flesh waste away.
The dark surrounds me now, my eyes see no escape.
Surely the Lord has turned His hand against me.

But this I call to mind, so I have this hope,
You will never let me go, your love never lets me go.
In the trial, in every storm, you are faithful all the more.
So I will preach it to my soul, you will never let me go.

These chains weigh heavy, my strength has come and gone.
All joys forgotten now, in this your will is done.
The Lord, the Lord has trampled me to dust.

No good do I deserve, but your mercy now I seek.
Come lift this fog, open my eyes, come now restore your hope in me.
For every trial under the sun cannot compare with what's to come
When your glory is revealed, and in your presence I will be healed.²³

Revelation 21:1-7

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." And he who was seated on the throne said, "Behold, I am making all things new." Also, he said, "Write this down, for these words are trustworthy and true." And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. The one who conquers will have this heritage, and I will be his God and he will be my son.

MENTAL HEALTH

As a child of God, remember God loves you.
As a member of our family, remember you are not alone.

Definition

- Mental health is the ability to think _____ and logically while coping with life changes, loss, stress, and trauma. It involves accepting limitations and boundaries, yet still working productively to realize one's full potential.

Statistics²⁴

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- Anxiety disorders are the most common mental health concern in the United States. Over 40 million adults in the U.S. (19.1%) have an anxiety disorder. Meanwhile, approximately 7% of children aged 3-17 experience issues with anxiety each year. Most people develop symptoms before age 21.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the 2nd leading cause of death among people aged 10-14.

Insights

- Anxiety Disorders
 - Post-Traumatic Stress Disorder
 - Obsessive Compulsive Disorder
 - Anxiety²⁵
 - 139% increase in 18-25 year olds since 2010.
 - 103% increase in 26-34 year olds since 2010.
 - Over 2/3 of American college students feel anxiety "more than half the time."

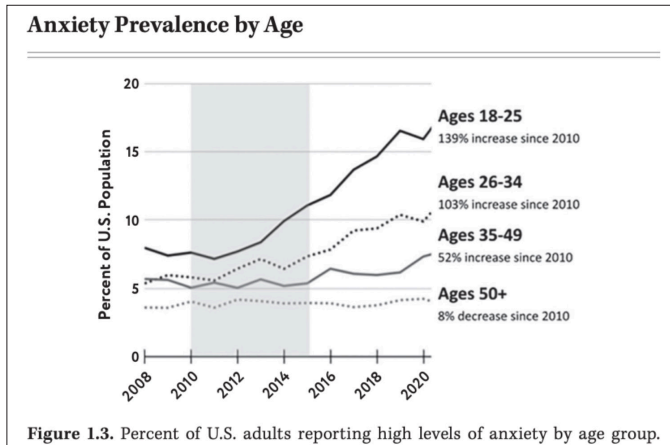


Image taken from *Anxious Generation*, page 27.

- Psychological Disorders
 - Schizophrenia
- Mood Disorders
 - Bipolar
 - Postpartum Depression
 - Depression ²⁶
 - 145% increase of major depression in teenage girls since 2010.
 - 161% increase of major depression in teenage boys since 2010.

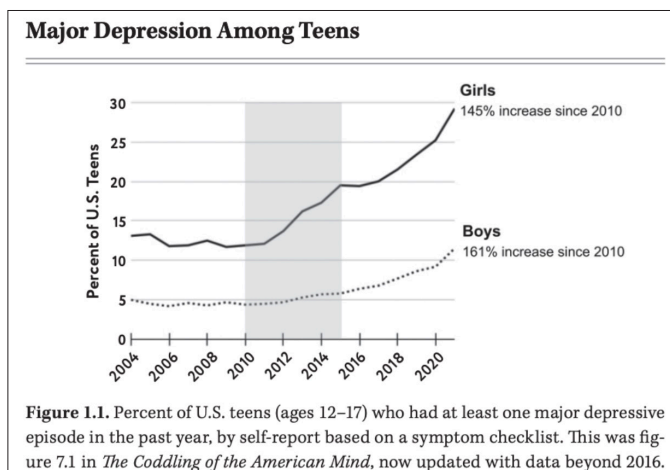


Image taken from *Anxious Generation*, page 24.

Psalm 42-43

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they say to me all the day long, "Where is your God?" These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

1 Kings 19:4

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."

Jeremiah 20:7

O Lord, you have deceived me, and I was deceived; you are stronger than I, and you have prevailed. I have become a laughingstock all the day; everyone mocks me.

◦ Stages of _____ in life with God.

▪ Stage 1 - Longing

- David wanted to return to the _____ of God.
- David wanted to return to the _____ of God.

The knowledge of God, his favor, his image, his soul cheering presence and the hopeful prospect of dwelling forever with him are objects of sufficient worth and excellence to draw out the heart of the best and greatest of men. ²⁷

– William Plumer

Ease he did not seek, honor he did not covet, but the enjoyment of communion with God was an urgent need of his soul; he viewed it not merely as the sweetest of all luxuries, but as an absolute necessity, like water to a stag. Like the parched traveler in the wilderness, whose skin bottle is empty, and who finds the wells dry, he must drink or die—he must have his God or faint. ²⁸

– Charles Spurgeon

▪ Stage 2 - Craving

- David needed _____ from God.
- David needed _____ from God.

▪ Stage 3 - Pleading

- David begged for _____ ears.
- David begged for _____ arms.
- David begged for _____ guidance.

◦ Steps of repair in light of God.

▪ Step 1 - Weeping

- Cry because it is _____.
- Cry because it is _____.

▪ Step 2 - Hoping

(Hope) is the grace that swims though the waves roar and be troubled. ²⁹

– Charles Spurgeon

- Rest in God because He is _____.

Get alone with Jesus, and He will comfort your hearts, and restore your weary souls. ³⁰

– Charles Spurgeon

I will remember your lovingkindness to me in seasons past; how thou hast looked on my distress, hast heard the voice of my supplications, hast delivered me from my trials, or helped me to bear their burden, strengthening me with strength in my soul. I will remember all that I have enjoyed of thy presence when waiting on thee in thy house, or when celebrating thy praises there in company with thy saints, the excellent of the earth. I will remember what thou art; how meet an object for the trust of a desolate being like myself. For though I'm poor, thou art rich; though I am weak, thou art mighty; though I am miserable, thou art happy. I will remember that thou art God. That thou hast manifested thyself to my soul, that thou hast enabled me to choose thee for my portion, that I have trusted in thee, and have never been confounded. I will remember that word of promise on which thou hast caused me to hope, to which thou hast ever been faithful throughout all the past, and will be, as I truly believe, even unto the end. ³¹

– Henry March

- Rest in God because He is _____.

▪ Step 3 - Praising

Our songs should exceed our sighs. ³²

– Charles Spurgeon

- Worship the Lord because He is _____.

Grace, by its matchless art, has often turned the heaviest of our trials into occasions for heavenly joy. ³³

– Charles Spurgeon

- Worship the Lord because He is _____.

How to help someone coming to you for counsel

- Learn
- Lament
- Lead

WHATEVER MY GOD ORDAINS IS RIGHT

Samuel Rodigast

Whate'er my God ordains is right: His holy will abideth;
I will be still, whate'er he doth, And follow where he guideth.
He is my God; though dark my road, He holds me that I shall not fall:
Wherefore to him I leave it all.

Whate'er my God ordains is right: He never will deceive me;
He leads me by the proper path; I know he will not leave me.
I take, content, what he hath sent; His hand can turn my griefs away,
And patiently I wait his day.

Whate'er my God ordains is right: Though now this cup, in drinking,
May bitter seem to my faint heart, I take it, all unshrinking.
My God is true; each morn anew Sweet comfort yet shall fill my heart,
And pain and sorrow shall depart.

Whate'er my God ordains is right: Here shall my stand be taken;
Though sorrow, need, or death be mine, Yet am I not forsaken.
My Father's care is round me there; He holds me that I shall not fall:
And so to him I leave it all.³⁴

EMOTIONAL HEALTH

As a child of God, remember God loves you.
As a member of our family, remember you are not alone.

Definition

- Emotional health refers to our emotions and how they affect other areas of our life. The emotions we will be considering tonight are:
 - Fear
 - Connected some to anxiety as well
 - Sadness (including grief and sorrow)
 - Happiness (including contentment)

Statistics

- An estimated 19 million Americans have at least one phobia.³⁵
- Within the last year, it's estimated 9.1% of adults in the United States experienced some degree of a specific phobia. Of those experiencing phobias, it was more prevalent in females, with 12.2% having them compared to males at 5.8%.³⁶
 - 1 in 12 children in the U.S. will experience the death of a parent before they turn 18.³⁷
 - 57% of Americans experienced a close personal loss in the past 3 years.³⁸

Insights

- Fear

*Come, Thou long expected Jesus
Born to set Thy people free;
From our fears and sins release us,
Let us find our rest in Thee.
Israel's strength and consolation,
Hope of all the earth Thou art;
Dear desire of every nation,
Joy of every longing heart.³⁹
-Charles Wesley*

◦Some people fear _____.

- Top 10 fears of 2024⁴⁰
 - Corrupt Government Officials
 - People I Love Becoming Seriously Ill
 - Cyberterrorism
 - People I Love Dying
 - Russia Using Nuclear Weapons
 - Not Having Enough Money for the Future
 - US Becoming Involved in Another World War
 - North Korea Using Nuclear Weapons
 - Terrorist Attack
 - Biological Warfare
- Top 10 phobias according to internet searches⁴¹
 - Trypophobia - the fear of holes.
 - Agoraphobia - a fear of leaving familiar, safe environments like one's home.
 - Misophonia - hypersensitive to sounds, like how someone else chews, drinks or breathes.
 - Thalassophobia - a fear of deep water, such as that found in lakes or oceans.
 - Emetophobia - a fear of throwing up.
 - Claustrophobia - fear of enclosed spaces.
 - Acrophobia - fear of heights.
 - Arachnophobia - fear of spiders.
 - Hippopotomonstrosesquippedaliophobia - fear of long words, especially mispronouncing them.
 - Thanatophobia - the intense fear of death or dying.
- America's Biggest Fears⁴²
 - Death
 - Heights
 - Snakes (top in Mississippi)
 - Public speaking
 - Enclosed spaces
 - Failure
 - Spiders

Psalm 118:5-9

Out of my distress I called on the Lord; the Lord answered me and set me free. The Lord is on my side; I will not fear. What can man do

to me? The Lord is on my side as my helper; I shall look in triumph on those who hate me. It is better to take refuge in the Lord than to trust in man. It is better to take refuge in the Lord than to trust in princes.

◦We do not _____ everything.

◦Some people fear _____ things.

- Evil people.
- Evil actions.
- Evil effects.

Isaiah 41:10-14

... fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Behold, all who are incensed against you shall be put to shame and confounded; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." Fear not, you worm Jacob, you men of Israel! I am the one who helps you, declares the Lord; your Redeemer is the Holy One of Israel.

◦Some people fear _____.

◦We should not fall into fear.

Romans 8:15a

For you did not receive the spirit of slavery to fall back into fear...

- We should fall in His arms.

Romans 8:15b

...but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

▪Christian people fear _____.

Luke 12:4-7

I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him! Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even

the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

- Fear His _____.
- Respect His _____.
- Admire His _____.

Psalm 3:3-6

But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill. I lay down and slept; I woke again, for the Lord sustained me. I will not be afraid of many thousands of people who have set themselves against me all around.

Psalm 6:9

The Lord has heard my plea; the Lord accepts my prayer.

Psalm 18:1-3

I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

Psalm 30:2

O Lord my God, I cried to you for help, and you have healed me.

Psalm 34:19

Many are the afflictions of the righteous, but the Lord delivers him out of them all.

Psalm 39:7

And now, O Lord, for what do I wait? My hope is in you.

Psalm 46:1-11

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress. Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. "Be

still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The Lord of hosts is with us; the God of Jacob is our fortress.

Psalm 56:3

When I am afraid, I put my trust in you.

Psalm 62:5-7

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God.

Psalm 70:5

But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

Psalm 71:1-8

In you, O Lord, do I take refuge; let me never be put to shame! In your righteousness deliver me and rescue me; incline your ear to me, and save me! Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress. Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man. For you, O Lord, are my hope, my trust, O Lord, from my youth. Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you. I have been as a portent to many, but you are my strong refuge. My mouth is filled with your praise, and with your glory all the day.

Psalm 84:11

For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.

Psalm 86:15

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

Psalm 119:68

You are good and do good; teach me your statutes.

Psalm 121:2

My help comes from the Lord, who made heaven and earth.

Psalm 124:8

Our help is in the name of the Lord, who made heaven and earth.

Acts 9:31

So the church throughout all Judea and Galilee and Samaria had peace and was being built up. And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.

2 Corinthians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

2 Thessalonians 2:16-17

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.

- **Sadness**

- **Grief**

Grief, for example, is often nonlinear. Someone may seem to have moved past their sorrow, only to experience it more intensely later. By understanding that grief has stages – denial, anger, bargaining, depression, and acceptance – you can offer patience and compassion at any point in their journey. ⁴³

- Fred Hall

He hath spoken in the darkness
In the secret of thy grief
Sympathy to deep and tender
Mighty for the heart relief
Speaking the night of sorrow
Words of comfort and of calm
Gently on thy wounded spirit
Pouring true and healing balm. ⁴⁴
-Frances Ridley Havergal

- **Sorrow**

Psalm 23

The Lord is my shepherd; I shall not want. He makes me lie down in

green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

- For you are with me
 - Pillar of cloud/fire – His presence
 - Tabernacle in the middle of the camp – His presence
 - Temple – His presence
 - Jesus – Immanuel – GOD WITH US
 - Holy Spirit – His presence
 - Temple of the Holy Spirit – His presence
 - Heaven – His presence forever
- Why do we want His presence?

Psalm 46

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress. Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The Lord of hosts is with us; the God of Jacob is our fortress.

- He is a castle of _____.
- He is a pillar of _____.
- He is a fountain of _____.
- He is a source of _____.
- He is the warrior of _____.

- What do we do in His presence?

Psalm 46:10

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!

- _____ in rest.
- _____ in intimacy.
- _____ in confidence.

- **Happiness**

Philippians 4:10-13

I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

I MUST TELL JESUS

Elisha Hoffman

I must tell Jesus all of my trials,
I cannot bear these burdens alone;
In my distress He kindly will help me,
He ever loves and cares for His own.

Refrain:

I must tell Jesus! I must tell Jesus!
I cannot bear my burdens alone;
I must tell Jesus! I must tell Jesus!
Jesus can help me, Jesus alone.

I must tell Jesus all of my troubles,
He is a kind, compassionate Friend;
If I but ask Him He will deliver,
Make of my troubles quickly an end.

Tempted and tried I need a great Savior,
One who can help my burdens to bear;
I must tell Jesus, I must tell Jesus:
He all my cares and sorrows will share.

What must I do when worldliness calls me?
What must I do when tempted to sin?
I must tell Jesus, and He will help me
Over the world the vict'ry to win.⁴⁵

FINANCIAL HEALTH

As a child of God, remember God loves you.
As a member of our family, remember you are not alone.

Definition

- Financial health is when a person holds a biblical understanding that all things and all resources are the Lord's. As such, they are able to then _____ the responsibilities of giving, spending, investing, and saving for the glory of God.

Statistics

- Spending
 - In 2023, total direct spending associated with the sports travel sector was \$52.2 billion.⁴⁶
 - In the US, over 66% of households own a pet and collectively spend over \$136 billion per year on pets!⁴⁷
 - Consumers spent nearly \$25.4 billion on movies and TV shows watched at home and on the go in the first six months of 2024.⁴⁸
- Giving
 - In 2024, the average gift to churches was 157 dollars.⁴⁹
 - Of all money given to Christian causes:
 - 82% funds ministries in local congregations
 - 12% funds evangelism within the origin country
 - 6% funds overseas missions and 1.7% of that 6% funds missions among unreached people groups (UPGs)⁵⁰

Insights

- Heart - behavior follows belief
 - _____ - Do I believe that God owns it all?

Psalm 24:1

The earth is the Lord's and the fullness thereof, the world and those who dwell therein...

◦ **Contentment - Do I believe that what I have is enough?**

Philippians 4:11-13

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

Hebrews 13:5

Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

◦ _____ - **Do I believe that I demonstrate faith through my finances?**

Hebrews 11:1

Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:6

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

◦ **Wisdom - Do I believe that God's wisdom is true and available?**

James 1:5

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

James 3:16-17

...the wisdom that comes down from above, but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there will be disorder and every vile practice. But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

• **Health - today's reality**

◦ **Live - Practice care, contentment, and celebration because money is a tool.**

Acts 4:34-35

There was not a needy person among them, for as many as were

owners of lands or houses sold them and brought the proceeds of what was sold and laid it at the apostles' feet, and it was distributed to each as any had need.

1 Timothy 6:8

But if we have food and clothing, with these we will be content.

1 Timothy 6:17

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.

Hebrews 11:24-26

By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin. He considered the reproach of Christ greater wealth than the treasures of Egypt, for he was looking to the reward.

◦ **Owe (Debt) - Eliminate debt because debt always presumes upon the future.**

Proverbs 22:7

The rich rules over the poor, and the borrower is the slave of the lender.

James 4:13-16

Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is, you boast in your arrogance. All such boasting is evil.

◦ **Owe (Taxes) - Pay taxes with _____. They reflect God's provision.**

Matthew 22:17-21

Tell us, then, what you think. Is it lawful to pay taxes to Caesar, or not?" But Jesus, aware of their malice, said, "Why put me to the test, you hypocrites? Show me the coin for the tax." And they brought him a denarius. And Jesus said to them, "Whose likeness and inscription is this?" They said, "Caesar's." Then he said to them,

“Therefore render to Caesar the things that are Caesar’s, and to God the things that are God’s.”

◦ **Grow - Demonstrate financial _____ by giving up today’s desires for tomorrow’s benefit.**

Proverbs 6:6-8

Go to the ant, O sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest.

Luke 12:16-21

And he told them a parable, saying, “The land of a rich man produced plentifully, and he thought to himself, ‘What shall I do, for I have nowhere to store my crops?’ And he said, ‘I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, “Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.”’ But God said to him, ‘Fool! This night your soul is required of you, and the things you have prepared, whose will they be?’ So is the one who lays up treasure for himself and is not rich toward God.”

- Save Humbly
 - Prepare for future expenditures.
 - Cars, house, college, vacation
 - Provide for expected (and unexpected) scenarios.
 - Damages, things getting old
- Questions to ask yourself
 - Is my saving reducing or increasing my dependence on God?
 - Is my saving going to help advance the kingdom of God?
 - Would it be wiser to use these funds to advance the kingdom of God amidst current needs?
- Invest _____

Matthew 25:14-30

For it will be like a man going on a journey, who called his servants and entrusted to them his property. To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. He who had received the five talents went at once and traded with them, and he made five talents more. So also he who had the two talents made two talents more. But he who had

received the one talent went and dug in the ground and hid his master’s money. Now after a long time the master of those servants came and settled accounts with them. And he who had received the five talents came forward, bringing five talents more, saying, ‘Master, you delivered to me five talents; here, I have made five talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ And he also who had the two talents came forward, saying, ‘Master, you delivered to me two talents; here, I have made two talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ He also who had received the one talent came forward, saying, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed, so I was afraid, and I went and hid your talent in the ground. Here, you have what is yours.’ But his master answered him, ‘You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So take the talent from him and give it to him who has the ten talents. For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away. And cast the worthless servant into the outer darkness. In that place there will be weeping and gnashing of teeth.’

◦ **Give - Open hands to release God’s resources. He wants our heart connected to His Kingdom story.**

Matthew 6:19-24

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also. “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

2 Corinthians 9:6-8

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

Luke 16:13

No servant can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”

- We give quietly because we choose to live with farsighted eyes.

Matthew 6:1

Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

Matthew 6:22-23

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

- We give humbly because we understand God meets needs.

Matthew 6:11-12

Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors.

James 1:17

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

- We give _____ because we realize that it is eternity that matters.

Matthew 6:19-20

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for

yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

- We give joyfully because we know that our heart is overflowing with treasure.

Matthew 6:21

For where your treasure is, there your heart will be also.

2 Corinthians 9:6-15

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. As it is written, “He has distributed freely, he has given to the poor; his righteousness endures forever.” He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God. For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. By their approval of this service, they will glorify God because of your submission that comes from your confession of the gospel of Christ, and the generosity of your contribution for them and for all others, while they long for you and pray for you, because of the surpassing grace of God upon you. Thanks be to God for his inexpressible gift!

- We give obediently because we resolve to serve the Lord.

Matthew 6:24

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

- We give _____ because we recognize that God provides for His children.

Matthew 6:25-34

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

- **Habits - Five Biblical Principles**

- **Spend less than you earn.**

Proverbs 13:11

Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.

2 Thessalonians 3:8-9

... nor did we eat anyone's bread without paying for it, but with toil and labor we worked night and day, that we might not be a burden to any of you. It was not because we do not have that right, but to give you in ourselves an example to imitate.

- **Give generously.**

2 Corinthians 9:6-8

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

- **Avoid the use of debt.**

Proverbs 22:7

The rich rules over the poor, and the borrower is the slave of the lender.

Psalm 37:21

The wicked borrows but does not pay back, but the righteous is generous and gives...

- **Set long-term goals.**

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Philippians 3:14

I press on toward the goal for the prize of the upward call of God in Christ Jesus.

James 4:13-16

Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is, you boast in your arrogance. All such boasting is evil.

- **Plan for financial _____.**

Proverbs 27:23-27

Know well the condition of your flocks, and give attention to your herds, for riches do not last forever; and does a crown endure to all generations? When the grass is gone and the new growth appears and the vegetation of the mountains is gathered, the lambs will provide your clothing, and the goats the price of a field. There will be enough goats' milk for your food, for the food of your household and maintenance for your girls.

Luke 12:16-21

And he told them a parable, saying, "The land of a rich man produced plentifully, and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, "Soul, you have ample goods laid up for many years; relax, eat, drink, be merry." ' But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' So is the one who lays up treasure for himself and is not rich toward God."

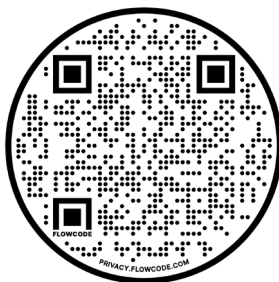
- Hope - Tomorrow's Promise
 - Changing habits to increase margin is the only way to meet long-term goals and align our hearts and hope toward eternity.⁵¹ - Ron Blue

- Margin Meter

- Struggling - not able to make ends meet
- Surviving - living paycheck to paycheck
- Stable - saving some with an emergency fund
- Secure - saving for long-term goals
- Surplus - more than enough

- Without margin, it is difficult to respond to God's calling on our lives and to meet the needs of those He has put in our lives.⁵² - Ron Blue

Scan the QR code below for a financial assessment:



Or visit:

https://ronblueinstitute.com/wp-content/uploads/2024/06/Four-Hs-Tool_Treasure-Target-Assessment_Single-Pages.pdf

ABIDE WITH ME

Henry Francis Lyte

Abide with me, fast falls the eventide.
The darkness deepens Lord, with me abide.
When other helpers fail and comforts flee
Help of the helpless, oh, abide with me.

Swift to its close ebbs out life's little day.
Earth's joys grow dim, its glories pass away.
Change and decay in all around I see.
O Thou who changest not, abide with me.

I fear no foe, with Thee at hand to bless.
Ills have no weight, and tears no bitterness.
Where is death's sting?
Where, grave, thy victory?
I triumph still, if Thou abide with me.

Hold Thou Thy cross before my closing eyes.
Shine through the gloom and point me to the skies.
Heaven's morning breaks, and earth's vain shadows flee.
In life, in death, O Lord, abide with me.

Abide with me, abide with me.⁵³

RESOURCES

Tim Challies, *Seasons of Sorrow*

Ligon Duncan, *When Pain Is Real and God Seems Silent*

Elisabeth Elliot, *Suffering Is Never for Nothing*

Jonathan Haidt, *The Anxious Generation*

Shawn Johnson, *Attacking Anxiety*

Alan Noble, *On Getting Out of Bed*

John Piper, *When the Darkness Will Not Lift*

Gary Thomas, *Every Body Matters*

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