

FOOTNOTE GUIDE

to

TRUSTING GOD WHEN YOU'RE STRUGGLING: OVERCOMING OBSTACLES TO FAITH

SECTION ONE - Overcoming the Obstacles

FINDING HIS PROMISE

- "Come to Me, and I will give you rest," He says. ¹ Matt 11:28
- "Be anxious for nothing." ² Phil 4:6
- I want to pray without ceasing. ³ I Thess 5:16
- In short, I want to be a doer, not just a hearer. ⁴ James 1:22-25

EXPECTATIONS

- God told Abram to uproot his entire life, and with that command came the promise that he would father a great nation. ⁵ Genesis 12:1-3
- "'This man shall not be your heir; your very own son shall be your heir.' And He brought him outside and said, 'Look toward heaven, and number the stars, if you are able to number them.' Then He said to him, 'So shall your offspring be.' And he believed the Lord, and He counted it to him as righteousness." ⁶ Genesis 15:2-6
- "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." ⁷ 1 John 4:18
- "By faith, Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. By faith, he made his home in the Promised Land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God. And by faith even Sarah, who was past childbearing age, was enabled to bear children because she considered Him faithful who had made the promise. And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore." ⁸ Hebrews 11:8-12
- "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness." ⁹ Lamentations 3:22-23
- "I believe; help my unbelief!" ¹⁰ Matthew 9:24

FEAR

- He already understood that “some trust in chariots and some in horses, but we trust in the name of the Lord our God,” as he would later write in the Psalms. ¹¹ Psalm 20:7
- *The best-laid plans of mice and men...* as they say. ¹² From the poem “To a Mouse” by Robert Burns
- For “who of you, by worrying, can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?” ¹³ Luke 12:25
- To quote another of David’s Psalms: “...for You alone, O Lord, make me dwell in safety....” ¹⁴ Psalm 4:8
- “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.” ¹⁵ Matthew 6:25-33
- “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” ¹⁶ Philippians 4:6-7
- But turning to Him in your weakness converts it into strength. ¹⁷ 2 Corinthians 12:9-10

SELF-SUFFICIENCY

- Thankfully, God’s thoughts are not our thoughts, and His ways are not our ways. ¹⁸ Isaiah 55:8
- I can truly say I believe that “the sufferings of this present time are not worth comparing with the glory that is to be revealed to us....” ¹⁹ Romans 8:18
- Like the Israelites, we think we would’ve been better off if we’d stayed in Egypt. It feels like the Lord brought us out into the desert to starve. ²⁰ Exodus 16:3
- “He must increase, but I must decrease.” ²¹ John 3:30
- But when you deny yourself and take up your cross and follow *Him*, He renews your strength, and you will “run and not be weary...walk and not faint.” ²² Isaiah 40:31
- The actual path requires a progression: “...suffering produces endurance, and endurance produces character, and character produces hope....” ²³ Romans 5:3-4
- But we can only have hope in all circumstances if we’re living lives of faith like Abraham who “...believed God, and it was counted to him as righteousness.” ²⁴ Genesis 15:6

DOUBT

- There are many *surface* inconsistencies in cultural Christianity that lead people away from Christ, but I've found that those who don't stop there, but study, dig deep, and really want truth come out with a faith richer than they began with. I don't cover this type of doubt in my discussion here, but I didn't want to ignore it completely. ²⁵ Deuteronomy 4:29, ²⁶ Proverbs 8:17, ²⁷ Jeremiah 29:13, ²⁸ Matthew 7:7, ²⁹ Luke 11:9
- It's that "hope in what you do not see...." ³⁰ Romans 8:25
- Anyone can believe if they've seen God blaze the trail before them miraculously, and sometimes, He does just that, as when He parted the Red Sea for the Israelites. ³¹ Exodus 14:21
- So, He asks you to trust when the signs are still unclear and all you have is the whisper of His still, small voice. ³² I Kings 19:12
- But He "made a way in the wilderness." ³³ Isaiah 43:19
- I can imagine him shrugging here before he continued, "But at your word...." ³⁴ Luke 5:5
- Peter didn't just step out of the boat to join Jesus walking on the water. *He asked Jesus to tell him to, then waited for an invitation.* ³⁵ Matthew 14: 25-29
- I think we often see this belief as a passive acceptance of Christ's identity, but we need to take it in context with the way Abraham believed God—leaving his home and all he knew, not knowing where he was going. ³⁶ Hebrews 11:8
- The Israelites chose not to look back at God when they began to flounder, but continued wallowing in constant fear of their worldly situation. They wanted earthly solutions, and they were not allowed to enter God's rest because their unbelief led to disobedience, hardened hearts, rebellion, and ultimately, a total departure from God. ³⁷ Hebrews 3:19
- Never hesitate to turn to Him, and "hold fast the confidence and the rejoicing of the hope firm to the end." ³⁸ Hebrews 3:6

PLEASURE

- *It would seem that our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.* ³⁹ *The Weight of Glory* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1949. Extract reprinted by permission.
- Our flesh is weak. ⁴⁰ Matthew 26:41
- The prodigal son.... ⁴¹ Luke 15:11-32
- Tempting us to seek our reward on this earth is a cruel trick the devil likes to play. He promises delight but delivers emptiness, for "whoever seeks to save his life will lose it, and whoever loses his life will preserve it." ⁴² Luke 17:33
- We don't consider that we're trading overflowing fountains of eternal living water for broken cisterns and empty wells. ⁴³ Jeremiah 2:13
- "Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure, for my heart rejoiced in all my labor; and this was my reward from all my labor. Then I looked on all the works that my hands had done and on the labor in which I

had toiled; and indeed, all was vanity and grasping for the wind. There was no profit under the sun.”⁴⁴ Ecclesiastes 2:10-11

- “Find rest, O my soul, in God alone; my hope comes from Him. He alone is my rock and my salvation....”⁴⁵ Psalm 62:5-6
- “For here we have no lasting city, but we seek the city that is to come.”⁴⁶ Hebrews 13:14
- When you are tired and tempted in the flesh, “do not grow weary of doing good, for in due season you will reap, if you do not give up.”⁴⁷ Galatians 6:9

ABANDONMENT

- *Wherever the providence of God may dump us down, in a slum, in a shop, in the desert, we have to labour along the line of His direction. Never allow this thought—'I am of no use where I am,' because you certainly can be of no use where you are not!*⁴⁸ Taken from *So Send I You* by Oswald Chambers, © 1930 by Oswald Chambers Publications Assn., Ltd., and used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.
- *I'm with you.*⁴⁹ Hebrews 13:5
- *I'll fight for you.*⁵⁰ Exodus 14:14
- *I'll protect you.*⁵¹ Psalm 121:7
- *I'll take care of you.*⁵² Philippians 4:19
- When his brothers sold him, maybe Joseph even held himself somewhat accountable for their anger (though the punishment certainly didn't fit the crime). He *had* been talking about that dream....⁵³ Genesis 37:5-11
- I love Joseph's words when he refused Potiphar's wife: “How then could I do such a wicked thing and sin against God?”⁵⁴ Genesis 39:9
- What if he'd been mad at God and languishing in captivity instead of “working as for the Lord?”⁵⁵ Colossians 3:23
- What if I trusted Him *now* and “counted it all joy when I met trials of all kinds, knowing that the testing of my faith produces perseverance, and at the end of perseverance comes *perfection*—a lack of nothing?”⁵⁶ James 1:2-4
- I think it goes back to that “all” we will have when we seek Him first.⁵⁷ Matthew 6:33
- The “all” is HIM—the intimacy, the rest, the fullness of a relationship with Him gives us the “peace that passes all understanding.”⁵⁸ Philippians 4:7
- The story of how he contrived to get them to bring the rest of the family back to Egypt is long, but in it, we see his brokenness, his loneliness, his hope, and possibly, even a little of his anger.⁵⁹ Genesis 42:6-45:28
- “But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.”⁶⁰ James 1:14-15

INSUFFICIENCY

- Have you ever really thought about the little boy with the five loaves and two fish?⁶¹ John 6:9
- “Has He said, and will He not do it? Or has He spoken, and will He not fulfill it?”⁶² Numbers 23:19b

- Could Moses have parted the sea? ⁶³ Exodus 14:21
- Could Daniel have closed the lions' mouths? ⁶⁴ Daniel 6:22
- "Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong." ⁶⁵ I Corinthians 1:26-29
- For I am certain "that He who began a good work in you will bring it to completion at the day of Jesus Christ." ⁶⁶ Philippians 1:6
- He takes whatever you have and multiplies it beyond "all you could ask or think." ⁶⁷ Ephesians 3:20

FAILURE

- Like Paul, he "did not do the good he wanted, but the evil he did not want is what he kept on doing." ⁶⁸ Romans 7:19
- Like Adam and Eve in the Garden of Eden, we don't want to face His rebuke or our shame, so we hide. ⁶⁹ Genesis 3:8
- Just before they went to the Garden of Gethsemane, Jesus warned him: "Peter, the rooster will not crow this day until you deny three times that you know Me." ⁷⁰ Matthew 26:34-35
- Peter had failed, yet here was Jesus coming after him, renewing the sense of awe and wonder that had first drawn him—restoring the joy of his salvation. ⁷¹ Psalm 51:12
- For "godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death." ⁷² 2 Corinthians 7:10
- There's no amount of feeling sufficiently guilty—no mortification or punishment you can put on yourself that makes up for your failing. Jesus is our advocate—our defender before the throne. ⁷³ I John 2:1
- "If you love Me, you will keep My commandments." ⁷⁴ John 14:15

SUFFERING, PERSECUTION, AND OTHER GENERALLY HARD THINGS

- "...for those who love God all things work together for good, for those who are called according to His purpose." ⁷⁵ Romans 8:28
- "Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." ⁷⁶ John 12:24
- They couldn't have known what fruit their sacrifice would produce, but Paul later writes of his suffering: "I endure everything for the sake of the elect, that they also may obtain the salvation that is in Christ Jesus with eternal glory." ⁷⁷ 2 Timothy 2:10
- What Joseph's brothers meant for evil, God meant for good. ⁷⁸ Genesis 50:20
- The disciples asked, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him." ⁷⁹ John 9:2-3
- "Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, so as to live for the rest of the time in the flesh no longer for human passions but for the will of God." ⁸⁰ I Peter 4:1

- I already mentioned this Bible verse in the chapter on self-sufficiency, but it's too good not to use again: "we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope...." ⁸¹ Romans 5:3-4
- "There is a time to weep and a time to laugh, a time to mourn and a time to dance...." ⁸² Ecclesiastes 3:4
- Even Jesus prayed, "If it be possible, let this cup pass from Me." ⁸³ Matthew 26:39
- Like Job, it's OK to ask, "Why, Lord?" ⁸⁴ Job 7:20
- Like Jesus, it's OK to cry out, "My God, my God, why have You forsaken me?" ⁸⁵ Matt 27:46
- "Though He slay me, I will hope in Him." ⁸⁶ Job 13:15
- "Nevertheless, not as I will, but as You will." ⁸⁷ Matthew 26:39
- "For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong." ⁸⁸ 2 Corinthians 12:10
- "...let those who suffer according to God's will entrust their souls to a faithful Creator while doing good." ⁸⁹ I Peter 4:19
- "Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. And if anyone would sue you and take your tunic, let him have your cloak as well. And if anyone forces you to go one mile, go with him two miles." ⁹⁰ Matthew 5:39-41
- "...you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one." ⁹¹ Hebrews 10:34
- "...do not fear those who kill the body but cannot kill the soul. Rather fear Him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father." ⁹² Matthew 10:28-29
- It looks like not insulting when we are insulted and not threatening when we are abused. ⁹³ I Peter 2:23
- "...be patient in tribulation." ⁹⁴ Romans 12:12
- "Repay no one evil for evil, but give thought to do what is honorable in the sight of all." ⁹⁵ Romans 12:17
- It looks like being afflicted, but not crushed, perplexed, but not driven to despair, persecuted, but not forsaken, struck down, but not destroyed. ⁹⁶ 2 Corinthians 4:8
- But we should "not grow weary of doing good, for in due season we will reap, if we do not give up." ⁹⁷ Galatians 6:9
- "Fret not yourself because of evildoers; be not envious of wrongdoers. For they will soon fade like the grass and wither like the green herb." ⁹⁸ Psalm 37:1
- "Vengeance is mine, I will repay, says the Lord." ⁹⁹ Romans 12:19
- "If possible, so far as it depends on us, to live peaceably with all, and never avenge ourselves, but leave the wrath to God." ¹⁰⁰ Romans 12:18-19
- I'm also talking about the everyday trials and difficulties that come from living in this fallen world—the "rain that falls on the just and the unjust alike...." ¹⁰¹ Matthew 5:45
- "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness." ¹⁰² James 1:2-3
- "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." ¹⁰³ I Peter 1:6-7

- God turns mourning into dancing....¹⁰⁴ Psalm 30:11
- ...ashes into beauty....¹⁰⁵ Isaiah 61:3
- ...death into victory....¹⁰⁶ I Corinthians 15:55-57
- “For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?”¹⁰⁷ I John 5:4
- “For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.”¹⁰⁸ Romans 8:18
- “For this light, momentary affliction is preparing for us an eternal weight of glory beyond all comparison as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”¹⁰⁹ 2 Corinthians 4:17-18

DISTRACTION

- He told us to “number our days....”¹¹⁰ Psalm 90:12
- ...because we aren’t guaranteed tomorrow.¹¹¹ James 4:14
- He told us to “make the best use of our time.”¹¹² Colossians 4:5 and Ephesians 5:16
- “Lord, if You had been here, my brother would not have died.”¹¹³ John 11:32
- Arriving after Lazarus’s death, He was “deeply moved” and “greatly troubled” by Mary’s grief, and He wept as He inquired about Lazarus’s tomb.¹¹⁴ John 11:33-35
- That’s why we must “seek first the Kingdom of God....”¹¹⁵ Matthew 6:33
- “...pray without ceasing.”¹¹⁶ I Thessalonians 5:17
- But Jesus answered, “Let us go on to the next towns, that I may preach there also, for that is why I came out.”¹¹⁷ Mark 1:37-38
- “Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed Him into her house. And she had a sister called Mary, who sat at the Lord’s feet and listened to His teaching. But Martha was distracted with much serving. And she went up to Him and said, ‘Lord, do You not care that my sister has left me to serve alone? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’”¹¹⁸ Luke 10:38-42
- “Come to Me, all who labor and are heavy laden, and I will give you rest.”¹¹⁹ Matthew 11:28
- Our strength will be renewed, and we will mount up with wings like eagles. We will be able to run and not grow weary, walk and not faint.¹²⁰ Isaiah 40:31
- “For no one can lay a foundation other than that which is laid, which is Jesus Christ. Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw—each one’s work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done. If the work that anyone has built on the foundation survives, he will receive a reward.”¹²¹ I Corinthians 3:11-14
- “Beware of anything that competes with loyalty to Jesus Christ. The greatest competitor of devotion to Jesus is service for Him.”¹²² Taken from *My Utmost for His Highest* by Oswald

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- “My sheep hear My voice, and I know them, and they follow Me.” ¹²³ John 10:27
- “Call to Me, and I will answer you, and will tell you great and hidden things that you have not known.” ¹²⁴ Jeremiah 33:3
- “And your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ when you turn to the right or when you turn to the left.” ¹²⁵ Isaiah 30:21
- “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you.” ¹²⁶ John 14:26
- “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.” ¹²⁷ 2 Timothy 3:16-17
- “Beware of any work for God which enables you to evade concentration on Him. A great many Christian workers worship their work. The one concern of a worker should be concentration on God, and this will mean that all the other margins of life, mental, moral, and spiritual, are free with the freedom of a child—a worshipping child, not a wayward child.” ¹²⁸ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.
- Any good work with merit will flow like rivers of living water... ¹²⁹ John 7:28
- ...out of the abundant life.... ¹³⁰ John 10:10

LAZINESS

- The Bible makes it clear that believers *will* bear good fruit. ¹³¹ John 15, ¹³² Matthew 7:16-20, ¹³³ Jeremiah 17:7-8
- I could do all the paperwork and all the home repairs and work all the overtime, but if I have not love, I am nothing. ¹³⁴ I Corinthians 13:2
- Faith without works is dead. ¹³⁵ James 2:17
- “There is no burden which, if we lift it cheerfully and bear it with love in our hearts, will not become a blessing to us. God means our tasks to be our helpers; to refuse to bend our shoulders to receive a load is to decline a new opportunity for growth.” ¹³⁶ *Glimpses Through Life’s Windows: Selections from the Writings of J. R. Miller*
- “Here I am; send me!” ¹³⁷ Isaiah 6:8
- “Drudgery is the touchstone of character. The great hindrance in spiritual life is that we will look for big things to do, but ‘Jesus took a towel...and began to wash the disciples’ feet.’” ¹³⁸ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved., ¹³⁹ John 13:4-5
- But “one who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.” ¹⁴⁰ Luke 16:10
- “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.” ¹⁴¹ Matthew 25:23

HURRY

- I'm sure if I could see myself at those moments, I'd look something like Bilbo when he was tempted to take the ring of power back from Frodo—"a little wrinkled creature with a hungry face and bony, groping hands." ¹⁴² *The Fellowship of the Ring* – J.R.R. Tolkien
- The Israelites were on the cusp of a battle, and when they saw the multitude of the Philistine's forces, they began to scatter and hide. ¹⁴³ I Samuel 13:6
- Samuel had said he would meet them to make a sacrifice to the Lord in seven days and then instruct them what to do. ¹⁴⁴ I Samuel 10:8
- A part of me wants to delve deeply into how singleness is not a punishment, how the Bible even says "it is good to remain single...." ¹⁴⁵ I Corinthians 7:8
- "It is good that one should wait quietly for the salvation of the Lord." ¹⁴⁶ Lamentations 3:26
- "The only test as to whether we ought to allow an emotion to have its way is to see what the outcome of the emotion will be. Push it to its logical conclusion, and if the outcome is something God would condemn, allow it no more way." ¹⁴⁷ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.
- "Whoever believes will not be in haste." ¹⁴⁸ Isaiah 28:16
- "Going back is the quickest way on." ¹⁴⁹ *Mere Christianity* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1942, 1943, 1944, 1952. Extract reprinted by permission.
- "For what will it profit a man if he gains the whole world and forfeits his soul?" ¹⁵⁰ Mark 8:36
- His mercies are new every morning. ¹⁵¹ Lamentations 3:22-23
- If we're waiting on the Lord, it also means that we are hoping in Him instead of our own understanding.... ¹⁵² Proverbs 3:5
- ...instead of chariots and horses.... ¹⁵³ Psalm 20:7
- ...instead of the stores we have filling up our barns. ¹⁵⁴ Luke 12:16-21
- Don't rush God, but "commit your way to the Lord, trust in Him, and He will act." ¹⁵⁵ Psalm 37:5

PROSPERITY

- *Prosperity knits a man to the world. He feels that he is 'finding his place in it,' while really, it is finding its place in him. His increasing reputation, his widening circle of acquaintances, his sense of importance, the growing pressure of absorbing and agreeable work, build up in him a sense of being really at home in earth.* ¹⁵⁶ *The Screwtape Letters* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1942. Extract reprinted by permission.
- The more stuff and the more connections we have luring us into thinking we can have heaven on earth, the more difficult it becomes to fix our eyes on Jesus.... ¹⁵⁷ Hebrews 12:2
- ...and prioritize eternal things. ¹⁵⁸ 2 Corinthians 4:18
- "Good Teacher, what must I do to inherit eternal life?" ¹⁵⁹ Mark 10:17
- Jesus answered, "'You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in Heaven; and come, follow Me.' Disheartened by the saying, he went away sorrowful, for he had great possessions." ¹⁶⁰ Mark 10:21-22

- “I am the Bread of Life; whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst.” ¹⁶¹ John 6:35
- “Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come, eternal life.” ¹⁶² Mark 10:29-30
- “It is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God.” ¹⁶³ Mark 10:25
- I eventually handed up worldly ease, and in its place, God is teaching me how to live in His rest *with* the burden He’s given me—the one that’s light and easy.... ¹⁶⁴ Matthew 11:30
- He’s a good Father, and if you pray for bread, He won’t give you a stone. ¹⁶⁵ Matthew 7:9
- But it simply continues what we see in Christ’s sacrifice as well as the refrain of all Scripture—in this life, we will have trials.... ¹⁶⁶ John 16:33
- But He has overcome the world.... ¹⁶⁷ John 16:33
- Just as death has lost its sting.... ¹⁶⁸ I Corinthians 15:55
- We are more than conquerors despite tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword. ¹⁶⁹ Romans 8:35-37
- “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” ¹⁷⁰ Matthew 5:6

WORRY

- I allowed my thoughts to take me captive rather than the other way around. ¹⁷¹ 2 Corinthians 10:5
- If I believe God can do the impossible..... ¹⁷² Luke 1:37
- ...and that He will work things to the good of those who love Him regardless of what happens.... ¹⁷³ Romans 8:28
- “Teacher, do you not care that we are perishing?” ¹⁷⁴ Mark 4:38
- The command to “fret not....” ¹⁷⁵ Psalm 37:8
- There would be no need for faith if there were no storms and no need for the “peace that passes all understanding....” ¹⁷⁶ Philippians 4:7
- “So, take heart, men, for I have faith in God that it will be exactly as I have been told.” ¹⁷⁷ Acts 27:25
- “Why are you so afraid?” He asked. “Have you still no faith?” ¹⁷⁸ Mark 4:40
- “Who then is this, that even the wind and the sea obey Him?” ¹⁷⁹ Mark 4:41
- Paul grasped the mystery of Christ.... ¹⁸⁰ Ephesians 3:4
- ...and that He was “able to do far more abundantly than all that we ask or think, according to the power at work within us.” ¹⁸¹ Ephesians 3:20
- This is the almighty Creator of the universe who parts the seas and separates the day from night, who commands the wind and waves, who set the sun and stars in motion. Is anything too hard for the Lord? ¹⁸² Genesis 18:14
- ...He has said He “will never leave you nor forsake you.” ¹⁸³ Hebrews 13:5
- “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?” ¹⁸⁴ Matthew 6:25

- “Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.”¹⁸⁵ Proverbs 19:21
- “How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!”¹⁸⁶ Matthew 23:37
- All our fussing and planning cannot stave off trouble, for “which of you by being anxious can add a single hour to his span of life?”¹⁸⁷ Matthew 6:27
- “Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”¹⁸⁸ Matthew 6:34
- Worry is like packing our luggage with everything we might ever need for every journey—even ones we may never take—then trying to carry it all with us everywhere we go. It’s impossible and useless and silly.¹⁸⁹ (I’m nearly certain I stole this idea from someone, but I can’t remember who. It’s similar to an idea in the preface of *The Great Divorce* by C.S. Lewis, though he isn’t talking about worry, and similar to two different Corrie Ten Boom stories, though it’s not either. Forgive me for any lack of attribution to the rightful smarter-than-me person who first spoke it.)

DREAMS

- For “every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit.”¹⁹⁰ Matthew 7:17-18
- “Every poet and musician and artist, but for Grace, is drawn away from love of the thing he tells, to love of the telling till, down in Deep Hell, they cannot be interested in God at all but only what they say about Him.”¹⁹¹ *The Great Divorce* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1946. Extract reprinted by permission.
- “Your real, new self (which is Christ's and also yours, and yours just because it is His) will not come as long as you are looking for it. It will come when you are looking for Him. Does that sound strange? The same principle holds, you know, for more everyday matters. Even in social life, you will never make a good impression on other people until you stop thinking about what sort of impression you are making. Even in literature and art, no man who bothers about originality will ever be original whereas if you simply try to tell the truth (without caring two-pence how often it has been told before) you will, nine times out of ten, become original without ever having noticed it. The principle runs through all life from top to bottom, give up yourself, and you will find your real self. Lose your life, and you will save it. Submit to death—death of your ambitions and favourite wishes every day and death of your whole body in the end—submit with every fibre of your being, and you will find eternal life. Keep back nothing. Nothing that you have not given away will be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.”¹⁹² *Mere Christianity* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1942, 1943, 1944, 1952. Extract reprinted by permission.
- This was, of course, Lewis’s way of expounding upon “seek first the Kingdom of God and His righteousness, and all these things will be added to you.”¹⁹³ Matthew 6:33
- “For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called: but God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the

things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are: that no flesh should glory in his presence.”¹⁹⁴ I Corinthians 1:26-29

- Paul says of his earthly qualifications, “...I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For His sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.”¹⁹⁵ Philippians 3:4-8
- Or worse, you will pursue your goal without waiting for God’s counsel, and He will give you your request, but send leanness into your soul.¹⁹⁶ Psalm 106:15 KJV
- “The only thing that exceeds right-*doing* is right-*being*.”¹⁹⁷ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.

CONFORMITY

- “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.”¹⁹⁸ Romans 12:2
- This is what the Israelites did when they rejected God as their King in I Samuel 8.¹⁹⁹ I Samuel 8:7
- All the other nations had kings—men they could hear and touch and see—men who would make strategies they understood to keep them safe and fight their battles.²⁰⁰ I Samuel 8:19-20
- “Certainty is the mark of the common-sense life; gracious uncertainty is the mark of the spiritual life. To be certain of God means that we are uncertain in all our ways; we do not know what a day may bring forth. This is generally said with a sigh of sadness; it should rather be an expression of breathless expectation. We are uncertain of the next step, but we are certain of God.”²⁰¹ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.
- “How could I—I couldn’t have left the others and come up to you alone, how could I? Don’t look at me like that...oh well, I suppose I *could*. Yes, and it wouldn’t have been alone, I know, not if I was with you.”²⁰² *Prince Caspian* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1951. Extract reprinted by permission.
- “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”²⁰³ Jeremiah 29:11 NIV
- If we are “imitators of God....”²⁰⁴ Ephesians 5:1
- “And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.”²⁰⁵ Isaiah 58:11
- “Are you drawing your life from any other source than God Himself? If you are depending upon anything but Him, you will never know when He is gone.”²⁰⁶ Taken from

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- For “man looks on the outward appearance, but the Lord looks on the heart.” ²⁰⁷ I Samuel 16:7
- “Do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.” ²⁰⁸ Galatians 1:10
- If we’re to “walk by faith, and not by sight....” ²⁰⁹ 2 Corinthians 5:7
- “For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.” ²¹⁰ I Corinthians 1:18
- “For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” ²¹¹ I Corinthians 1:25
- It says we are to trust in the Lord with all our hearts and not lean on our own understanding. ²¹² Proverbs 3:5
- We’re to be “set apart as holy....” ²¹³ 2 Timothy 2:21
- It’s human nature to want to fit in, but chasing the imperishable rather than the perishable will often have us off the beaten path. ²¹⁴ I Corinthians 9:25
- What if it looks like turning the other cheek? ²¹⁵ Matthew 5:39
- Unity with Him and abiding in Him is always the goal, because only by abiding in the vine.... ²¹⁶ John 15:4
- And abiding in the vine sometimes means walking through the valley of the shadow of death where worldly wisdom would tell us never to go, but it also means that God is with us there. ²¹⁷ Psalm 23:4
- It sometimes means there are mountains to climb but also that God will make a way. ²¹⁸ Isaiah 49:11
- God is ever constant; He is not a man that He should change His mind. ²¹⁹ Numbers 23:19
- So, let us speak—and live and work—not to please man, but to please God who tests our hearts. ²²⁰ I Thessalonians 2:4
- May He find that we truly love Him with all our heart and soul.... ²²¹ Deuteronomy 13:3

REGRET

- “There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds, but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children. It used to eat of his morsel and drink from his cup and lie in his arms, and it was like a daughter to him. Now there came a traveler to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the guest who had come to him, but he took the poor man's lamb and prepared it for the man who had come to him.” ²²² 2 Samuel 12:1-4
- David was outraged by this. “This man must die!” ²²³ 2 Samuel 12:5
- Then came Nathan’s response: “You are the man.” ²²⁴ 2 Samuel 12:7
- “Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me.” ²²⁵ Psalm 51:1-3
- “Create in me a clean heart, O God, and renew a right spirit within me.” ²²⁶ Psalm 51:10

- “The Lord also has put away your sin....” ²²⁷ 2 Samuel 12:13
- His failures were simply a confirmation of what he already knew—that “there is none who does good, not even one.” ²²⁸ Psalm 14:3
- “...for no one living is righteous before You.” ²²⁹ Psalm 143:2
- The secret is in the humility: “...for God opposes the proud but gives grace to the humble.” ²³⁰ James 4:6
- For it is You who light my lamp; the Lord my God lightens my darkness.” ²³¹ Psalm 18:27-28
- “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.” ²³² Psalm 51:17
- “For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing.” ²³³ Romans 7:18-19
- “...but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead. I press toward the goal for the prize of the upward call of God in Christ Jesus.” ²³⁴ Philippians 3:12-13
- Do you believe that Jesus’s sacrifice cleanses you? ²³⁵ 1 John 1:7
- Do you believe that God casts your sins into the depths of the sea? ²³⁶ Micah 7:19
- Do you believe that He removes your sins as far from you as the east is from the west.... ²³⁷ Psalm 103:12
- ...and that He remembers them no more? ²³⁸ Hebrews 8:12
- “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” ²³⁹ Romans 8:38-39
- “Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners.” ²⁴⁰ Mark 2:17
- He knows all about us and our weakness, for “while we were still sinners, Christ died for us.” ²⁴¹ Romans 5:8
- “For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.” ²⁴² 2 Corinthians 7:10
- “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First, go and be reconciled to them; then, come and offer your gift.” ²⁴³ Matthew 5:23
- Upon following Christ, Zacchaeus paid back everyone he had cheated four times the amount he took. ²⁴⁴ Luke 19:8
- “If possible, so far as it depends on you, live peaceably with all.” ²⁴⁵ Romans 12:18

THE CARES OF THIS WORLD

- Almost all the obstacles we’ve talked about can be summed up by Jesus’s words in the Parable of the Sower.... ²⁴⁶ Matthew 13:18-23
- Satan offered Jesus bread at the end of His fast.... ²⁴⁷ Matthew 4:3
- ...and after Satan departed, the angels came and brought Jesus food. ²⁴⁸ Matthew 4:11
- Satan told Jesus to throw Himself from the highest point of the temple because God would rescue Him. ²⁴⁹ Matthew 4:5
- Satan offered Jesus power over all nations and kingdoms.... ²⁵⁰ Matthew 4:8-9

- ...but He was already the King of Kings.... ²⁵¹ I Timothy 6:15
- ...and is now seated at the right hand of God, reigning forever from Heaven. ²⁵² Ephesians 1:20
- Without Him, we are spiritual corpses—“for you were dead in the trespasses and sins in which you once walked.” ²⁵³ Ephesians 2:1
- If we continue seeking spiritual fulfillment through the means of this world—by following the passions of our flesh and the desires of our bodies and minds.... ²⁵⁴ Ephesians 2:3
- Through Him, we will receive the “immeasurable riches of His grace....” ²⁵⁵ Ephesians 2:7
- “In Your presence there is fullness of joy; at Your right hand are pleasures forevermore.” ²⁵⁶ Psalm 16:11
- “Jesus said to them, ‘I am the Bread of Life; whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst.’” ²⁵⁷ John 6:35
- “For He satisfies the longing soul, and the hungry soul He fills with good things.” ²⁵⁸ Psalm 107:9
- “The afflicted shall eat and be satisfied; those who seek Him shall praise the Lord! May your hearts live forever!” ²⁵⁹ Psalm 22:26
- “Seek first the Kingdom of God and His righteousness, and all these things will be added to you.” ²⁶⁰ Matthew 6:33

SECTION TWO - Building Spiritual Health

PREVENTATIVE MEASURES

- And on that note, we will go back to the metaphor in the Parable of the Sower.... ²⁶¹ Matthew 13:18-23
- “But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.” ²⁶² James 1:14-15
- Let’s “put on the full armor of God, so that when the day of evil comes, we may be able to stand our ground, and after we have done everything, to stand.” ²⁶³ Ephesians 6:13

BELIEF

- “Even the demons believe—and shudder!” ²⁶⁴ James 2:19
- When tempted to seek fulfillment elsewhere, I now seem to hear the still, small voice.... ²⁶⁵ I Kings 19:12
- “So faith comes from hearing, and hearing through the Word of God.” ²⁶⁶ Romans 10:17 KJV
- “Blessed is the man who...his delight is in the law of the Lord, and on His law he meditates day and night.” ²⁶⁷ Psalm 1:1-2
- “Make me understand the way of Your precepts, and I will meditate on Your wondrous works.” ²⁶⁸ Psalm 119:27
- “The Lord will fight for you, and you have only to be silent.” ²⁶⁹ Exodus 14:14

- “You shall not fear them, for it is the Lord your God who fights for you.” ²⁷⁰ Deuteronomy 3:22
- “Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God’s.” ²⁷¹ 2 Chronicles 20:15
- “If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.” ²⁷² James 1:5
- “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’” ²⁷³ Isaiah 30:21
- “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you.” ²⁷⁴ John 14:26
- “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.” ²⁷⁵ Isaiah 41:10
- “Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” ²⁷⁶ Joshua 1:9
- “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” ²⁷⁷ Deuteronomy 13:6
- This is a practical way you can take your thoughts captive.... ²⁷⁸ 2 Corinthians 10:5
- We must train ourselves to think on the things that are true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise. ²⁷⁹ Philippians 4:8
- Whatever works best for you, having these promises on hand—and written upon your heart.... ²⁸⁰ Hebrews 10:16
- When Jesus was tempted in the desert.... ²⁸¹ Matthew 4:1-11
- Having the Sword of the Spirit.... ²⁸² Ephesians 6:17
- “Abraham believed God, and it was counted to him as righteousness.” ²⁸³ Romans 4:3
- “And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord.” ²⁸⁴ Luke 1:45
- “And behold, you will be silent and unable to speak until the day that these things take place, because you did not believe My words, which will be fulfilled in their time.” ²⁸⁵ Luke 1:20
- “So, we see that they were unable to enter because of unbelief.” ²⁸⁶ Hebrews 3:19
- Our faith, and the work that grows out of it, is based on confidence in the character of God—a character that is the same yesterday, today, and forever. ²⁸⁷ Hebrews 13:8
- His steadfast love endures forever. ²⁸⁸ Psalm 118
- “Taste and see that the Lord is good. Blessed is the man who takes refuge in Him.” ²⁸⁹ Psalm 34:8

HOPE

- “Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.” ²⁹⁰ Romans 8:24-25
- He will draw you up out of the pit and set your feet on a rock, He will give you a new song.... ²⁹¹ Psalm 40:1-3
- He will restore the years the locust has eaten.... ²⁹² Joel 2:25
- He will fulfill His purpose for you.... ²⁹³ Psalm 57:2
- ...and nothing will thwart it.... ²⁹⁴ Job 42:2

- “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... if riches increase, set not your heart on them.” ²⁹⁵ Psalm 62:5-6, 10
- “By awesome deeds, You answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas; the one who by His strength established the mountains, being girded with might; who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, so that those who dwell at the ends of the earth are in awe at Your signs. You make the going out of the morning and the evening to shout for joy.” ²⁹⁶ Psalm 65:5-8
- “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.” ²⁹⁷ I Timothy 6:17
- “It will shine still brighter when night is about you. May it be a light to you in dark places, when all other lights go out.” ²⁹⁸ J.R.R. Tolkien, *The Fellowship of the Ring*
- “Let us hold fast the confession of our hope without wavering, for He who promised is faithful.” ²⁹⁹ Hebrews 10:23
- It is impossible for God to lie.... ³⁰⁰ Titus 1:2
- ...and He has given us this hope so that we might hold it fast—a sure and steadfast anchor of the soul. ³⁰¹ Hebrews 6:18-19

PRAYER

- More than I’d asked; more than I’d imagined. ³⁰² Ephesians 3:20 NIV
- I should’ve come down from that roof with my face glowing like Moses’s when he descended Mt. Sinai. ³⁰³ Exodus 34:29
- “How long, O Lord? Will You forget me forever? How long will You hide Your face from me?” ³⁰⁴ Psalm 13:1
- “But I have trusted in Your steadfast love; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me.” ³⁰⁵ Psalm 13:5-6
- Yes, “all we can do” is take our requests to the Creator of the universe, our Father who loves us unconditionally, who bids us ask and receive that our joy would be made full.... ³⁰⁶ John 16:24
- ...and that we may receive mercy and find grace to help in time of need. ³⁰⁷ Hebrews 4:16
- “All we can do” is petition the King of Kings, the Lord of Lords who conquered death.... ³⁰⁸ I Corinthians 15:55
- ...and laid the foundations of the earth. ³⁰⁹ Job 38:4
- We suddenly remember that verse about praying without doubt in our hearts.... ³¹⁰ Matthew 11:23
- Praying for deep spiritual things and for your neighbor’s cousin who has cancer should be done, of course, but what if you started your prayers by praying for your “daily bread?” ³¹¹ Matthew 6:11
- He would not have you come with pretense and pride like the Pharisees.... ³¹² Luke 18:11-12
- ...or with many words like the Gentiles. ³¹³ Matthew 6:7
- God would have you come in humility.... ³¹⁴ Luke 18:13-14

- Indeed, you don't need words at all, for "the Spirit himself intercedes for us with groanings too deep for words." ³¹⁵ Romans 8:26
- "I believe, help my unbelief!" ³¹⁶ Matthew 9:24
- Paul prayed that his "thorn in the flesh" would be removed, but it was not. ³¹⁷ 2 Corinthians 12:7-10
- Jesus prayed that the cup would pass from Him, but it did not. ³¹⁸ Matthew 26:39
- God will only give you good gifts.... ³¹⁹ Matthew 7:11
- "Nevertheless, not as I will, but as You will." ³²⁰ Matthew 26:39
- God is our "refuge and strength, a very present help *in* trouble." ³²¹ Psalm 46:1
- "You ask and do not receive, because you ask wrongly, to spend it on your passions." ³²² James 4:3
- And we must ask "in His name." ³²³ John 14:13
- We are definitely to be in constant fellowship with the Father—to "pray without ceasing...." ³²⁴ I Thessalonians 5:17
- "The prayer of a righteous person has great power as it is working. Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit." ³²⁵ James 5:16-18
- Joshua prayed that the sun would stand still, and "the sun stopped in the midst of heaven and did not hurry to set for about a whole day. There has been no day like it before or since, when the Lord heeded the voice of a man, for the Lord fought for Israel." ³²⁶ Joshua 10:13-14
- He who tells us to come as little children.... ³²⁷ Matthew 18:3
- "Prayer does not fit us for the greater works; prayer is the greater work." ³²⁸ Taken from *My Utmost for His Highest* by Oswald Chambers, © 1935 by Dodd Mead & Co., renewed © 1963 by the Oswald Chambers Publications Assn., Ltd. Used by permission of Our Daily Bread Publishing, Grand Rapids, MI 49501. All rights reserved.
- May we cease to see prayer as our last resort and begin to see it as the strange and fantastic privilege it is—an invitation into the throne room of our Father, the King, who longs to give us good and perfect gifts. ³²⁹ James 1:17

FASTING

- It trains you to walk in the Spirit, for "the mind governed by the flesh is death, but the mind governed by the Spirit is life and peace." ³³⁰ Romans 8:6
- In Mark 9, after Jesus cast the demon out of the boy, the disciples ask why they could not "and He said unto them, 'This kind can come forth by nothing but by prayer and fasting.'" ³³¹ Mark 9:29 KJV
- It's a powerful way to teach yourself to mind the things of the spirit rather than the things of the flesh. ³³² Romans 8:5
- It is a tangible way to "turn to the Lord, so the veil is removed." ³³³ 2 Corinthians 3:16

SATISFACTION

- “I am the Bread of Life. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty.” ³³⁴ John 6:35
- Like the men who gave excuses in the “Parable of the Great Banquet....” ³³⁵ Luke 14:12-24
- God has provisioned the table and supplied all our needs. ³³⁶ Philippians 4:19
- We haven’t “tasted and seen that the Lord is good....” ³³⁷ Psalm 34:8
- Everything else will pass away; our days are like grass that will wither in a moment. ³³⁸ Psalm 103:15
- “But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world.” ³³⁹ I Timothy 6:6-7
- He will supply everything you need along the way. ³⁴⁰ Luke 12:24
- “Out of your heart will flow rivers of living water.” ³⁴¹ John 7:37
- But God is reminding me that “my times are in *His* hands.” ³⁴² Psalm 31:15
- No one took Christ’s life from Him because He laid it down of His own accord. ³⁴³ John 10:18
- “He will continually guide you and satisfy your desire in the scorched places.” ³⁴⁴ Isaiah 58:11
- At God’s table, you will find His steadfast love.... ³⁴⁵ Psalm 136
- “Come,” God says, “everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to Me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to Me; hear, that your soul may live....” ³⁴⁶ Isaiah 55:1-3
- Jesus says, “Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.” ³⁴⁷ John 6:27
- “This is the work of God, that you believe in Him whom He has sent.” ³⁴⁸ John 6:29
- While others scramble to gain and worry over what they may lose in this life, may we be content in every situation—in want and in plenty, when hungry and fed, when brought low or living in abundance. ³⁴⁹ Philippians 4:11
- May we be satisfied in all circumstances, no matter how difficult, because “the Lord is our portion...therefore, we will hope in Him.” ³⁵⁰ Lamentations 3:24

THANKFULNESS

- It is “proclaiming His wonderful deeds....” ³⁵¹ Psalm 9:1
- ...in order to remind yourself that “His steadfast love endures forever.” ³⁵² Psalm 136
- “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.” ³⁵³ Psalm 42:5
- It seems unfathomable at the beginning of your faith journey, but we’re actually told to “give thanks in all circumstances.” ³⁵⁴ I Thessalonians 5:18
- When Daniel found out he would be cast into a den of lions if he prayed to someone other than the king, he simply continued his normal habit of praying and giving thanks to God. ³⁵⁵ Daniel 6:10

- When David was hiding in the caves as King Saul sought to kill him, David gave thanks and sang praises to God. ³⁵⁶ Psalm 57:9
- When Jesus told the disciples He was about to be delivered up and sacrificed, He was still giving thanks. ³⁵⁷ Matthew 26:2-27
- If you've never "launched out into the deep at His word...." ³⁵⁸ Luke 5:3-5
- You would be right; it is the "pearl of great price...." ³⁵⁹ Matthew 13:45-46

DELIGHT

- The Bible says that the joy of the Lord is our strength. ³⁶⁰ Nehemiah 8:10
- David says, "I delight to do your will, O my God; your law is within my heart." ³⁶¹ Psalm 40:8
- As I drew near to Him, He drew near to me. ³⁶² James 4:8
- "The heavens declare the glory of God, and the sky above proclaims His handiwork." ³⁶³ Psalm 19:1
- Delighting in the things around you and your daily tasks leads to delight in God, for "through Him all things were made." ³⁶⁴ John 1:3

THINGS UNSEEN

- *All their life in this world and all their adventures had only been the cover and the title page. Now, at last, they were beginning Chapter One of the Great Story which no one on earth has read, which goes on forever, in which every chapter is better than the one before.* ³⁶⁵ *The Last Battle* by C.S. Lewis © Copyright C.S. Lewis Pte Ltd 1956. Extract reprinted by permission.
- "For now, we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known." ³⁶⁶ I Corinthians 13:12
- We can skip all that pesky fear and uncertainty, because our lives are like a breath, and our days are like a passing shadow.... ³⁶⁷ Psalm 144:4
- I want to "look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal." ³⁶⁸ 2 Corinthians 4:18
- "No eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him." ³⁶⁹ 2 Corinthians 2:9
- "And let us not grow weary of doing good, for in due season we will reap, if we do not give up." ³⁷⁰ Galatians 6:9
- "When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: 'Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?' ... Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain." ³⁷¹ I Corinthians 15:54-55, 58
- By faith, Moses "endured as seeing Him who is invisible." ³⁷² Hebrews 11:27
- All of the believers in the Hebrews 11 Faith Chapter "died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth. For people who speak

thus make it clear that they are seeking a homeland. If they had been thinking of that land from which they had gone out, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one.”³⁷³ Hebrews 11:13-16

- “All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the word of the Lord remains forever.”³⁷⁴ 1 Peter 1:24-25
- Maybe it’s time to try something different—to fix your eyes on the “inheritance that is imperishable, undefiled, and unfading, kept in Heaven for you.”³⁷⁵ 1 Peter 1:4
- The man who sets his sights on the Kingdom of God is always moving toward his goal in eternity; the man who sets his sights on the things of this earth is always moving away from them toward death....³⁷⁶ An idea for which I’m almost certain I owe some writer credit, but I can’t remember who that person is.
- “...our outer self is wasting away, our inner self is being renewed day by day.”³⁷⁷ 1 Corinthians 4:16
- I am striving to live that way—to “set my mind on things that are above, not on things that are on earth...”³⁷⁸ Colossians 3:2
- ...to look forward to the city with foundations whose designer and builder is God....³⁷⁹ Hebrews 11:10
- We need not fear that chaos or instability, “for we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.”³⁸⁰ 2 Corinthians 5:1
- We can have a faith that is the assurance of things hoped for, the conviction of things not seen.³⁸¹ Hebrews 11:1
- My prayer is that you would begin to trust His weavings—to walk by faith and not by sight.³⁸² 2 Corinthians 5:7
- “Therefore, let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted.”³⁸³ Hebrews 12:1-3
- The joy set before us is worth it. God has “put eternity into our hearts....”³⁸⁴ Ecclesiastes 3:11