

Verses to help us grow and change

God's Word has the answers to your problems

2 Peter 1:3-4 "as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust."

By God's grace you can do it!

I Cor. 10:13 "No temptation (trial) has overtaken you except such as is common to man; but God [is] faithful, who will not allow you to be tempted beyond what you are able, but with the temptation (trial) will also make the way of escape, that you may be able to bear it."

Phil. 4:13 "I can do all things through Christ who strengthens me."

2 Cor. 9:8 "And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, have an abundance for every good work."

Titus 2:11-13 "For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age"

We have hope!

2 Cor. 4:8-9, 16-18 "We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed... V 16 Therefore we do not lose heart. Even though our outward man is perishing, yet the inward [man] is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."

Rom. 15:4, 13 "For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope... V 13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."

You'll have to work... put forth effort in the change process. God's grace + our effort is the biblical process of sanctification

Phil. 2:12-13 "Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure."

I Cor. 15:10 "But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me."

I Tim. 4:7-8 "But reject profane and old wives' fables, and exercise (gymnazo) yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."

Heb. 5:14 "But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised (gymnazo) to discern both good and evil."

Eph. 4:22-24 "And that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in righteousness and true holiness."

Yes! You can change

I Cor. 6:9-11 "Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will

inherit the kingdom of God. And such **were** some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God."

Your goal must be to please God... not just get relief from the problem

2 Cor. 5:9-10 "Therefore we make it our **aim** (goal), whether present or absent, to be well pleasing to Him. For we must all appear before the judgment seat of Christ, that each one may receive the things [done] in the body, according to what he has done, whether good or bad."

I Cor. 10:31 "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

God uses suffering and trials in our lives

James 1:2-4 "My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing."

Rom. 5:3-5 "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character, and hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

Phil. 1:29 "For to you it has been granted on behalf of Christ, not only to believe in Him, but also to suffer for His sake."

I Peter 4:12 "Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you."

God's goal is to make you more like Christ through the trial & God is in control (Sovereign)

Rom. 8:28-29 "And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined **to be conformed to the image of His Son**, that He might be the firstborn among many brethren."

Gen. 50:20 "But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive."

Isa. 55:8-9 "For My thoughts are not your thoughts, nor are your ways My ways," says the Lord. "For as the heavens are higher than the earth, so are My ways higher than your ways, And My thoughts than your thoughts."

God is in control even of bad things

Isa. 45:7 "I form the light and create darkness, I make peace and create calamity; I, the Lord, do all these things."

Eccles. 7:14 "In the day of prosperity be joyful, but in the day of adversity consider: Surely God has appointed the one as well as the other, so that man can find out nothing that will come after him."

Lam. 3:37-38 "Who is he who speaks and it comes to pass, when the Lord has not commanded it? Is it not from the mouth of the Most High that woe and well-being proceed?"

Amos 3:6 "If a trumpet is blown in a city, will not the people be afraid? If there is calamity in a city, will not the Lord have done it?"

To continue in sin makes for a hard life!

Prov. 13:15 "...the way of the transgressor is hard."

Living with unconfessed sin makes you paranoid and fearful

Prov. 28:1 "The wicked flee when no one pursues, but the righteous are bold as a lion."

Repentance means turning away from your sin and towards God

Prov. 28:13 "He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy."

Psa. 32:1-4 "Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man to whom the Lord does not impute iniquity,

and in whose spirit there is no deceit. When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me..."

Rom. 2:4-8 "Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance? But in accordance with your hardness and your impenitent heart you are treasuring up for yourself wrath in the day of wrath and revelation of the righteous judgment of God, who "will render to each one according to his deeds": eternal life to those who by patient continuance in doing good seek for glory, honor, and immortality; but to those who are self-seeking and do not obey the truth, but obey unrighteousness--indignation and wrath."

Heb. 3:7-15 "Therefore, as the Holy Spirit says: "Today, if you will hear His voice, **do not harden your hearts** as in the rebellion, in the day of trial in the wilderness, where your fathers tested Me, tried Me, and saw My works forty years. Therefore I was angry with that generation, and said, `They always go astray in their heart, and they have not known My ways.' So I swore in My wrath, `They shall not enter My rest.' " Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; but exhort one another daily, while it is called "Today," lest any of you **be hardened** through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, while it is said: "Today, if you will hear His voice, **do not harden your hearts** as in the rebellion."

Specific sins in your life must be dealt with radically... don't allow them to remain

Matt. 5:29-30 ""If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell."

Rom. 13:14 "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

You are responsible for taking control of your thoughts

2 Cor. 10:5 "casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ"

Rom. 12:1-2 "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Phil. 4:8-9 "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you."

Col. 3:2 "Set your mind on things above, not on things on the earth."

Eph. 4:23 "and be renewed in the spirit of your mind"

Prov. 4:23 "Guard your heart with all diligence, for out of it flows the issues of life."

You must work on removing any 'idols of the heart' – The heart is what produces sinful attitudes and actions

Ezek. 14:3-4 "Son of man, these men have set up their idols in their hearts, and put before them that which causes them to stumble into iniquity. Should I let Myself be inquired of at all by them? Therefore speak to them, and say to them, `Thus says the Lord God: "Everyone of the house of Israel who sets up his idols in his heart, and puts before him what causes him to stumble into iniquity, and then comes to the prophet, I the Lord will answer him who comes, according to the multitude of his idols, "that I may seize the house of Israel by their heart, because they are all estranged from Me by their idols." "'

Jonah 2:8 "Those who cling to worthless idols forfeit the grace that could be theirs."

James 4:1-3 "Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures."

Matt. 15:17-19 "Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies."

Prov. 4:23 "Guard your heart with all diligence. For out of it flows the issues of life."

Jeremiah 2:12-13 "Be astonished, O heavens, at this, and be horribly afraid; be very desolate," says the Lord. For My people have committed two evils: They have forsaken Me, the fountain of living waters, and hewn themselves cisterns--broken cisterns that can hold no water."

Prov. 3:5-6 "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths."

In conflicts consider your own sin first! Don't trust your own 'heart' and feelings... do what God's word says

Jer. 17:9 "The heart is deceitfully wicked and who can know it?"

Matt. 7:3-5 "And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye."

Don't be anxious

Phil. 4:6-7 "Be anxious for nothing, 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 minds through Christ Jesus."

Matt. 6:33-34 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

Love (giving for the needs of another) drives out fear

I John 4:18 "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

Prov. 29:25 "The fear of man brings a snare, But whoever trusts in the Lord shall be safe."

Unconfessed anger gives Satan a foothold in your life

Eph. 4:26-27 "Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil."

God gives grace to the humble!

James 4:6 "But He gives more grace. Therefore He says: "God resists the proud, but gives grace to the humble."

Don't retaliate when wronged, but overcome evil with good

Rom. 12:17-21 "Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance [is] Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head. Do not be overcome by evil, but overcome evil with good."

Watch out for bitterness!

Heb. 12:15 "looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled"

You must forgive!

Luke 17:3-4 “Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, ‘I repent,’ you shall forgive him.”

Mark 11:25-26 “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.”

Matt. 5:23-24 “Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.”

Matt. 18:21-22 “Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’”

2 Cor. 2:10-11 “Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, lest Satan should take advantage of us; for we are not ignorant of his devices.”

Col. 3:13 “bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.”

Follow rules of godly communication

Eph. 4:15, 25-32 “Speaking the truth in love... v 25 Therefore, putting away lying, let each one of you speak truth with his neighbor, for we are members of one another. Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were

sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.”

Marriage

You need to leave, cleave and weave

Gen. 2:24 “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.”

Role of husband

Col. 3:19 “Husbands, love your wives and do not be bitter toward them.”

1 Peter 3:7 “Likewise you husbands, live with your wives in an understanding way, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life **that your prayers may not be hindered.**”

Eph. 5:25-33 “Husbands, love your wives, just as Christ also loved the church...”

Role of the wife

Eph. 5:22-24 “Wives, submit to your own husbands, as to the Lord...”

1 Peter 3:1ff “Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear.”