

A Heart of Grace

WOMEN'S CONFERENCE | GRACE CHURCH WILLIAMSBURG

SPEAKER: MARTHA PEACE | OCTOBER 18-19, 2024

"...Our heart is glad in Him, because we trust in His holy name." Psalm 33:21

Friday (begins 6:30 p.m.)

Session One:

Song: *In Christ Alone* 3

Cultivating a Gentle and Quiet Spirit 13

Dessert Fellowship

Saturday (begins 8:45 a.m.)

Session Two:

Song: *My God Is All I Need* 5

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Session Three:

Song: *Oh, the Deep, Deep Love* 7

From Anxiety to Peace 29

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Song: *May the Mind of Christ My Savior* 11

Resources from Martha Peace:

The Excellent Wife

The Excellent Wife Study Guide

Becoming a Titus 2 Woman

Attitudes of a Transformed Heart

Damsels in Distress

Tying the Knot Tighter with Pastor John Crotts

Modesty More Than a Change of Clothes with Pastor Kent Keller

The Faithful Parent with Dr. Stuart Scott

Precious Truths in Practice

Biblical Counseling in Practice, Volume 1

In the works: *Biblical Counseling in Practice, Volume 2*

See additional resources at

<https://marthapeacetew.blogspot.com/>

In Christ Alone

In Christ alone my hope is found
He is my light, my strength, my song
This Cornerstone, this solid Ground
Firm through the fiercest drought and storm
What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter, my All in All
Here in the Love of Christ I stand

In Christ alone who took on flesh
Fulness of God in helpless babe
This gift of love and righteousness
Scorned by the ones He came to save
Till on that cross as Jesus died
The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live

There in the ground His body lay
Light of the world by darkness slain
Then bursting forth in glorious Day
Up from the grave He rose again
And as He stands in victory
Sin's curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ

No guilt in life, no fear in death
This is the power of Christ in me
From life's first cry to final breath
Jesus commands my destiny
No power of hell, no scheme of man
Can ever pluck me from His hand
Till He returns or calls me home
Here in the power of Christ I'll stand

No power of hell, no scheme of man
Can ever pluck me from His hand
Till He returns or calls me home
Here in the power of Christ I'll stand

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Keith Getty & Stuart Townend
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My God Is All I Need

Dark, dark is the valley
Faint the light at my feet
But whatever may face me
My God is all I need

Bright, bright are the treasures
Life may offer to me
But whatever the pleasure
My God is all I need

Chorus

He is my strength when I cannot go on
Peace when all my power is gone
Hope although the night is long and deep
He is my song for He has rescued me
Joy now He has set me free
Praise, praise to my Father be
My God is all I need

Brief, brief are my days here
Soon my journey complete
But I look to my Saviour
Where God has met my need
Yes, He has met my need (*Chorus*)

Bridge

My God is so big, so strong and so mighty
There's nothing my God cannot do
My God is so big, so strong and so mighty
There's nothing my God cannot do
The mountains are His, the valleys are His
The stars are His handiwork too
My God is so big, so strong and so mighty
There's nothing my God cannot do (*Chorus*)

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Oh, the Deep, Deep Love

Oh, the deep, deep love of Jesus
Vast unmeasured boundless free
Rolling as a mighty ocean
In its fullness over me
Underneath me all around me
Is the current of Your love
Leading onward leading homeward
To Your glorious rest above

Chorus

Oh, the deep, deep love
All I need and trust
Is the deep, deep love of Jesus

Oh, the deep, deep love of Jesus
Spread His praise from shore to shore
How He came to pay our ransom
Through the saving cross He bore
How He watches o'er His loved ones
Those He died to make His own
How for them He's interceding
Pleading now before the throne (*Chorus*)

Oh, the deep, deep love of Jesus
Far surpassing all the rest
It's an ocean full of blessing
In the midst of ev'ry test
Oh, the deep, deep love of Jesus
Mighty Savior precious friend
You will bring us home to glory
Where Your love will never end (*Chorus twice*)

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Great is Thy Faithfulness

Great is Thy faithfulness O God my Father
There is no shadow of turning with Thee
Thou changest not, Thy compassions they fail not
As Thou has been Thou forever wilt be

CHORUS

Great is Thy faithfulness, great is Thy faithfulness
Morning by morning new mercies I see
All I have needed Thy hand hath provided
Great is Thy faithfulness Lord unto me

Summer and winter and springtime and harvest
Sun moon and stars in their courses above
Join with all nature in manifold witness
To Thy great faithfulness mercy and love (*Chorus*)

Pardon for sin and a peace that endureth
Thine own dear presence to cheer and to guide
Strength for today and bright hope for tomorrow
Blessings all mine with ten thousand beside (*Chorus twice*)

"Great is Thy Faithfulness"

Thomas Obediah Chisholm | William Marion Runyan

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May The Mind of Christ My Saviour

May the mind of Christ my Saviour
Live in me from day to day
By His love and power controlling
All I do and say

May the word of God enrich me
With His truth from hour to hour
So that all may see I triumph
Only through His power

May the peace of God my Father
In my life for ever reign
That I may be calm to comfort
Those in grief and pain

May the love of Jesus fill me
As the waters fill the sea
Him exalting, self abasing
This is victory

May I run the race before me
Strong and brave to face the foe
Looking only unto Jesus
As I onward go

May His beauty rest upon me
As I seek to make Him known
So that all may look to Jesus
Seeing Him alone

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Cultivating a Gentle and Quiet Spirit

I. Introduction

- A. Cultivating a “gentle and quiet spirit” is a common problem. In fact, most of the ladies you know probably struggle somewhat in this regard. All Christians are to be gentle with others and not contend against God, but the ladies have a special mandate in 1 Peter 3:3-4.
- B. In this session we will (Lord willing) cover the following:
 - 1. Define what it means to have a “gentle and quiet spirit.”
 - 2. Give biblical principles regarding a gentle spirit.
 - 3. See practical tips (by God’s grace) to develop a “gentle and quiet spirit.”
 - 4. Go over the “Gentle and Quiet Spirit” Assessment/Homework tool.

II. Definition of “gentle and quiet spirit.”

- A. Gentle (or meek) – describes a condition of mind and heart. It is seen in outward behavior and is an inwrought grace of the soul. It is that temper of spirit in which we accept God’s dealings with us as good, and therefore without disputing, resisting, struggling or contending with Him. This meekness is also seen when facing evil men and realizing that even evil acts against us are permitted and employed by God for the chastening and purifying of His elect.ⁱ
- B. Quiet Spirit – tranquility arising within, causing no disturbance to others.ⁱⁱ
- C. Gentle and Quiet Spirit. This kind of gentleness is meekness. It is accepting God’s dealings with her as good. She does not resist nor dispute with God. In addition to a gentle heart, she has a quiet spirit, one that is peaceable and tranquil. She is not given to anger or fear.ⁱⁱⁱ

III. Biblical Principles and Practical Counseling Tips concerning a Meek and Quiet Spirit

(Adapted from Matthew Henry’s book, *The Quest for Meekness and Quietness of Spirit.*)

Principle Number One:

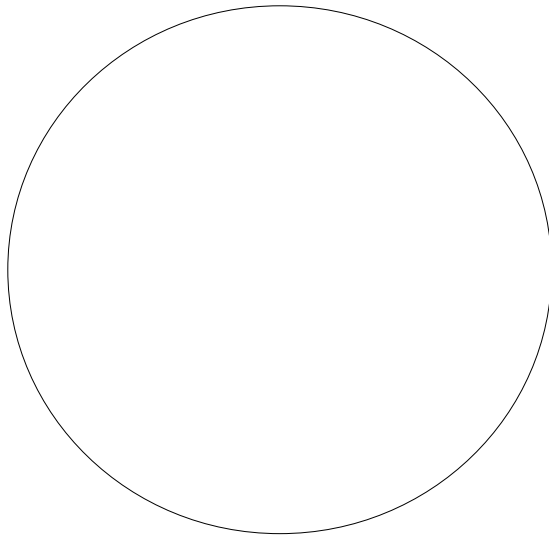
A Christian woman is to have a gentle spirit. 1 Peter 3:3-5

“Do not let your adornment be merely outward – arranging the hair, wearing gold, or putting on fine apparel (it’s ok to have outward beauty and to enjoy the freedom the Lord has given you in this area, but outward beauty should not be your only beauty)– rather let it be the hidden person of the heart (the work of grace is secret and encompasses holy thoughts, words, and actions, the “new man” (Eph.4:24), the “inward man” (Ro. 7:22), with the incorruptible (not depraved or affected by the corruption in the world, unfading, of eternal worth) beauty of a gentle and quiet spirit (tranquil and peaceable inside and out, accepting God’s dealings with her as good), which is very precious in the sight of God (this is what is important to God, not external beauty).”

Practical Tip:

We must take the sin of not being gentle/meek seriously. We should not create an arbitrary line of what we believe to be the bad sins (adultery, rob a bank, tell a lie) and those sins that are not so bad (harshness, slander, gossip, worry, not trusting God, contending with God).

Draw a circle illustrating the artificial arbitrary line we sometimes create to justify our sin.



Principle Number Two:

Meekness is shown towards God through silent submission of the soul to the Word of God without murmuring or disputing.

Practical Tip:

Gentleness (meekness) is closely related to humility. It is a grace gift from God to the believer, a fruit of the Spirit (Gal.5). It is manifest in attitudes such as being teachable, having a desire to learn, agreeing that God's precepts are right and good even if what God requires is not what you want or what you previously believed to be true.

Principle Number Three:

Meekness is shown towards God through silent submission of the soul to the providence of God concerning us.

Practical Tip:

Define providence: “the continuing action of God by which He preserves in existence the creation which He has brought into being, and guides it to His intended purposes for it.”^{iv} God’s intended purpose for His creation is to bring Himself glory and honor.

Practical Tip:

We must strive to live by faith when circumstances are grievous and difficult. God uses many means including tests and trials that are difficult but used for our good to prune us, mold us to His image, and test our faith. Even evil done to us by others can be turned to good through God’s providence. Everything has purpose. God’s ways are higher than ours are. We are to trust Him and walk in obedient grateful faith. Rom. 8:28-29, Gen. 50:20; Heb.11:1,2,8

Practical Tip:

Always be mindful that you want to turn your thinking and actions to a God-focused direction instead of self-focused. Instead, we want to think in terms of “loving God and loving others.” Matt. 22:37-39

For example, think: God use me for your glory however you choose. Lord, how can I show love to that person who has hurt me? God knows better than I do how I can best glorify Him. I can’t see the end of this trial, but God promises He won’t let me be tempted beyond what I am able to bear. (1 Cor. 10:13) It is a privilege to suffer for His sake. (Phil.1:29; I Pet.3:17; Acts 4:41)

Principle Number Four:

Meekness is shown toward others through prudently governing our own anger whenever anything occurs that is provoking.

Practical Tip:

- Matthew Henry explained what he called the “three great dictates of meekness.”
- The three dictates:
 1. **Hear reason.** This means carefully hear the matter fully before reacting. Gen.11:5; Pro.17:14; Pro.16: 32; Pro.18:2; Pro. 18:13

2. **Keep passion silent.** Take time for a sober thought upon the case. Example, Nehemiah's reaction to oppression. "And I became very angry when I heard their outcry and these words. **After serious thought,** I rebuked the nobles and rulers ..." Neh. 5:6-7; Pro.15:28
3. **Then God will give you the grace to bear up under the provocation.** 1 Cor. 10:13

Practical Tip:

Complete a Self-Talk log in which you write down what you are thinking and the circumstances each time you become irritated or frustrated or provoked. Go over each entry in detail, learning to think and respond in a God-honoring, gentle manner instead of a self-focused, angry manner. Eph. 4:22-24

Anger/ Natural Passions	Meekness/ a grace from God and an obligation of man to respond after serious deliberation
"That irritates me!"	"I am being providentially hindered and must stop and thank God for the interruption. God is good and He has a purpose in this." Rom. 8:28-29
Yelled at the children in anger because they are bickering.	Reminds self "The anger of man does not achieve the righteousness of God." (James 1:19) "I need to help each child take the beam of their own eye." Sit them own and ask each one individually "What have you done wrong in this incident?" Matt. 7:1-5 Then appropriately correct each child individually.
Became too intense and harsh in tone of voice with friend who does not agree doctrinally with me.	Remind myself how far the Lord has brought me, and I am to be patient and gentle with others as seeds of truth are planted. Then speak in a calm, gentle tone of voice. 2 Tim.2:23-26; 4:2-3; 1 Thes.5:14
Felt very frustrated and aggravated with a lady driving very slowly and I was in a hurry. Thought, "Hurry up, get out of the way!" Slammed hand on steering wheel.	Say to self, "Lord thank you for testing me this morning and reminding me that you are in control."

Principle Number Five:

Meekness teaches and enables us patiently to bear the anger of others.

Practical Tip:

Have the attitude of David in Psalm 39:1-4.

Practical Tip:

Think about and prepare a “soft answer.” Pro.25:15

Principle Number Six:

A Christian woman is to have a quiet spirit. 1 Peter 3:3-4

Practical Tip:

Consider the following contrast: The wicked are compared to the “troubled sea, when it cannot rest, whose waters cast forth mire and dirt” (Isa. 57:20). Meekness is like the grace of the Spirit of God which “moves upon the face of the waters” and quiets them.

Practical Tip:

A quiet spirit does not mean we whisper when we talk. It does mean we are not given to anger or fear. We trust God and there is a corresponding tranquility in our souls. We have a calming effect on others and especially on our families. We are looking forward to what God is going to do. We make our requests known to God (Phil.4:6-7) and “cast our cares upon Him because [we know and remembers] that He cares for us. 1 Pet. 5:7

Practical Tip:

Pray and entreat God for the grace to be a woman with a gentle and quiet spirit. Pray that God will mature you and help you be discerning and convicted when you are not gentle and quiet.

IV. Meekness Assessment and Homework Assignment

Instructions: Read carefully each of the following questions or statements. Circle the numbers of those on which you need to work. Go back to those you circled, look up the Scriptures, spend time in prayer and thinking about how, by God's grace, you need to change. Show the list to your family and close friends and ask them to hold you accountable when they observe you not having a gentle and quiet spirit.

1. Am I more likely to think "This makes me mad!" or "What might God be doing in this situation?"? Proverbs 19:11
2. What would more likely come to your mind – "Love is patient. I can respond in a kind way and give glory to God." Or "This irritates me!"? 1 Corinthians 13:4-7
3. Which describes how you would likely react? – sighing and withdrawing in anger or in gentleness trying to help the other person to understand. Colossians 3:12-13
4. Do you ever stop and ask yourself?
 - Why am I angry?
 - Why so very angry?
 - Why angry at all?
 - What reason is there for all this emotion?
 - Should I be so strongly reacting because of such a sudden and transient provocation?
Philippians 2:3-5 and 1 Timothy 6:11
5. While angry do you ever reveal secrets, slander, make rash vows, make railing accusations, use reviling language, call names, or take God's name in vain? Titus 3:1-2
6. Are you more likely to play angry thoughts over and over in your mind or to give the other person a blessing by praying for them? Eph. 4:31-32
7. Are you clearing yourself when unjustly accused? Or are you really proud and quarreling? 1 Peter 2:19-23
8. Is it easy for you to acknowledge your error or do you insist upon your own vindication? 1 Peter 5:5
9. Will you listen to and consider someone else's reproof of you even if they are your inferiors (such as your child) or do you bully them and blame them? Psalm 37:5-6,7-8
10. Do you struggle greatly with difficult emotions such as anxiety or frustration during the days before your menstrual period? Is it likely your entire family will know your hormones are acting up? Col. 3:8-17
11. Do you think calm thoughts, or are you disturbed within? James 3:13
12. Do you deal gently with others showing patience and compassion or are you hard and unforgiving? Colossians 3:13; Philippians 4:5
13. Do you enjoy life and love life, or do you dread each day and fret and worry? Philippians 4:6-7
14. Are you easily provoked or slow to anger? Proverbs 31:26
15. Are your thoughts calm and rational or do you sometimes overreact to circumstances? Ephesians 5:2; 1 Peter 2:11-12

16. Are you more like the high priest in Hebrews 5:1-2 who has compassion on the ignorant and those going astray (since he is also subject to weakness) or more like the wicked servant in Matthew 18:21-35 who would not have compassion and pity on his fellow servant?
17. Do you forbear (put up with others) or are you easily provoked for small cause? Psalm 78:38-39; Philippians 4:5
18. Are you fiery and hasty with what you say, or do you take great care to think about how to respond? Ephesians 4:29-30; James 4:1
19. Do you use anger and threats to manipulate those under your authority or do you give instruction in love? Psalm 106:32-33
20. Do you err on the side of mercy when correcting those under your authority or are you harsh? Psalm 103:8,14
21. Do you treat others as you wish to be treated, or do you treat them with contempt? Matthew 7:12
22. Do you grumble and complain at your present circumstances that disappoint you or are you grateful to God for what He is doing? 1 Thessalonians 4:11; Phil. 4:12
23. Are you quick to imagine injuries or do you assume the best about others unless proven otherwise? I Corinthians 13:7-8
24. Are you envious of the wicked or are you placing your trust in God? Psalm 73:21-28
25. Are you becoming more aware of times when you are not gentle with others and you are disputing with God, or do you see no need to change in this area of your life? 1 Cor. 10:12
26. When it is necessary to reprove (tell them what they are doing wrong) another person, are you more likely to lash out impulsively or more likely to gently try to help them to turn from their sin with good will, soft words, and objective arguments? Galatians 6:1
27. Do you pray and ask the Lord to make you a gentle woman or does it not cross your mind? Zephaniah 2:3
28. Do you brood and become angry when you are persecuted for your faith. or do you rejoice that the Lord counted you worthy to suffer for His sake? Matthew 5:11-12; Acts 5:41; Psalm 39:1
29. Do you become aggravated, hurt, or frustrated with God over your circumstances, or do you have great joy in serving Him on His terms? Isaiah 45:9; Proverbs 19:3

V. Conclusion

- A. A gentle and quiet spirit does not happen naturally. It is a gift from God. As a woman matures as a Christian, she will dispute less and less with God and be more and more content and grateful for her life and circumstances. We need to help guide and exhort one another to true beauty that of a "gentle and quiet spirit which is precious in the sight of God." 1 Peter 3:3-4

¹ W.E. Vine, *Vine's Expository Dictionary of New Testament Words*, (McLean, Virginia:MacDonald Publishing Company), page737-738.

² Ibid, page 924

³ Martha Peace, *Becoming a Titus 2 Woman* (Bemidji, Minnesota: Focus Publishing, 1997), p.33-34.

⁴ Millard J. Erickson, *Christian Theology* (Grand Rapids, Michigan: Baker Book House, 1985), p.387.

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Manipulation

I. Introduction

- A. Sinful manipulation is using unbiblical WORDS and/or COUNTENANCE to bully the other person into letting you have your way. All-in-while knowing that if you cannot have your way, you can at least PUNISH the other person in the process.
- B. Manipulation usually ESCALATES: sweet talk, beg, cry, anger, cold shoulder, accusations, and finally threats.

II. Biblical Response

- A. The manipulator is a FOOL. A fool won't listen, they only want to have their own way, anger resides in the bosom of a fool (Pro. 18:12), they are arrogant and proud, won't take "no" for an answer, think they are above accountability.
- B. The world calls this kind of behavior verbal ABUSE.
- C. How to RESPOND to a fool:
 - Do not answer a fool according to his folly, or you will also be LIKE him. Pro. 26:4
 - A fool answers back in ANGER or DEFENDS themselves at length. They often counterattack with their own accusations or threats or begging. This is returning evil for EVIL and there are two fools talking to each other!
 - Answer a fool as his folly DESERVES, that he be not wise in his own eyes. Pro. 26:5
 - A wise person will give the fool an answer that will CONVICT him of his responsibility before God. In the process, the wise person may have to suffer more verbal abuse from the fool, but they will be suffering for righteousness.

III. Examples of how to respond biblically

A. The husband and wife example

MANIPULATION PLOY	HUSBAND AND WIFE EXAMPLE	AS HIS FOLLY DESERVES
1. Sweet talk	1. "Sweetheart I think I need a break. Would it be alright if I go to the beach for a week with my girlfriends and you take care of the children?"	1. Husband says, "Honey, I wish you could but this is going to be a really tough week for me at work, and I need you <u>HOME</u> . Perhaps we can work out something later for a shorter period of time."
2. Beg	2. "Please, please let me go. I promise I won't ask again for a long time. Please say, 'yes'!"	2. Husband says, "Honey I wish I could say 'yes' but my <u>JOB</u> to support this family has to come first." (see 1 Cor.11:3)
3. Cry	3. <u>TEARS</u> well up in her eyes. "I'm so disappointed. It hurts my <u>FEELINGS</u> that you don't want me to go."	3. Husband says, "Sweetheart, it is your responsibility to graciously take 'no' for an answer and to stay home and not resent it." (see Titus 2:4-5)
4. Anger	4. In an <u>ANGRY</u> harsh tone of voice, "This makes me so #!*# mad! I want to go!!"	5. Husband says calmly but clearly, "It's understandable that you are disappointed, but it's not OK to be disappointed and sin in the process. Your <u>RESPONSIBILITY</u> is to put your family first." (see Colossians 3:8)
5. Cold Shoulder	5. Thinking, "I'll <u>SHOW</u> him" and not speaking to him or speaking in a snippy, cold tone.	5. Husband says, "Honey, you are being <u>RUDE</u> and <u>MALICIOUS</u> (cruel) when you act like this. As a Christian your responsibility is to be 'kind and tender-hearted and forgiving(Eph.4:32).

<p>6. Accusations</p>	<p>6. "You don't <u>LOVE</u> me." "You only care about <u>YOURSELF!</u>" "I thought you cared about me." "You're not <u>FAIR</u>. You get to go to work every day and I'm stuck home with these kids. They're driving me crazy."</p>	<p>6. Husband says, "Honey, you are using sinful accusations to try to have your way. <u>INSTEAD</u>, you should be thinking, 'How can I make that week as easy on my husband as possible? The wife was created "for the man's sake." So, my husband's responsibilities at work are more important than my vacation.'" (see 1 Corinthians 11:8-9)</p>
<p>7. Threats</p>	<p>"If you don't let me go, I'll go <u>ANY WAY</u> and get a baby sitter." "I don't know <u>WHAT</u> I might do if you don't let me go." "You're not fair." "I'll <u>LEAVE</u> you and may or may not come back." "If I leave, I'll move away and you'll <u>NEVER</u> see your kids again." "I'll <u>DIVORCE</u> you." "I'll <u>KILL</u> myself."</p>	<p>7. Husband says, "Honey, if you do that, you will be sinning, and it will be difficult for me and the children, but God will give us the <u>GRACE</u> to go through it." (see 1 Corinthians 10:13)</p>

C. The mother and adult daughter example

MANIPULATION PLOY	MOTHER AND ADULT DAUGHTER EXAMPLE	AS HIS FOLLY DESERVES
<p>1. Sweet talk</p>	<p>1. Mother to daughter, "Honey, I know that you know my divorce was your Dad's fault. He hasn't changed, and I don't want you to let the children see him."</p>	<p>1. Adult daughter says, "Mom I know that Dad abandoned our family and loved his sin more than he loved his family, but we have decided to visit him to give him a <u>BLESSING</u> and share the gospel with him." (see 1 Peter 3:9,15)</p>

2. Beg	2. <i>“Please don’t go visit him. I don’t think I could stand it knowing you were spending time with him.”</i>	2. Daughter says, “Mom, I know it might be <u>DIFFICULT</u> , but God will give you the grace to bear up under this.” (see 1 Corinthians 10:13)
3. Cry	3. Crying and says, “This really <u>HURTS</u> me and upsets me. You can’t do this to me.”	3. Daughter says, “Mom your <u>RESPONSIBILITY</u> is to give us the freedom in the Lord to reach out to Daddy and for you to be glad for Daddy that we can visit him. If he doesn’t come to know the Lord, his earthly happiness will be all he has.” (see James 3:17-18)
4. Anger	4. Yelling in anger. “This makes me so angry. It’s not right what you are doing. You’ve got to stop.”	4. Daughter says, “Actually this <i>is</i> the right thing to do. Mom you are using anger to try to <u>MANIPULATE</u> me so that you can continue to punish Daddy for what he has done. Instead, you should pray for his salvation and have mercy on him and be thankful that we are going to see him.” (see Matthew 5:7)
5. Cold Shoulder	5. Talks to her daughter but is <u>SHORT</u> , aloof, and rude and obviously punishing her. Turns to talk to others in a warm, gracious manner.	5. “Mom, you’re being rude and unkind in order to try to have your way. It’s not right. Instead of giving me the cold shoulder, you should be more concerned about my <u>FEELINGS</u> and Daddy’s <u>SALVATION</u> than you are focused on yourself.” (see Colossians 3:12-14)

6. Accusations	6. "You're not the daughter I THOUGHT you were." "How could YOU have a relationship with him after all he has done to me?" "I thought you LOVED me and cared about me." "You were the one person in the world who UNDERSTOOD and who cared for me during the divorce." "How can you do this to me after ALL I've done for you?"	6. "Mom, LISTEN to yourself. Your responsibility is to GRACIOUSLY give me the freedom to visit Daddy, and you should also pray for his salvation. I know that Daddy, in a sense, is your enemy but the Lord Jesus told us to 'love our enemies.' What you are doing is sinful, and you must repent and honor God." (see Matthew 5:43-48)
7. Threats	7. "If you go to visit your Dad I will never see you again." "You are RUINING my life and I don't know what I might do."	7. "If you never see me again and if your life is ruined it will be a consequence of your own SIN . That would be especially difficult for me but if you follow through with your threats, God will give me the grace to go through it." (see 1 Cor.10:13)

D. The mother and teenage son example

MANIPULATION PLOY	MOTHER AND TEENAGE SON	AS HIS FOLLY DESERVES
1. Sweet talk	1. "Mom, may I borrow the car tonight to go with my friends to the movies?"	1. " NO son. I'm sorry, but I think it best you stay home tonight and rest for school tomorrow."
2. Beg	2. "Mom, <i>please</i> let me go (follows her around begging)." "All my friends are going and I'll be the only one who can drive us. If I don't go they won't get to go either. <i>Please!</i> "	2. "Son. I'm sorry but this is a WISDOM issue, and I think it unwise so you need to stop begging me. How should you have responded when I said, 'no'?" (see Proverbs 28:13)

3. Cry	3. <u>TEARS</u> in his eyes. "Mom, let me take the car. I promise I'll be careful."	3. "Son, your <u>RESPONSIBILITY</u> is to graciously take 'no' for an answer and to repent from demanding your way." (see Proverbs 18:2)
4. Anger	4. <u>YELLING</u> in anger, "Why won't you let me go. Stomps out of the room and slams his door." Mom can hear him throwing things around in his room.	4. "Son, you are using anger to <u>TRY</u> to get your way and to punish me. <u>INSTEAD</u> , you should show love to God by honoring your Mother's decision and be grateful to God and to me that you can take the car on occasion." (see Matthew 22:36-39)
5. Cold Shoulder	5. Refuses to <u>SPEAK</u> to his Mom but gives her a cold stare when she tries to talk to him.	5. "Son, you are still using unbiblical means to manipulate me to get your way. This is not <u>RIGHT</u> . What you are doing is sinful, and you are to stop." (see Ephesians 6:2)
6. Accusations	6. "You're not fair!" "I thought I could depend on you." "You don't love me." "You're being selfish." "You're doing this deliberately to <u>EMBARRASS</u> me in front of my friends."	6. "Son, you are being a <u>FOOL</u> . You say you are a Christian and if you are, you should see my decision as God's <u>WILL</u> for you. Your responsibility is to graciously and gratefully honor what I say." (see Colossians 3:17)
7. Threats	7. "I <u>HATE</u> you. I can't wait to get away from you." "I will leave here and you will never see me again." "I'll go anyway no matter what you say."	7. "You are being very <u>MALICIOUS</u> . If you do those things, it will be difficult for me but God will give me the grace to endure, it and you will face the consequences of your sin." (see Proverbs 18:7)

IV. If you have difficulty responding rightly

- A. If you become CONFUSED, say something like, “I need to think about what I want to say. I’ll be back.
1. Then go somewhere and write down the CONVERSATION: “he said” “I said” “he said” “I said” ...
 2. Then analyze it point by point to make sure you are responding BIBLICALLY and not like a fool.
 3. If you have responded like a fool, you should go back to the “original fool” and say, “Remember when I said ... that’s not what I SHOULD have said... this is what I should have said...”
 4. The more you work at THINKING biblically/objectively (goal of loving God and loving the other person), the better you will get at showing love to the other person by trying to help them see their responsibility.
- B. All is to be said and done in love.
1. Remember that in a verbal battle with a bully, “the anger of man does not achieve the RIGHTEOUSNESS of God.” (James 1:20).
 2. You should SPEAK in a gentle, kind tone of voice because “love is patient and kind.” (1 Cor. 13:4)
 3. You should PRAY and ask the Lord to help her. (1 Thes. 5:17)
 4. Set your HEART on becoming more like the Lord Jesus Christ who never spoke in sinful, unbridled anger or foolish proud defense of Himself. He always perfectly showed love for God and others even when they were sinning.
 5. Be EXHORTED to humbly consider the other person as more important than yourself. (Phil.2:3)
 6. Have HOPE that if you must suffer, you can suffer for the Lord’s sake by doing what is right. (1 Peter 3:16-17)

V. Conclusion

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From Anxiety to Peace

I. Introduction

- A. Anxiety is probably the most common problem that we see in counseling. It is also a major contributor to depression. It can be caused by a side effect of medication, but most often it results from what a person is thinking.
- B. These emotions are miserable and, for some people, it is a very emotionally painful, sinful habit.

II. What is Anxiety?

- A. Anxiety is a feeling and/or a physical reaction of the body. It can range from a slight uneasy feeling to a full-blown panic attack. When you have a panic attack, you become so frightened that your adrenal gland discharges adrenal/epinephrine straight into your blood stream. The result is a pounding, rapid heartbeat, rapid breathing, short of breath, trembling hands, and a general feeling of terror. This physical reaction is called the “fight or flight response.” Pro. 3:25 calls this “sudden terror”.
- B. The medical world diagnoses anxiety as a disease or disorder. Certainly, as we have already seen, there can be physical reactions. There can also be diseases that cause anxiety such as hyperthyroidism and a tumor on the adrenal gland. These diseases are rare, but we do send our counselees to a doctor to have a complete physical. But apart from documentable physical causes, most anxiety is due to a **lack of trust in God**. People take a concern (real or imagined): think about it, project it into the future, and jump to a rash/worst conclusion. Then they begin to *feel* as if that were happening. Then it becomes like a vicious cycle, getting progressively worse and worse.
- C. People worry about what happened in the past, what is happening now, and what might happen in the future. Researchers have indicated that only about 8% of what people worry about are valid concerns.

III. Biblical Principles regarding Fear

1. Fear keeps us from fulfilling our God-given responsibilities. Matthew 25:24-27
2. Fear may contribute to a person sinning. Gen. 26:7 (Isaac told King Abimelech that Rebekah was his sister.)

3. Fear can cause us to deny our Lord and His Word. Matt. 26:69-70 (Peter denied the Lord)
4. The biblical antidote to fear is trusting God. "What time I am afraid I will trust in Thee!" Psalm 56:3

IV. Biblical solutions to Fear

1. Don't sin and cause yourself to be a hypocrite. Gal. 2:12
2. Remind yourself of God's Word. Gen. 32:7,9 (Jacob facing Esau and Esau's army. He reminded himself of God's promises to him.)
3. Be wise and make responsible decisions. Pro. 3:21-26
4. Realize the power of God working in you. 2 Tim.1:7
5. Fear the Lord and delight in His commands. Ps. 112:1
6. Realize that God is with you no matter what. Ps. 23:4; Hebrews 13:5
7. Trust God to keep His Word. Ps. 56:4
8. Seek after the Lord. Ps. 34:4
9. Overcome fear with love by focusing outwardly to others instead of being selfishly, inwardly focused. 1 Cor. 13:5; 1 John 4:18 "...perfect love casts out fear."
10. Do what is right whether you feel like it or not. Thus, show love to God by obeying Him. Matthew 22:37

V, How to Overcome Anxiety

- A. Go back to the "basics" – salvation, sanctification, put-off and put-on concept, the character of God, basic doctrine and hope.
- B. Self-Talk Log – when you feel nervous or anxious, write down what you are thinking. Note – this is not a journal about how you feel. That would probably make you feel worse. This is about what is going on in your heart. In our hearts we think thoughts and have desires. The Scriptures tells us we are to "renew our minds." (Romans 12:1-2)
- C. Make entries into your **Anxiety Journal**
[Each journal entry will be one page with one thought at the top of the page.]

Example:

"I just know something bad is going to happen!"

1. **Biblical prayer.** Phil. 4:6-7
Lord, **my request is**
Thank You for ...

In Jesus Name, Amen

2. **Biblical thought.** Phil. 4:8

Analyze the original thought with Phil. 4:8 criteria. [I explain this in detail in chapter 9 in the *Attitudes of a Transformed Heart* book.] Then restate the original thought either quoting Scripture or bringing Scripture and God into the thought.

“Nothing bad is happening right now [true] and it is unlikely to happen. But if it does, God will, at that time, give me grace to bear up under the circumstance (God-honoring and excellent and praise-worthy.” (Phil. 4:8 and 1 Cor. 10:13)

3. **Biblical actions.** Phil. 4:9

- a. Daily Bible reading [include some Psalms every day]
- b. Scripture Memory: Phil. 4:8; Psalm 34:4; Matthew 6:34; Ps.119:165; Ps. 121:1-2; Ps. 124:8; Lam. 3:21-24; 1 Thes. 5:18
- c. Self-Talk log
- d. Daily prayer
- e. Assign several thoughts to complete anxiety journals.
- f. Arthur Pink’s *Attributes of God* book. Read one chapter a week and look up and meditate on all the verses in that chapter.

III. Conclusion

Anxiety is a miserable emotion. It comes from what you are thinking. God, in His kindness to us, gave us clear instructions in the Scriptures to help us trust Him and “cast our cares on Him, because He cares for us.” (1 Peter 5:6-7) There are biblical antidotes to the painful emotions. We can show love to God (by obeying His word) and love to others (by fulfilling our responsibilities). He will help us overcome our painful emotions as our mind is renewed to think right, God-honoring thoughts and we fulfill our responsibilities whether we feel like it or not.

“I sought the Lord and He answered me and took away all of my fear.” Ps. 34:4

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Redeem the Time Because the Days Are Evil

I. Introduction

- A. Jonathan Edwards, America's premier theologian, wrote a list of "Resolves." Number seventy was "Resolved: never to lose one moment of time, but to improve it in the most profitable way I possibly can." From what I know about him, he probably was able to fulfill his resolve, of course by God's grace. I have never had quite the resolve that he did, but I have thought in – ten-year increments – "What do I want to look back on ten years from now and know that I accomplished for the Lord?" Right now I am starting a new ten-year increment and would like to faithfully study and teach different books of the Bible, Lord willing, until He takes me home.
- B. Not everyone has as much freedom as I do at this stage in my life but you do have "time" as a gift from God for His glory – whether it is discipling your children or helping your husband.
- "Every good gift and every perfect gift is from above..." James 1:17
 - "...whatever you do, do all to the glory of God." 1 Cor. 10:31
 - "Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil." Eph.5:15-16
- C. Someday, time {as we know it} will be no more {the end of time} and we will be in an eternal state with the Lord.
- D. Organizing your time is like organizing your pantry. You get it all straightened out and before you know it, it is time to organize it again.
- E. For this lecture, I want to do three things:
- a. Biblical Principles concerning our use of time.
 - b. Concentrate on Ephesians 5 passage where Paul wrote "make the best use of your time because the days are evil."
 - c. Practical tips on wisely using your time.

II. Biblical Principles

- A. God has appointed a time for everything. Ecc. 3:1-11; Heb. 9:27
- B. Do your work heartily for the Lord {whether changing diapers, cleaning the house, preparing a meal, etc.}. Col. 3:17,23; Pro.31:27
- C. Moses, in Psalm 90, prayed: “So teach us to number our days that we may get a heart of wisdom.” Ps. 90:12
- D. We have a lot of freedom in the Lord to organize our time, but our plans must be subordinated to God’s will. James 4:13-17
- E. Fulfill our God-give responsibilities – “good works.” Eph.2:10; 1 Timothy 2:9-10

III. Redeem the time because the days are evil.

A. Ephesians Background:

B. Chapter 5 and 6:

Imitate God (Verse 1)

- Walk in **Love**. (*agape* love, the example of Christ, verse 2)
 - Not in sexual immorality, impurity, covetousness, filthy talk, foolish talk, crude joking. Instead, thanksgiving. Verses 3-8.
- Walk as children of the **Light**. (Verses 9-14)
 - Fruit of the light – good, right, and true; pleasing to the Lord. (2 Cor.4:4-6)
 - Not take part in the works of darkness but expose them.
- **Look carefully** how you walk. (Verses 15-6:9)
 - Wise: V.15
 - Best use of your time because the days are evil V.16
 - Do not be foolish
 - Understand the will of God. V.17
 - Not be drunk with wine.
 - **Be filled** with the Spirit. V.18 (under the control of the Holy Spirit; Gals. 5:22-23)

- Characteristics of a person who is under the control of the Holy Spirit
 - Address one another with Psalms, hymns, and spiritual songs
 - Sing and make melody in your heart to the Lord
 - Give thanks always and for everything
 - Submit to one another out of reverence for Christ
 - Wives submit to your husbands
 - Husbands love your wives
 - Wives respect your husbands
 - Children obey your parents
 - Parents instruct and discipline your children
 - Slaves obey your masters
 - Masters treat your slaves well
- ***Put on the whole armor of God*** (6:10-23) – fight the flesh and the Devil, stand firm – strive after holiness.

C. Summary:

Imitate God by walking in love, walking as a child of the light, walking in wisdom (making the best use of your time); and be under the control of the Holy Spirit as shown by gratitude, biblical submission to those in authority, and fighting the flesh and the Devil.

IV. Practical application of “Redeeming the Time”

- A. Pray for wisdom and that God would give you a desire to do the “good works” that He has prepared for you.
- B. Plan in short-term and long-term increments. What do you want to have accomplished, Lord willing, for Him between now and the beginning of the summer? Between now and ten years from now?
- C. Make a daily list of the work you would like to accomplish including everyday, mundane tasks such as cleaning your bathrooms or ironing. Prioritize the list and make numbers one, two, and three things that you least like to do.
- D. For a few weeks, keep a log of your Facebook/email/texting time. Pray especially for wisdom in these areas. Ask the Lord if you really are using your time in wise ways.

- E. For a few weeks, keep a log of reading/television time. Pray for wisdom in these areas. Ask the Lord if you really are using your time in wise ways.
 - F. Organize your work better/rise early and get dressed for the day. If you have a difficult time getting up early, go to bed early.
 - G. Take full advantage of the “means of grace” that God has given you – church, ladies’ Bible study, Daily Bible Reading, Prayer – make them your “habit” and “routine.”
 - H. Thank God when He Providentially hinders you from your task at hand. Submit yourself graciously to His will for you at the moment.
 - I. Have as your deepest desire for God to use you, however He chooses, for His glory.
- V. Conclusion:

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.” Eph.5:15

