

**T  
O  
P  
I  
C  
A  
L  
  
S  
T  
U  
D  
Y**

# **Healing the Wounds to the Human Spirit**

by  
**Duane L. Anderson**



Serve and Equip  
sveq.org

# Healing the Wounds to the Human Spirit

Copyright © 1996, Duane L. Anderson, American Indian Bible Institute; 2022, DLA, Serve and Equip  
Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.  
This resource is available from and distributed free of charge by Serve and Equip - <https://sveq.org>  
ANY REPRODUCTION OF MATERIAL FOR RESALE OR PROFIT IS STRICTLY PROHIBITED  
Updated October 2023

# **Healing the Wounds to the Human Spirit**

## **(Victory over sin and its consequences)**

<b>I.</b>	<b>Where did all this pain come from originally? (original sin)</b>	<b>1</b>
<b>II.</b>	<b>How did I develop these wounds to my spirit? (wounds in Proverbs)</b>	<b>8</b>
<b>III.</b>	<b>How do these wounds affect my soul and body? (hurt, anger and painkillers)</b>	<b>16</b>
<b>IV.</b>	<b>Is there any hope for healing these wounds? (salvation)</b>	<b>21</b>
<b>V.</b>	<b>What is the soil needed for healing? (rooted and grounded)</b>	<b>28</b>
<b>VI.</b>	<b>Can I heal myself? (yielding)</b>	<b>31</b>
<b>VII.</b>	<b>How do I deal with the roots that hinder healing? (bitterness)</b>	<b>37</b>
<b>VIII.</b>	<b>How do I deal with the hurt and anger? (learning to turn it over)</b>	<b>42</b>
<b>IX.</b>	<b>How do I walk in the Spirit? (seven-fold fullness of the Spirit)</b>	<b>46</b>
<b>X.</b>	<b>How do roots affect the fruit? (fruit of flesh or Spirit)</b>	<b>54</b>
<b>XI.</b>	<b>How do I continue to grow? (levels of maturity)</b>	<b>59</b>
<b>XII.</b>	<b>How can I begin to help others? (ministry)</b>	<b>65</b>
<b>XIII.</b>	<b>How can I make my life count? (multiplication)</b>	<b>76</b>

# I. Where did all this pain come from?

Let's start at the beginning

**We were created in the image of God**

**Genesis 1:26-27**

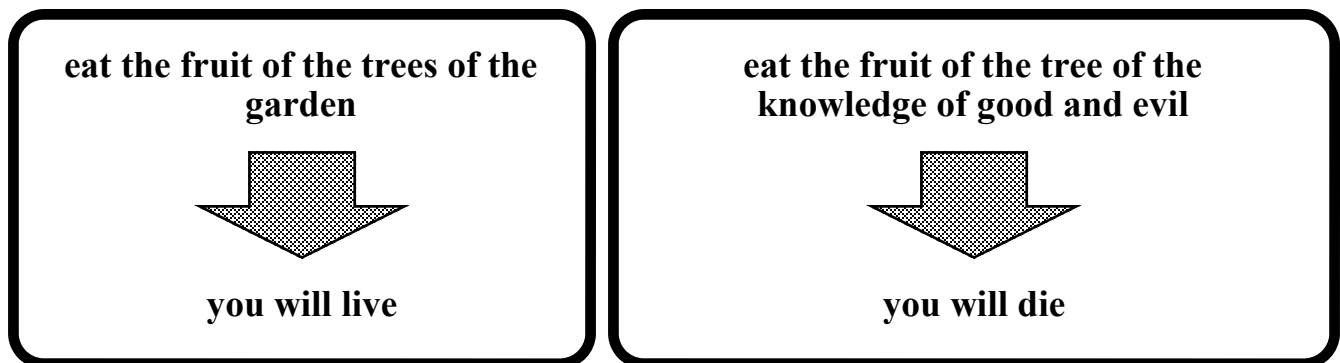
“Then God said, ‘Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.’ So God created man in His *own* image; in the image of God He created him; male and female He created them.”

<b>God</b>	<b>man</b>	<b>Biblical basis</b>
<b>Son</b>	<b>body</b>	<b>John 1:14</b>
<b>Father</b>	<b>soul</b>	<b>John 6:38</b>
<b>Holy Spirit</b>	<b>human spirit</b>	<b>Romans 8:16</b>

**God gave man a choice**

**Genesis 2:16-17**

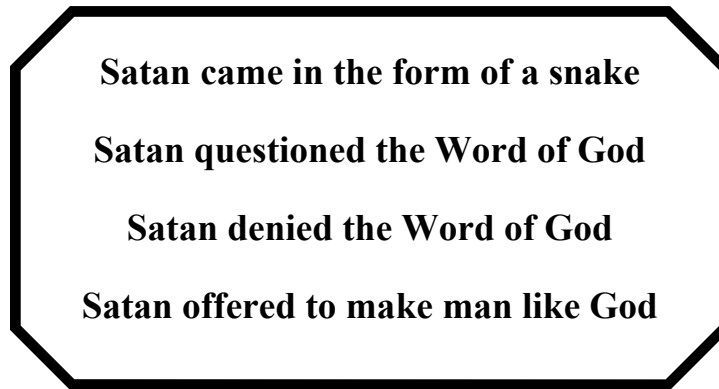
“And the LORD God commanded the man, saying, ‘Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.’”



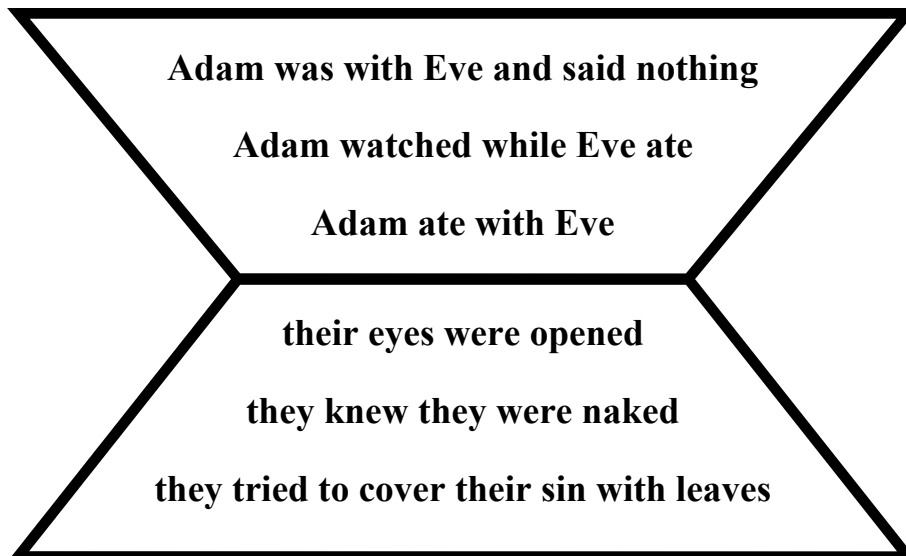
**Man made the choice to sin  
Genesis 3:1-7**

“Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, ‘Has God indeed said, You shall not eat of every tree of the garden?’ And the woman said to the serpent, ‘We may eat the fruit of the trees of the garden; but of the fruit of the tree which *is* in the midst of the garden, God has said, ‘You shall not eat it, nor shall you touch it, lest you die.’ Then the serpent said to the woman, ‘You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.”

**Satan’s Temptation**



**Man’s Choice**



**Man experienced two kinds of death**

**Spiritual death happened immediately  
(spiritual death is separation from God)**

**Genesis 3:8**

“And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.”



**Physical death happened 930 years later  
(physical death is separation of the body from the soul and spirit)**

**Genesis 5:5**

“So all the days that Adam lived were nine hundred and thirty years; and he died.”



**To keep man from being separated from God by sin forever,  
God had to prevent man from eating of the tree of life and living in sin forever  
Genesis 3:22-24**

“Then the LORD God said, ‘Behold, the man has become like one of Us, to know good and evil. And now, lest he put out his hand and take also of the tree of life, and eat, and live forever’—therefore the LORD God sent him out of the garden of Eden to till the ground from which he was taken. So He drove out the man; and He placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life.”

**When man sinned and abandoned God,  
he immediately experienced certain consequences  
Genesis 3:7-13**

**Shame** “Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.”

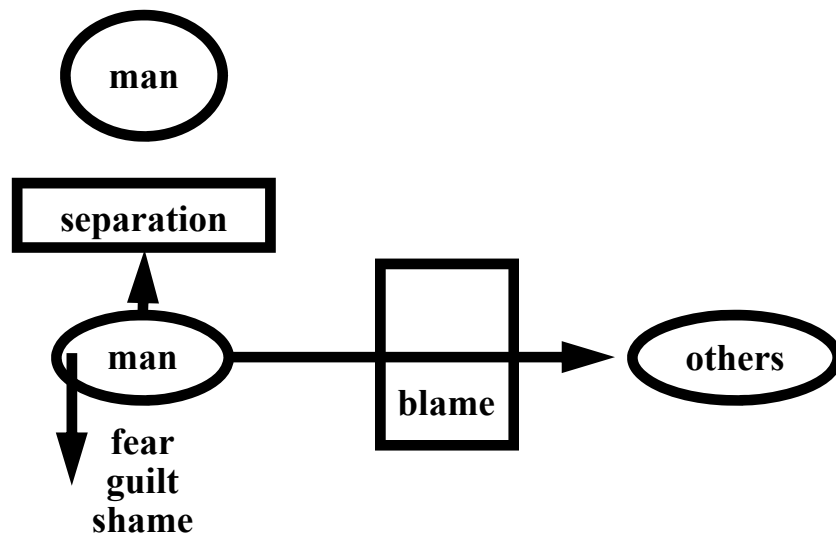
**Separation from God (and each other)** “And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden. Then the LORD God called to Adam and said to him, ‘Where *are* you?’”

**Fear** “So he said, ‘I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.’”

**Guilt** “And He said, ‘Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?’”

**Blame** “Then the man said, ‘The woman whom You gave *to be* with me, she gave me of the tree, and I ate.’ And the LORD God said to the woman, ‘What *is* this you have done?’ The woman said, ‘The serpent deceived me, and I ate.’”

**Sin affects our relationship with God, with ourselves, and with others**



**Sin also produced fear of death and bondage  
Hebrews 2:14-15**

“Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.”



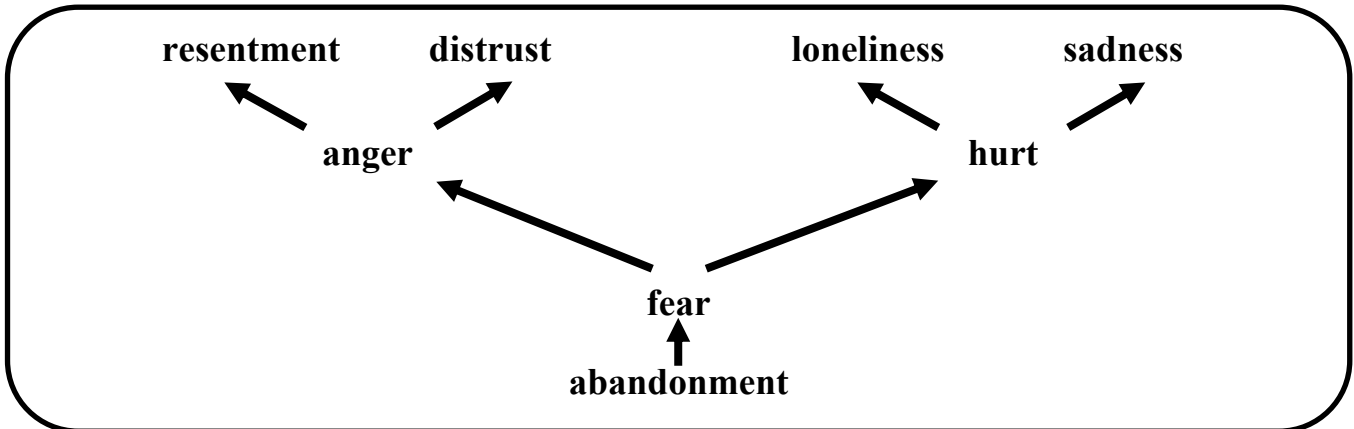
**Sin also caused abandonment and separation from one another**

**Psalm 27:10**

“When my father and my mother forsake me, Then the LORD will take care of me.”

**James 4:1-2**

“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.”



One of the spiritual consequences of sin is the fact that it not only separated us from God, but it also separated us from each other. This separation causes abandonment and fear. When we turn that fear outward, it becomes anger. When we turn that fear inward, it becomes hurt. Anger will produce resentment and distrust, while hurt will produce loneliness and sadness. The following list gives us some common forms of abandonment.

<b>physical abandonment</b>	no one was there to be with me because of: absence abuse addictions
<b>mental abandonment</b>	no one was there to answer my questions
<b>social abandonment</b>	no one was there to show me how to develop healthy relationships with others
<b>emotional abandonment</b>	no one was there to listen and to understand me
<b>spiritual abandonment</b>	no one was there to lead me back to God



## **Consequences of original sin**

### **Separation from God**

**Genesis 3:10**  
**“I heard Your voice in the garden...and I hid myself”**

### **Suffering within**

**fear**  
**Genesis 3:10 - “I was afraid”**  
**Hebrews 2:15 - “who through fear of death were all their lifetime subject to bondage”**

**guilt**  
**Genesis 3:10- “I was afraid because I was naked; and I hid myself”**  
**Genesis 3:11 - “Who told you that you were naked?”**

**shame**  
**Genesis 3:7 - “they knew that they were naked”**

### **Separation from others**

**blame others**  
**Genesis 3:12 - “the woman”**

**blame God**  
**Genesis 3:12 - “whom You gave to be with me”**

**blame Satan**  
**Genesis 3:13 - “the serpent”**

## Continuing consequences of sin

**death**

### **Romans 5:12**

“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned.”

### **1 Corinthians 15:55-56**

“O Death, where *is* your sting? O Hades, where *is* your victory? The sting of death *is* sin, and the strength of sin *is* the law.”

**sorrow and toil**

### **Genesis 3:16-19**

“To the woman He said: ‘I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire *shall be* for your husband, And he shall rule over you.’ Then to Adam He said, ‘Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, ‘You shall not eat of it:’ Cursed *is* the ground for your sake; In toil you shall eat of it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field. In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you *are*, and to dust you shall return.’”

**continuing separation**

### **Genesis 3:22-24**

“Then the LORD God said, ‘Behold, the man has become like one of Us, to know good and evil. And now, lest he put out his hand and take also of the tree of life, and eat, and live forever’ -- therefore the LORD God sent him out of the garden of Eden to till the ground from which he was taken. So He drove out the man; and He placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life.”

## II. How did I develop these wounds to my spirit?

Proverbs talks about wounds to the human spirit

**Proverbs 15:13**

“A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.”

**Proverbs 17:22**

“A merry heart does good, *like* medicine, But a broken spirit dries the bones.”

**Proverbs 18:14**

“The spirit of a man will sustain him in sickness, But who can bear a broken spirit?”

### Three types of wounds

man	type of wound
body	physical wounds and injuries
soul	emotional wounds
spirit	wounds to the spirit caused by sin
Genesis 3:7-14	separation from God due to sin suffering within (fear, guilt, shame) separation from others (blame and abandonment) death sorrow and toil

**How does the world deal with wounds?**

**The world deals with physical wounds through medicine**

**The world deals with emotional wounds through psychology  
(psychology is the study of the soul)**

**The world deals with mental disorders through psychiatry  
(psychiatry is a branch of medicine that treats mental disorders)**

**individual who treats wound      place where wound is treated**

<b>body</b>	<b>medical doctor</b>	<b>hospital or clinic</b>
<b>soul</b>	<b>psychologist or psychiatrist</b>	<b>counseling or support groups psychiatric hospital</b>
<b>spirit</b>	<b>since the world cannot provide forgiveness for sin, the only thing the world can do is blame someone else which will never heal a wound or its source</b>	

**The consequences of the way the world deals with wounds**



## **Separation from the Spirit of God leaves no one to heal our human spirit**

### **The Holy Spirit**

**Isaiah 11:2**

“The Spirit of the LORD shall rest upon Him, The Spirit of wisdom and understanding, The Spirit of counsel and might, The Spirit of knowledge and of the fear of the LORD.”

### **The seven-fold fullness of the Holy Spirit**

**the Spirit of the LORD  
the Spirit of wisdom  
the Spirit of understanding  
the Spirit of counsel  
the Spirit of might  
the Spirit of knowledge  
the Spirit of the fear of the Lord**

**Separation from the Spirit of the LORD caused us to:**

**Depend on the spirit of this world (Satan)**

**Ephesians 2:1-3**

“And you *He made alive*, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.”

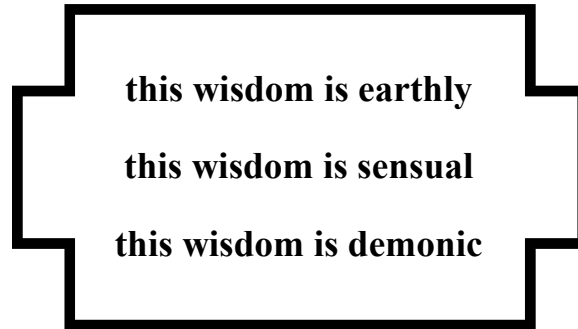
**we were the sons of disobedience  
our actions were based on this disobedience  
we were fulfilling the evil desires of our flesh  
we were fulfilling the evil thoughts of our minds  
we felt and acted according to our sin nature**

**Separation from the Spirit of wisdom caused us to:**

**Depend on the wisdom of this world**

**James 3:14-16**

“But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but *is* earthly, sensual, demonic. For where envy and self-seeking *exist*, confusion and every evil thing *are* there.”

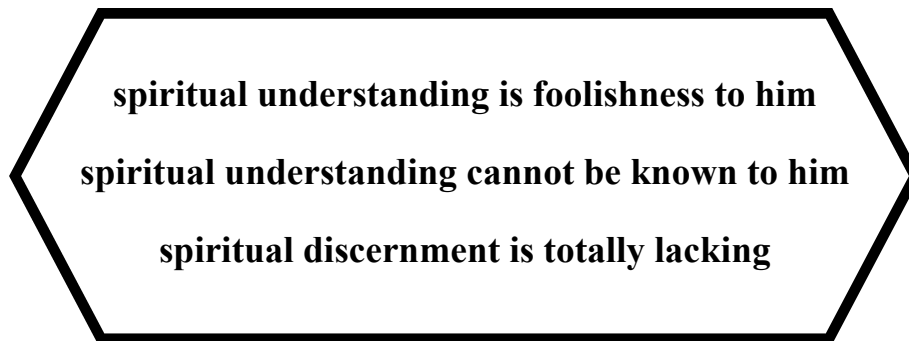


**Separation from the Spirit of understanding caused us to:**

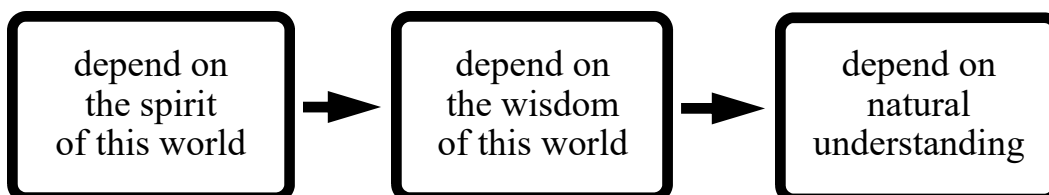
**Depend on natural understanding**

**1 Corinthians 2:14**

“But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them*, because they are spiritually discerned.”



**Separation from the Spirit of the Lord caused us to:**

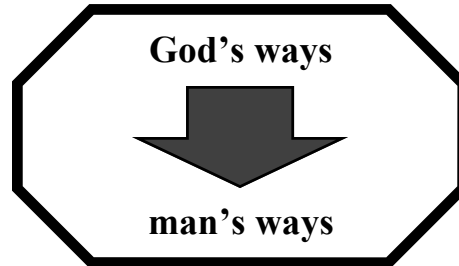
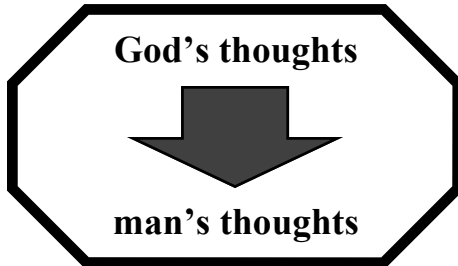


**Separation from the Spirit of counsel caused us to:**

**Depend on the counsel of this world**

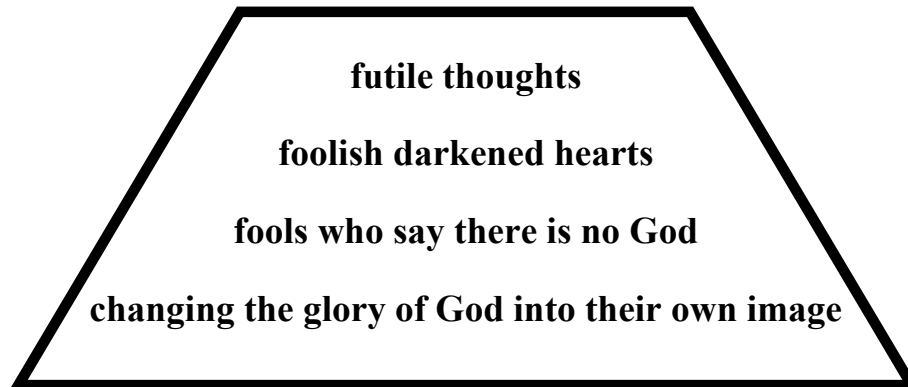
**There is no comparison between the counsel of the world and the counsel of God  
Isaiah 55:8-9**

“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.’”



**The counsel of this world is based on:  
Romans 1:21-23**

“Because, although they knew God, they did not glorify *Him* as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, they became fools, and changed the glory of the incorruptible God into an image made like corruptible man -- and birds and four-footed animals and creeping things.”



**This leads to:**



Separation from the Spirit of power caused us to:

Depend on our own power or the power of Satan

The power of God is greater than the power of Satan

John 10:10

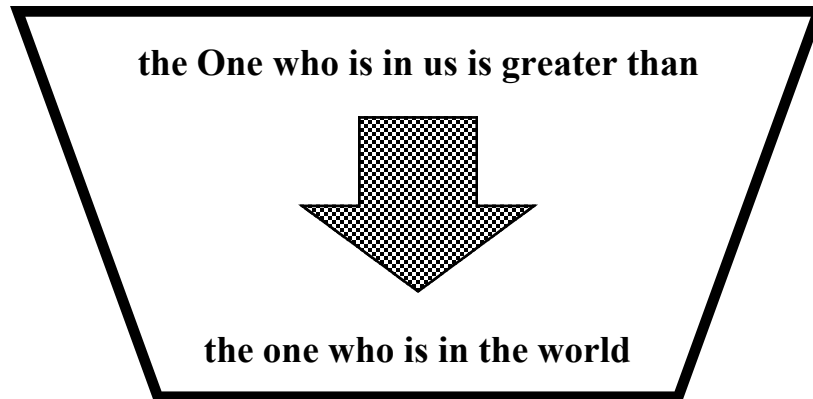
“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.”

the thief (Satan)  
can only destroy

Christ can give  
abundant life

1 John 4:4

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”



The power of God is greater than our own power

John 15:5

“I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

In our own power we can do:





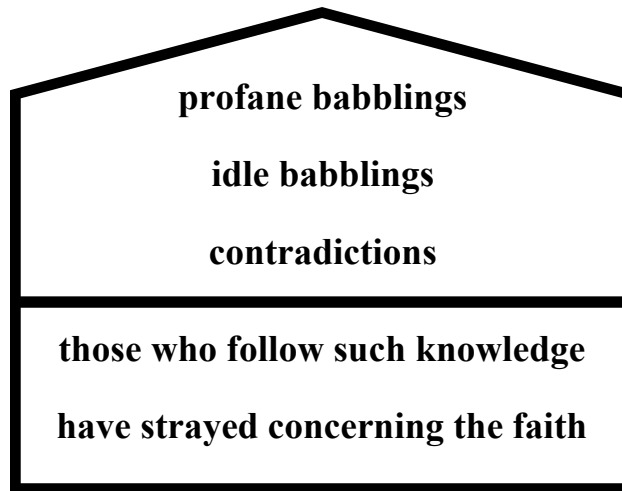
**Separation from the Spirit of knowledge caused us to:**

**Depend on the knowledge of this world, which cannot lead us to God**

**1 Timothy 6:20-21**

“O Timothy! Guard what was committed to your trust, avoiding the profane *and* idle babblings and contradictions of what is falsely called knowledge -- by professing it some have strayed concerning the faith. Grace *be* with you. Amen.”

**The knowledge of this world leads to:**



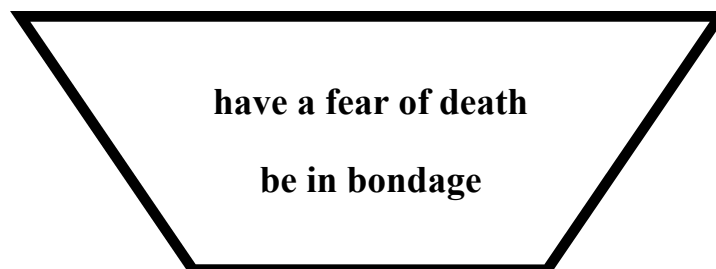
**Separation from the Spirit of the fear of the Lord caused us to:**

**Fear the spirit of this world**

**Hebrews 2:14-15**

“Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.”

**Satan causes those who follow him to:**



**Wounds to our spirit are caused by our own sin, the sins of others,  
and the consequences of original sin**

**The following list summarizes some of the most common causes of  
wounds to our spirit:**

**our own sin - Genesis 3:7-13**

**sins of others - Genesis 3:16-19**

**death - 1 Corinthians 15:55-56**

**disabilities - John 9:2-3**

**sorrow of heart - Proverbs 15:13**

**doing things in our own strength - Romans 7:14-25**

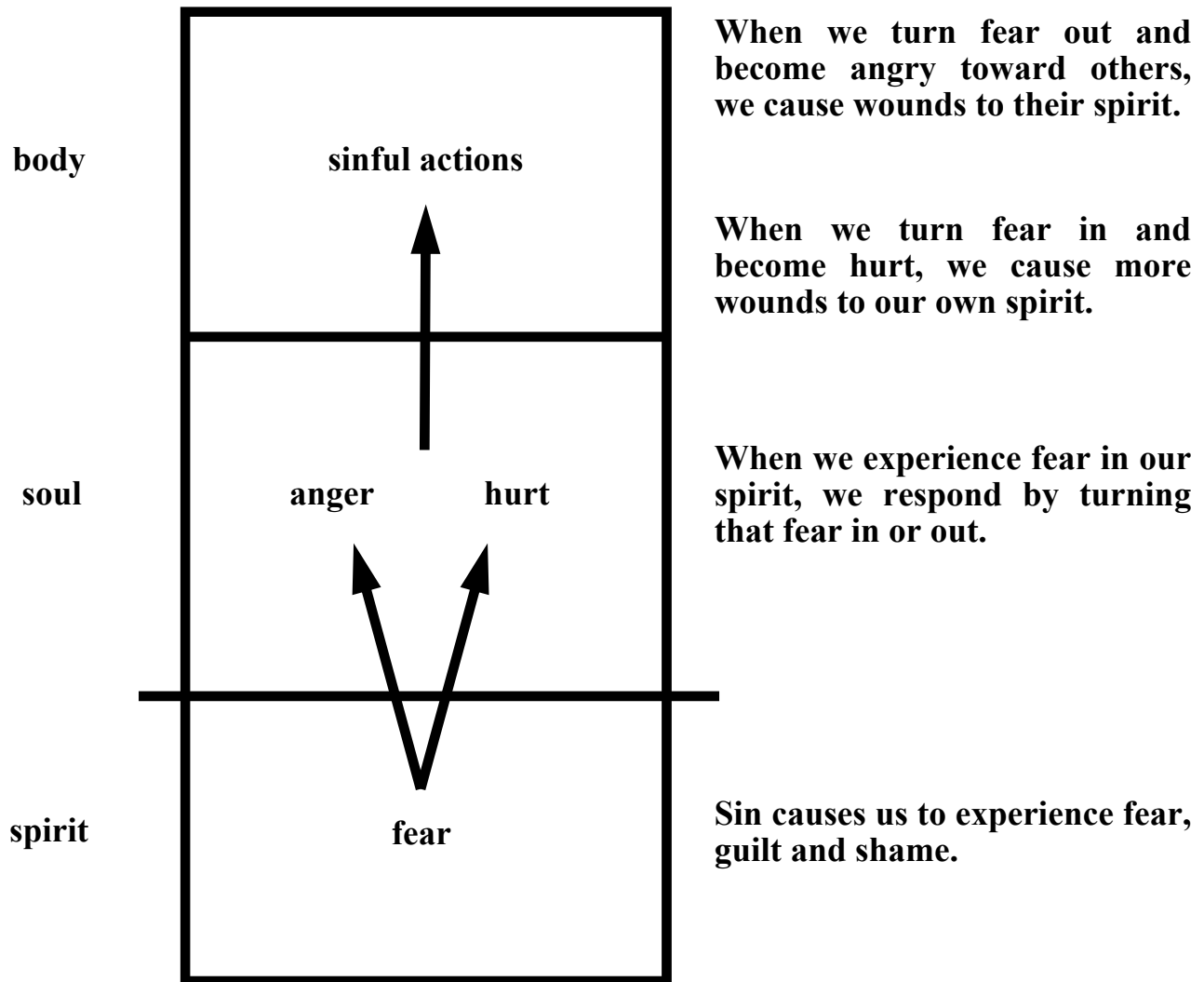
**conflicts with others - 1 Corinthians 3:1-3**

**deception by false teachers - Ephesians 4:14**

**our own dullness of hearing - Hebrews 5:11-14**

**lack of growth to spiritual maturity - 1 Corinthians 13:11**

### III. How do wounds to my spirit affect my soul and body?



#### James 1:13-15

“Let no one say when he is tempted, ‘I am tempted by God’; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.”

## Dealing with the pain of wounds to the spirit

When we have physical pain, we take a pain killer like

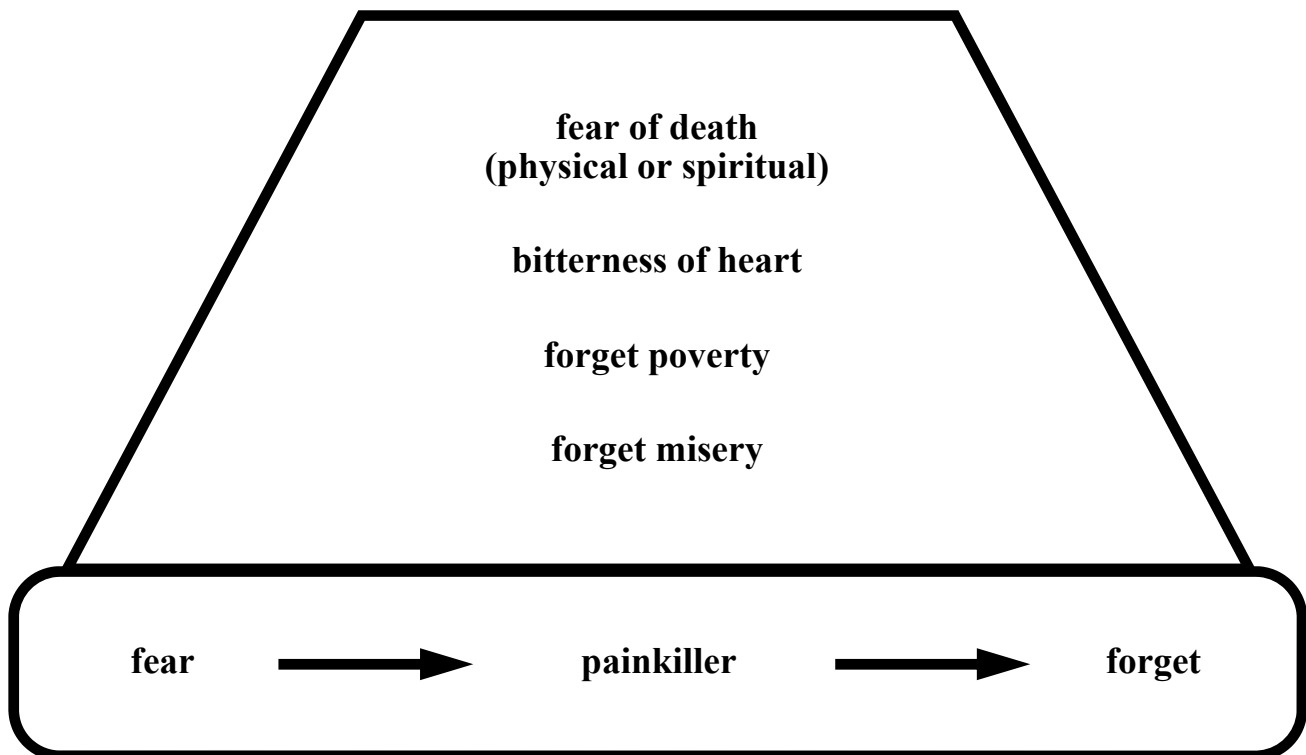


When we have pain in our spirit due to wounds to our spirit,  
we often turn to a painkiller to forget the pain

**Proverbs 31:4-7**

*“It is not for kings, O Lemuel, It is not for kings to drink wine, nor for princes intoxicating drink; Lest they drink and forget the law, and pervert the justice of all the afflicted. Give strong drink to him who is perishing, and wine to those who are bitter of heart. Let him drink and forget his poverty, and remember his misery no more.”*

**Reasons people take painkillers for pain to the spirit:**



**Common forms of painkillers for pain to the spirit:**

**turning to alcohol - Proverbs 31:6-7**

**turning to illicit sex - Proverbs 2:17, 5:4**

**forgetting to eat - Psalm 102:4**

**turning to food - 1 Corinthians 15:32b**

**forgetting God and following idols - Judges 3:7**

**joining the discontented - 1 Samuel 22:2**

**going into mourning - Esther 4:1**

**becoming suicidal - Job 3:20-21**

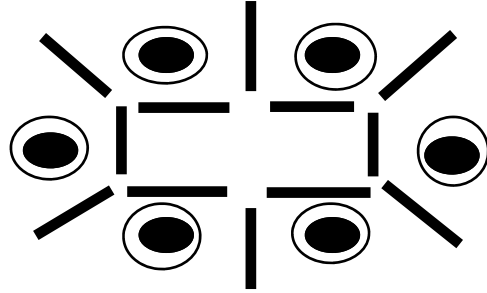
**speaking bitter words - Psalm 64:3-4**

**fighting wars - James 4:1**

**becoming bitter - Acts 8:23**

**speaking profane and evil words - Romans 3:14;  
Ephesians 4:31**

## **Painkillers also affect our relationships with others**



### **Painkillers create barriers between us and others**

#### **Genesis 16:4-6**

“So he went in to Hagar, and she conceived. And when she saw that she had conceived, her mistress became despised in her eyes. Then Sarai said to Abram, ‘My wrong *be* upon you! I gave my maid into your embrace; and when she saw that she had conceived, I became despised in her eyes. The LORD judge between you and me.’ So Abram said to Sarai, ‘Indeed your maid *is* in your hand; do to her as you please.’ And when Sarai dealt harshly with her, she fled from her presence.”

**relationships become controlled by fear**

**we create barriers with others**

**we create a shell to protect our feelings**

**this results in no trust**

**this results in a breakdown of communication**

**This prevents the development of healthy relationships where:**

**relationships are controlled by love**

**barriers have been replaced by acceptance**

**shells have been replaced by openness**

**trust is a characteristic of relationships**

**communication is direct**

## Wounds to the spirit cause us to wound one another with words

### Romans 14:13

“Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in *our* brother's way.”

<b>to judge</b>	<b>to assume the office of judge and condemn another</b>
-----------------	--

### Galatians 5:15

“But if you bite and devour one another, beware lest you be consumed by one another!”

<b>to bite</b>	<b>to wound the soul by speaking words that hurt</b>
<b>to devour</b>	<b>to make a habit of wounding the soul by speaking words that hurt</b>
<b>to consume</b>	<b>to destroy our relationship with another person because we have made a habit of wounding their soul by speaking words that hurt</b>

### Galatians 5:26

“Let us not become conceited, provoking one another, envying one another.”

<b>to provoke (challenge)</b>	<b>to call forth as a contest (hence to stir up what is evil in another)</b>
-------------------------------	--

### Colossians 3:9

“Do not lie to one another, since you have put off the old man with his deeds.”

<b>to lie</b>	<b>to deceive by telling lies to one another</b>
---------------	--

### James 4:11

“Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law. But if you judge the law, you are not a doer of the law but a judge.”

<b>to speak evil</b>	<b>to speak against or to slander another person</b>
----------------------	--

## IV. Is there any hope for healing these wounds?

To heal these wounds, we must go back to the beginning

In the first chapter, we saw that man is separated from God by sin  
**Genesis 3:8**

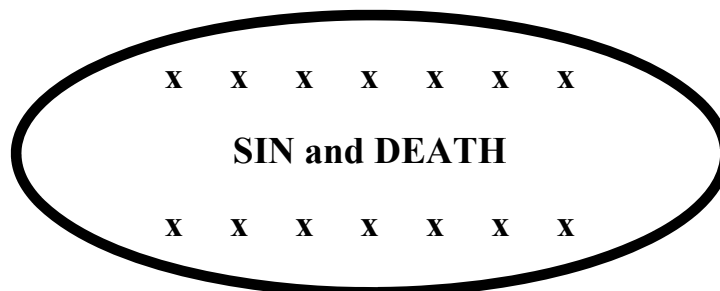
“And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.”



That sin caused spiritual death to spread to all people  
**Romans 5:12**

“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned.”

**Sin and death spread to all people**





**Wounds can never heal in a dead person**

**As a result, the only hope for healing wounds to the spirit is spiritual life  
The Son of God (Christ) came to this world to offer that life**

**John 10:10**

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.”

<b>the thief (Satan)</b>	<b>Christ came</b>
<b>came to steal, to kill and to destroy</b>	<b>to give life to give abundant life</b>

**The only way to give spiritual life to people who are spiritually dead is to remove the sin that separates man from God**

**We cannot get rid of our own sin**

**Isaiah 64:6**

“But we are all like an unclean *thing*, And all our righteousnesses *are* like filthy rags; We all fade as a leaf, And our iniquities, like the wind, Have taken us away.”

**The Father sent Christ (the Lamb of God) to pay for sin**

**John 1:29**

“The next day John saw Jesus coming toward him, and said, "Behold! The Lamb of God who takes away the sin of the world!”

<b>our efforts</b>	<b>God's plan</b>
<b>to get rid of sin are like filthy rags</b>	<b>to pay for sin takes sin away</b>

**The question we need to ask ourselves:**

**Are we depending on our own efforts or on God's plan?**

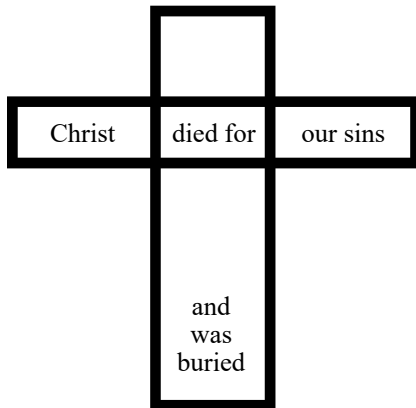
**God's plan was to send Christ to pay the penalty for sin by dying for sin  
Romans 5:8-11**

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. And not only *that*, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.”

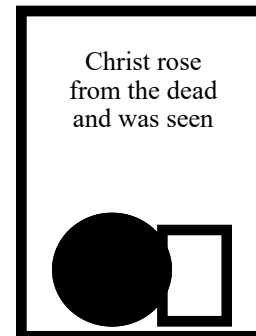
**God showed His love toward us  
while we were still sinners**

**Christ died for our sins on the Cross  
1 Corinthians 15:3-6**

“For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures, and that He was seen by Cephas, then by the twelve. After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep.”



the cross



the empty tomb

**Christ paid for our sins, which makes healing possible  
1 Peter 2:24**

“Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.”

**We can:**



**We receive forgiveness of sins by repentance and faith**

**Acts 20:21**

“Testifying to Jews, and also to Greeks, repentance toward God and faith toward our Lord Jesus Christ.”

**Repentance is a change of mind that causes a person to turn from sin and turn to God for life**

**Acts 26:17-20**

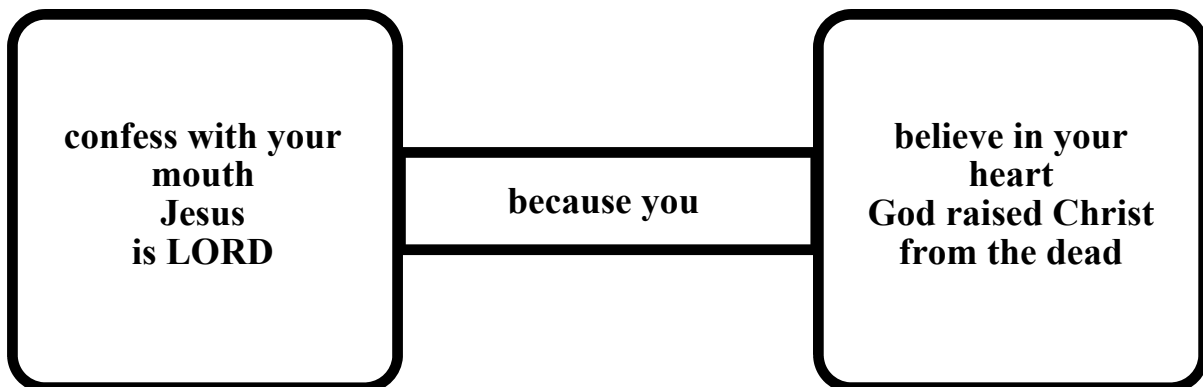
“I will deliver you from the *Jewish* people, as well as *from* the Gentiles, to whom I now send you, to open their eyes, *in order* to turn *them* from darkness to light, and *from* the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me.’ Therefore, King Agrippa, I was not disobedient to the heavenly vision, but declared first to those in Damascus and in Jerusalem, and throughout all the region of Judea, and *then* to the Gentiles, that they should repent, turn to God, and do works befitting repentance.”



**Faith is believing that God raised Christ from the dead so that we place our faith in Him**

**Romans 10:9-10**

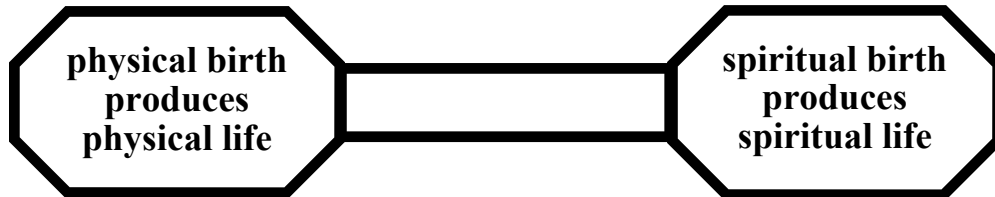
“That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”



**Repentance and faith results in spiritual birth**

**John 3:6-8**

“That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, “You must be born again.” The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit.”



**Christ promised to send the Holy Spirit before He was crucified**

**John 14:16-18**

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.”



**At the moment of spiritual birth, the Holy Spirit comes into our human spirit**

**Romans 8:14-17**

“For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’ The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs -- heirs of God and joint heirs with Christ, if indeed we suffer with *Him*, that we may also be glorified together.”

**The Father sent**



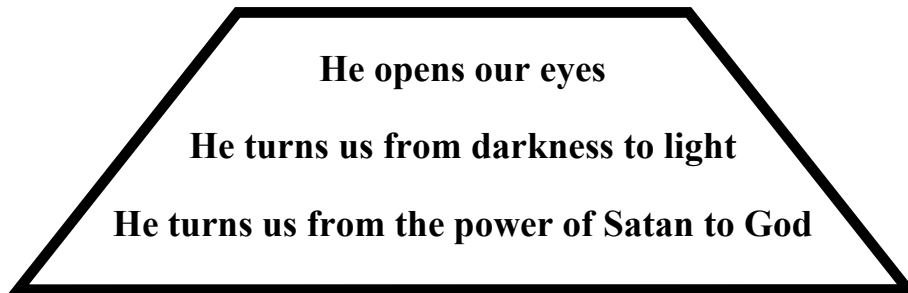
**The Holy Spirit is able to heal all the wounds to our human spirit**

**Some of our past wounds to our spirit were caused by our own sins**

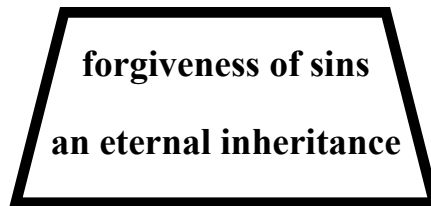
**Acts 26:18**

“““To open their eyes, *in order* to turn *them* from darkness to light, and *from* the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me.”””

**What God does for us at the moment of repentance**



**What God gives us at the moment of repentance**



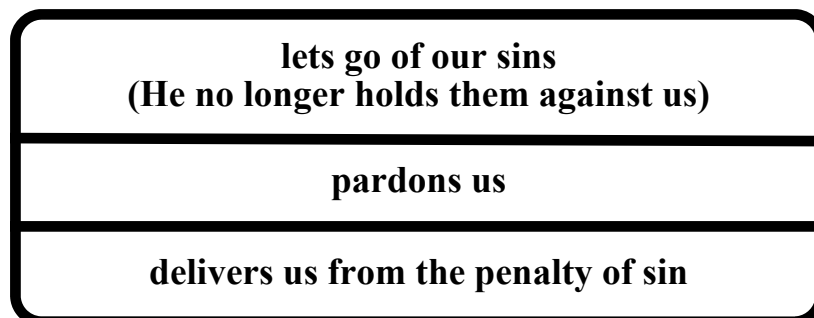
**The word “forgiveness” means *to let go, to pardon and to deliver from the penalty of sin***

**It is translated by the word “liberty” in:**

**Luke 4:18**

“““The Spirit of the LORD *is* upon Me, because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives and recovery of sight to *the* blind, to set at liberty those who are oppressed.”””

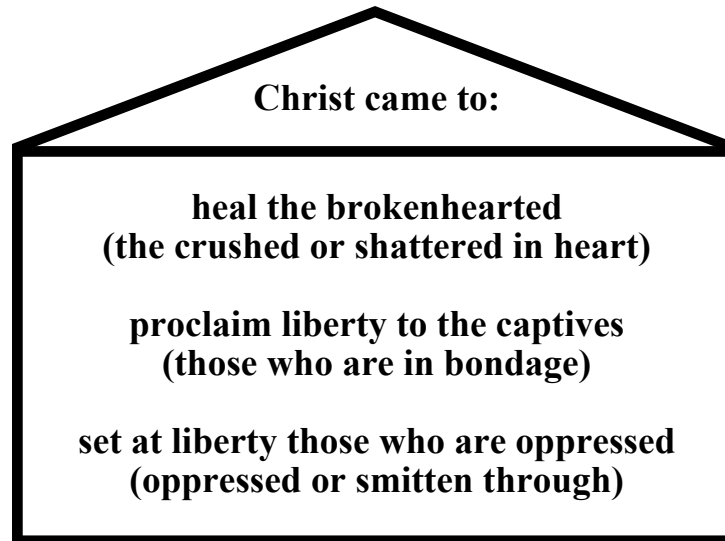
**Because Christ shed His blood for our sins, the Father:**



**The Holy Spirit is also able to heal the wounds to our spirit that are caused by original sin or the sins of others**

**Luke 4:18**

““The Spirit of the LORD *is* upon Me, because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives and recovery of sight to *the* blind, to set at liberty those who are oppressed.””



**Christ gave us the Holy Spirit who can bring healing to wounds**  
**2 Timothy 1:7**

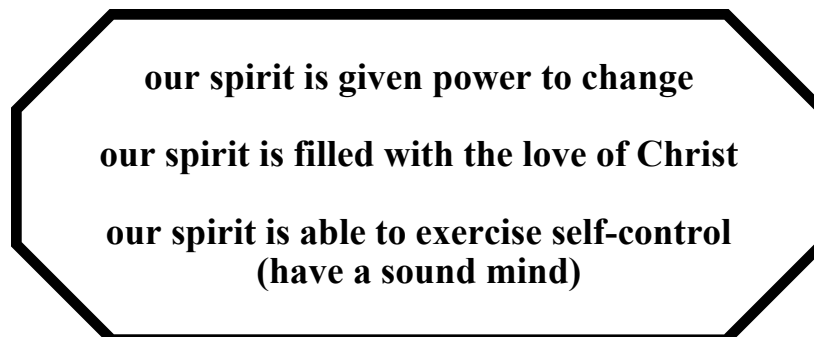
“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

**Before coming to Christ, our spirit was filled with fear**

**fear was one of the things Adam experienced with original sin**

**Once we come to Christ, He places the Holy Spirit in us**

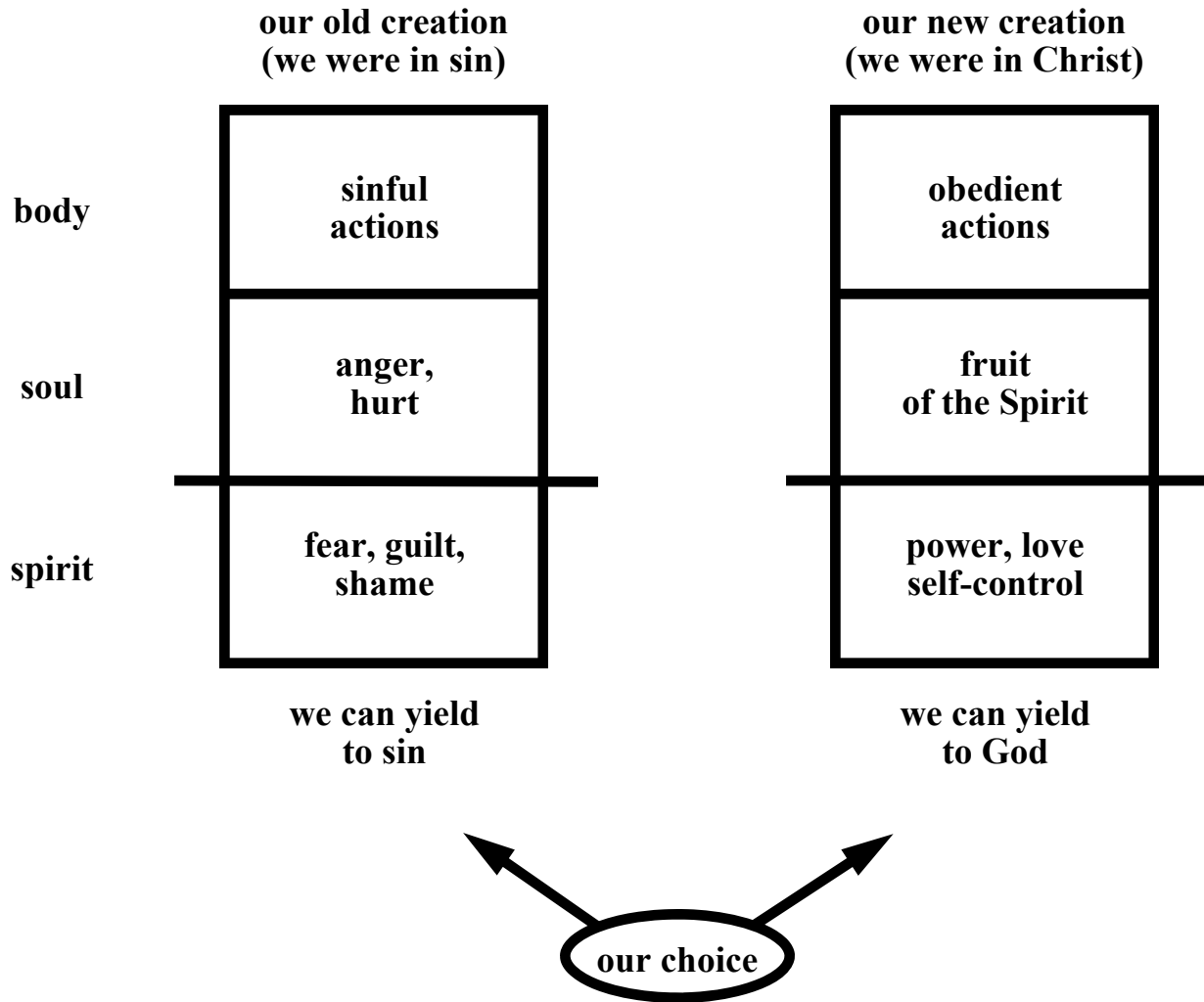
**As we yield our human spirit to the Holy Spirit:**



## V. What is the soil needed for healing?

At the moment we repented of our sin, we were made a New Creation  
**2 Corinthians 5:17**

“Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.”

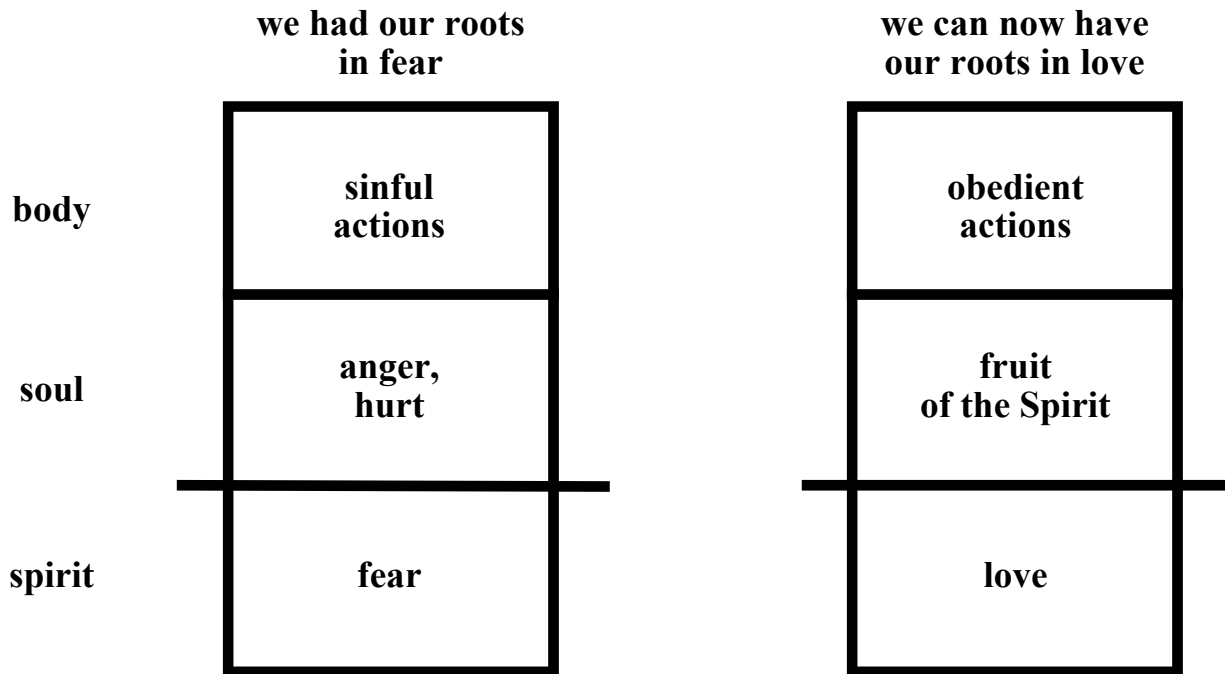


**We now have the power to present ourselves to God**  
**Romans 6:13-16**

“And do not present your members *as* instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members *as* instruments of righteousness to God. For sin shall not have dominion over you, for you are not under law but under grace. What then? Shall we sin because we are not under law but under grace? Certainly not! Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin *leading* to death, or of obedience *leading* to righteousness?”

**Paul prayed that we would be rooted and grounded in love  
Ephesians 3:14-19**

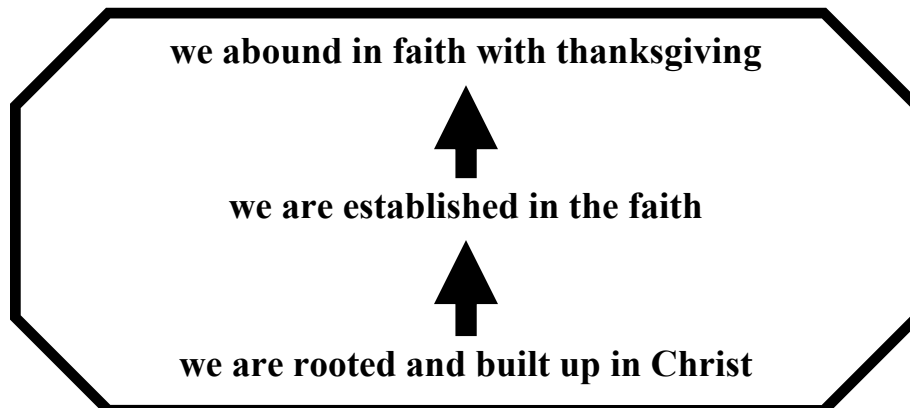
“For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what *is* the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.”



**taking root in the love of Christ happens in the spirit,  
which is why it cannot be understood by the world**

**Being rooted and grounded in love is being rooted and built up in Christ  
Colossians 2:6-7**

“As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.”





## Understanding relationship and fellowship

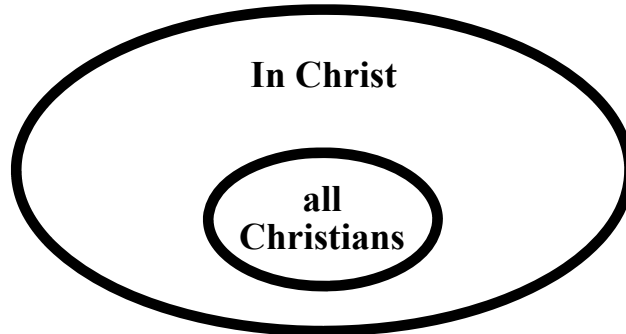
**We established an eternal relationship at the moment of salvation**

**We became children of God**

**John 1:12**

“But as many as received Him, to them He gave the right to become children of God, to those who believe in His name.”

### The Family of God



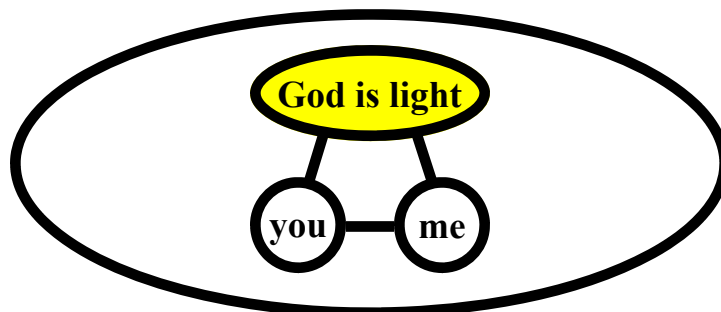
**Because of that relationship, which will never be broken,  
we take root in the love of Christ through fellowship  
(sharing our lives with God)**

**Fellowship happens as we walk in the light**

**1 John 1:3-7**

“That which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ. And these things we write to you that your joy may be full. This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”

### We walk in the light

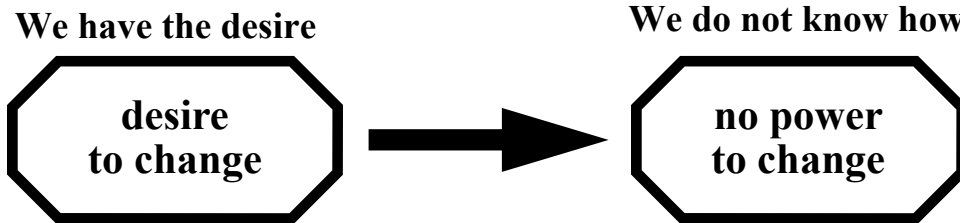


## VI. Can I heal myself?

**We have nothing good in ourselves to heal our wounds**

**Romans 7:18-20**

“For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find. For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice. Now if I do what I will not *to do*, it is no longer I who do it, but sin that dwells in me.”

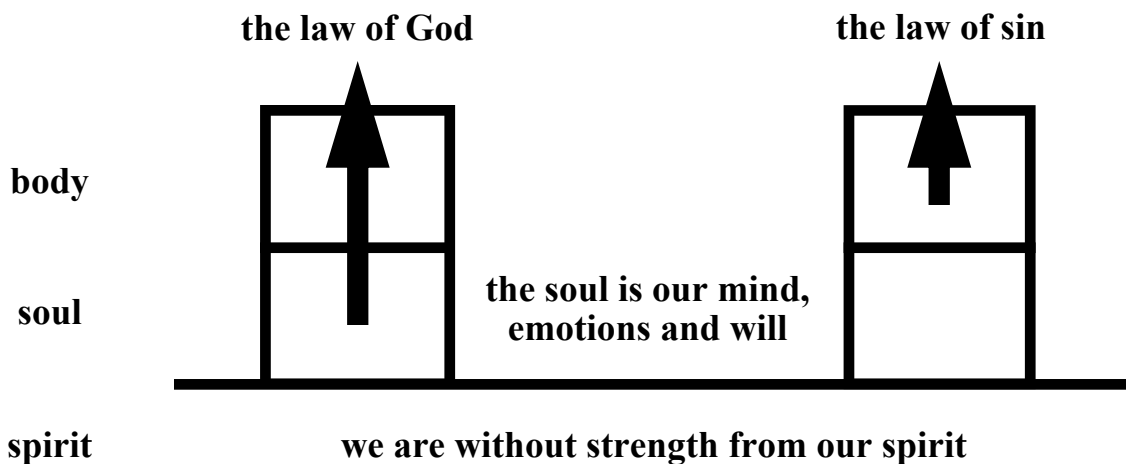


**We feel like failures because we do not know how to change**

**Romans 7:23-25**

“But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.”

**We are actually trying to serve two different laws**



**We need to know certain things and do certain things**

**We need to know that our old man was crucified with Christ**

**Romans 6:6**

“Knowing this, that our old man was crucified with *Him*, that the body of sin might be done away with, that we should no longer be slaves of sin.”



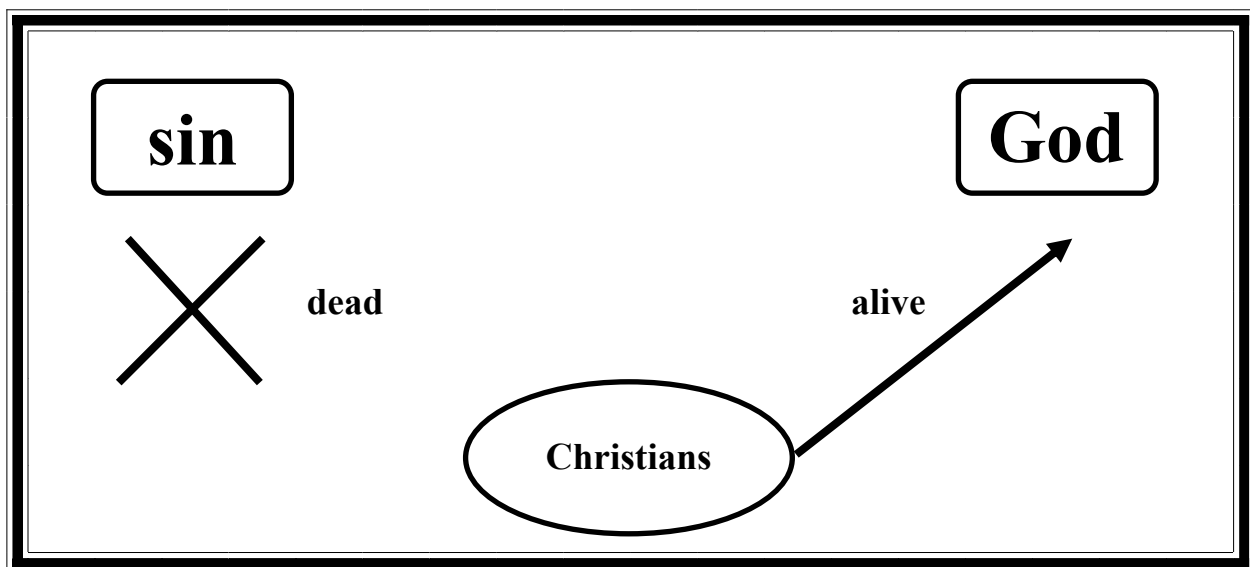
**Colossians 3:9-10**

“Do not lie to one another, since you have put off the old man with his deeds, and have put on the new *man* who is renewed in knowledge according to the image of Him who created him.”

**We are now to act on the fact that we are dead to the control of sin**

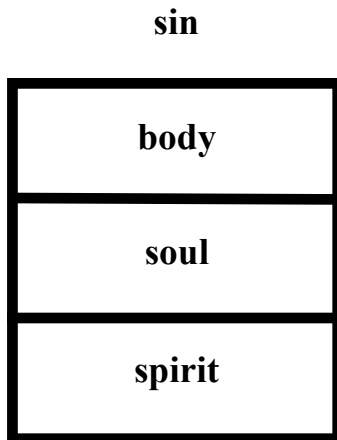
**Romans 6:11**

“Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.”

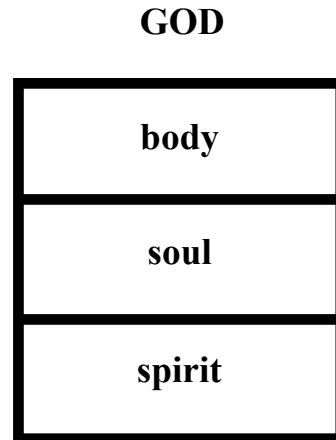


**We are now free to present ourselves to God**  
**Romans 6:13, 16**

“And do not present your members *as* instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members *as* instruments of righteousness to God... Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin *leading* to death, or of obedience *leading* to righteousness?”



If we present ourselves to sin, it will lead to death

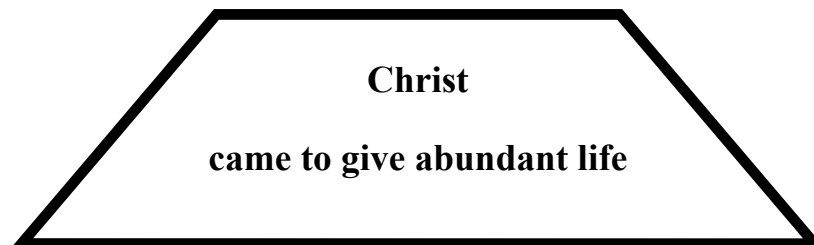


If we present ourselves to God for obedience, it will lead to righteousness

**Presenting ourselves to God allows Him to give us His power to heal the wounds to our spirit**

**Luke 4:18-19**

““The Spirit of the LORD *is* upon Me, because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives and recovery of sight to *the* blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the LORD.””

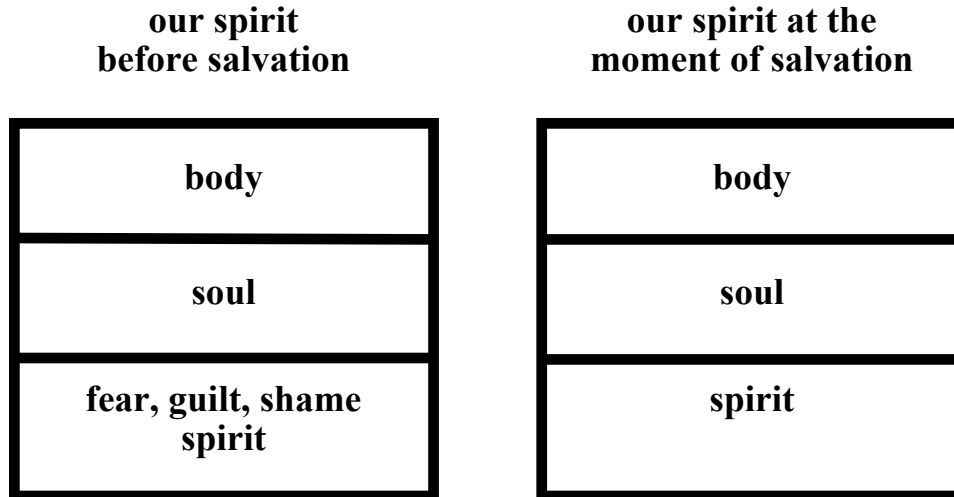


**John 10:10**

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.”

**The Holy Spirit comes into our human spirit at the moment of salvation**  
**Romans 8:14-17**

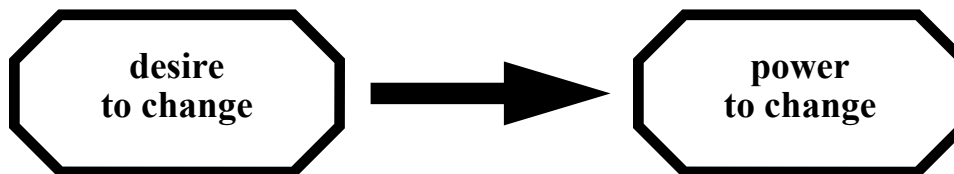
“For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’ The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with *Him*, that we may also be glorified together.”



**The Holy Spirit understands the deepest needs of our human spirit**  
**Romans 8:26-27**

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit *is*, because He makes intercession for the saints according to *the will of God.*”

**The Holy Spirit can give us His power to change**



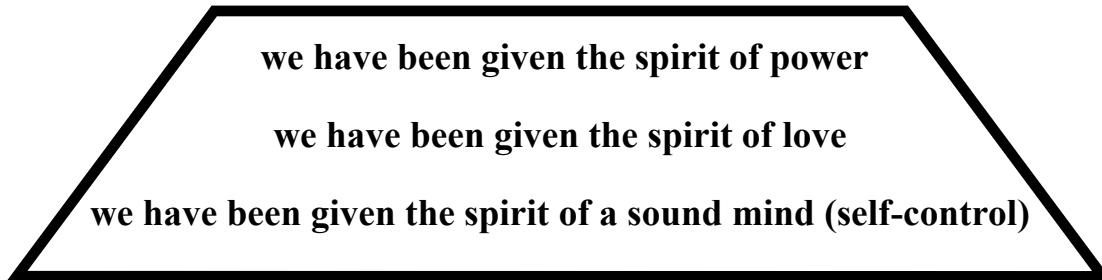
**God has given us the Spirit of power**  
**Acts 1:8**

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

**The Holy Spirit has the power to heal the wounds in the human spirit**

**2 Timothy 1:7**

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”



**The spirit yielded to the Holy Spirit experiences a change from fear to love**

**1 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.”

**What happens when we yield to SIN?**



**What happens when we yield to the Holy Spirit?**



**As Christians,**  
**we are now free to choose to what we yield**

**The Holy Spirit is able to heal the wounds in our human spirit**

**Romans 8:16-17**

“The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs -- heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.”

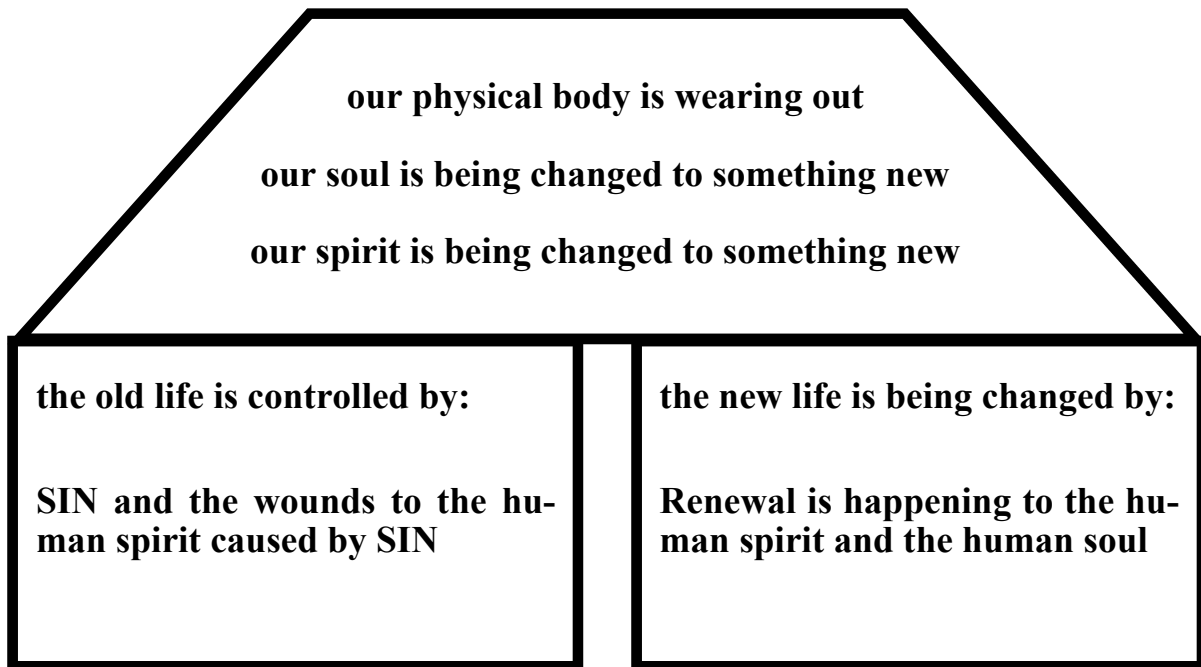


**The Holy Spirit renews our inward man day by day**

**2 Corinthians 4:16**

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day.”

**The Holy Spirit is changing our inward man into a new kind of life**



## VII. How do I deal with the roots that hinder healing?

Sometimes, it seems like the wounds to the spirit won't heal

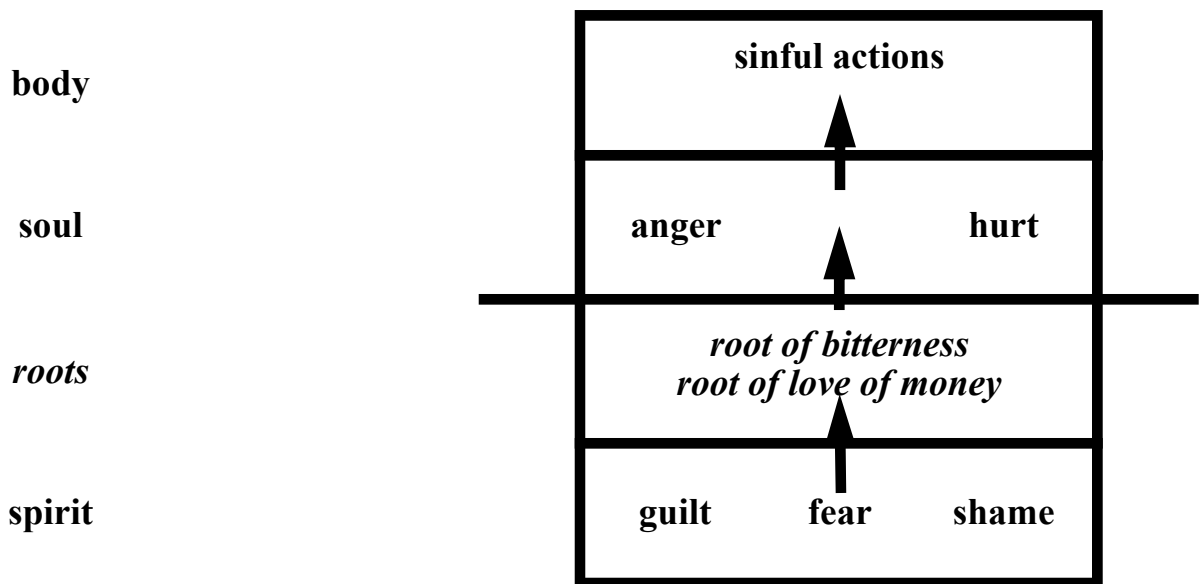
**Galatians 5:1**

“Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.”

Sometimes, we feel like we are still in bondage to fear

**Romans 8:15**

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”



**Root of bitterness**

**Hebrews 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.”

**Root of the love of money**

**1 Timothy 6:10**

“For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.”



## Dealing with stubborn roots

James 5:16

“Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

**When we cannot seem to have victory over certain sins:**

we are to confess our sin to a righteous person that we respect

we are to pray for one another

we can look forward to seeing the Lord give us victory over that sin

**Moving from the sinful action to the root of sin**

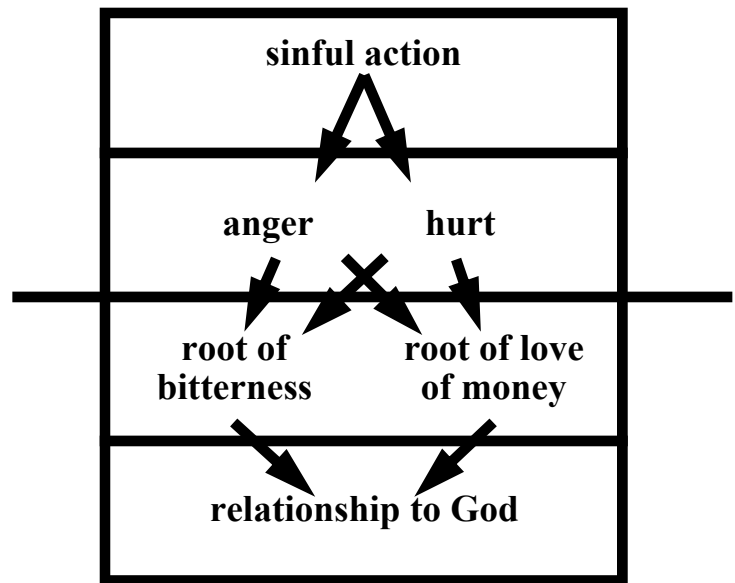
**Questions to ask:**

**What sinful action am I struggling with in my life?**

**Does that action happen when I am angry, hurt or both?**

**Do I have a root of bitterness, a root of love of money or both?**

**What is my relationship with God at this time (close or distant)?**



**Sin makes us feel like we have a heavy burden and are distant from God**

**Psalm 38:4**

“For my iniquities have gone over my head; Like a heavy burden they are too heavy for me.”

**Psalm 38:21-22**

“Do not forsake me, O LORD; O my God, be not far from me! Make haste to help me, O Lord, my salvation!”

## **Dealing with our relationship with God**

### **Psalm 51:1-17**

“Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my transgressions, And my sin *is* always before me. Against You, You only, have I sinned, And done *this* evil in Your sight -- That You may be found just when You speak, *And* blameless when You judge. Behold, I was brought forth in iniquity, And in sin my mother conceived me. Behold, You desire truth in the inward parts, And in the hidden *part* You will make me to know wisdom. Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. Make me hear joy and gladness, *That* the bones You have broken may rejoice. Hide Your face from my sins, And blot out all my iniquities. Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence, And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, And uphold me *by* Your generous Spirit. *Then* I will teach transgressors Your ways, And sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, The God of my salvation, *And* my tongue shall sing aloud of Your righteousness. O Lord, open my lips, And my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give *it*; You do not delight in burnt offering. The sacrifices of God *are* a broken spirit, A broken and a contrite heart -- These, O God, You will not despise.”

### **Steps David took when restoring his fellowship with God:**

**he asked God to show mercy**

**he asked God to forgive and cleanse him**

**he recognized that his real sin was against God**

**he recognized that God wanted truth in his heart**

**he asked God to create a clean heart and renew a right spirit**

**he asked God to restore the joy of his salvation**

**he looked forward to giving praise to God again**

**he recognized that God would accept a broken and contrite heart**

## **Dealing with our root sins**

### **Dealing with a root of bitterness**

**Ephesians 4:30-32**

“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.”

**realize that a root of bitterness grieves the Holy Spirit**

**ask God to give you His strength to put bitterness away from you**

**ask God to give you His strength to become kind toward the one (s)  
to whom you formerly had bitterness**

**ask God to give you a tender heart toward that person (s)**

**ask God to give you His strength to forgive that person (s)**

**realize that the basis of forgiveness is that God forgave you  
because Christ paid the penalty for your sin, and that He will  
give you His strength to forgive others**

### **Dealing with a root of the love of money**

**1 Timothy 6:6-8**

“Now godliness with contentment is great gain. For we brought nothing into *this* world, *and it is* certain we can carry nothing out. And having food and clothing, with these we shall be content.”

**make godliness the goal of your life**

**ask God to give you contentment**

**realize that nothing in this world can be taken out**

**trust the Lord for basic needs**

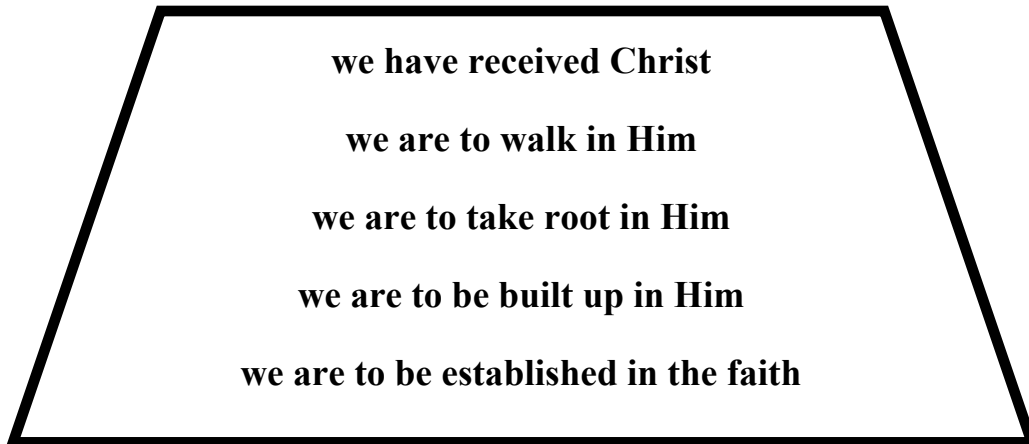
**be content with basic needs being met**

## **Taking root in Christ and His love**

### **Taking root in Christ**

**Colossians 2:6-7**

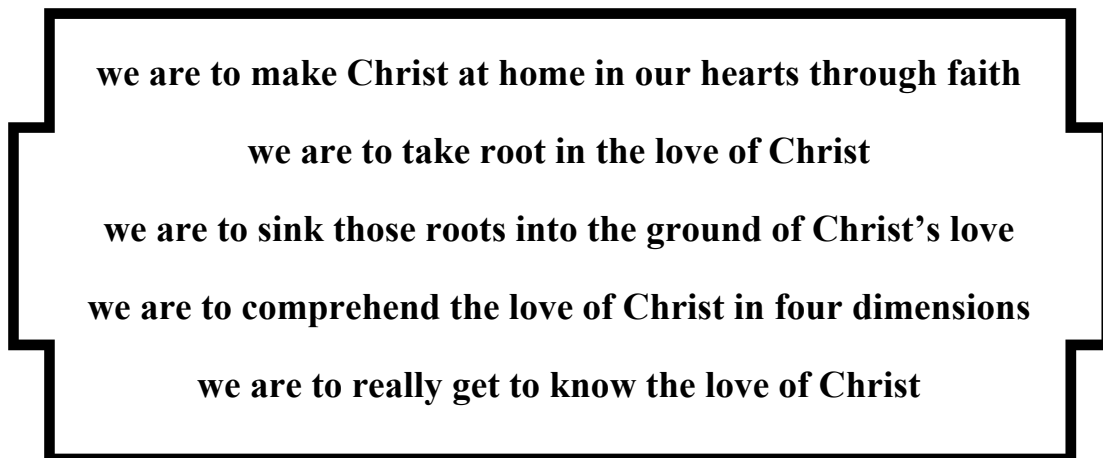
“As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.”



### **Taking root in the love of Christ**

**Ephesians 3:17-19**

“That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what *is* the width and length and depth and height -- to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.”



# VIII. How do I deal with the hurt and anger?

Let's look again at what happened when man sinned

Because of sin, there were great changes to our soul as well as our spirit.  
Understanding how sin affects the three parts of our soul

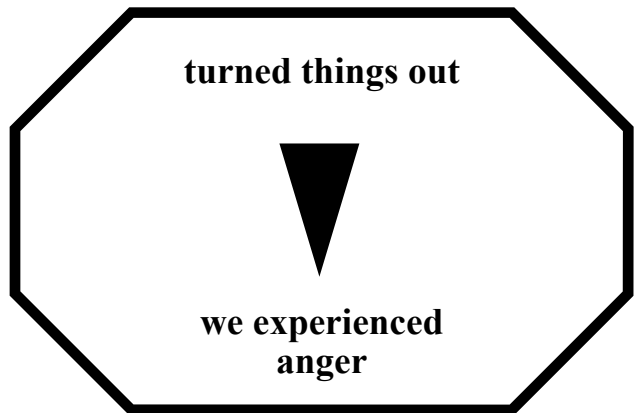
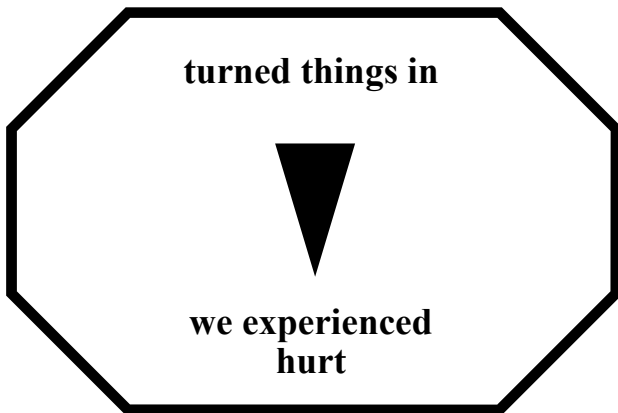
soul

Biblical basis for understanding the soul

mind	the thoughts of man changed - Genesis 6:5 "every intent of the thoughts of his heart was only evil continually"
emotions	the emotions of man changed - Genesis 4:5 "Cain was very angry, and his countenance fell"
will	the will of man changed - Judges 18:26 Judges 21:25 - "everyone did what <i>was</i> right in his own eyes"

As a result of these changes, we reacted in one of two ways

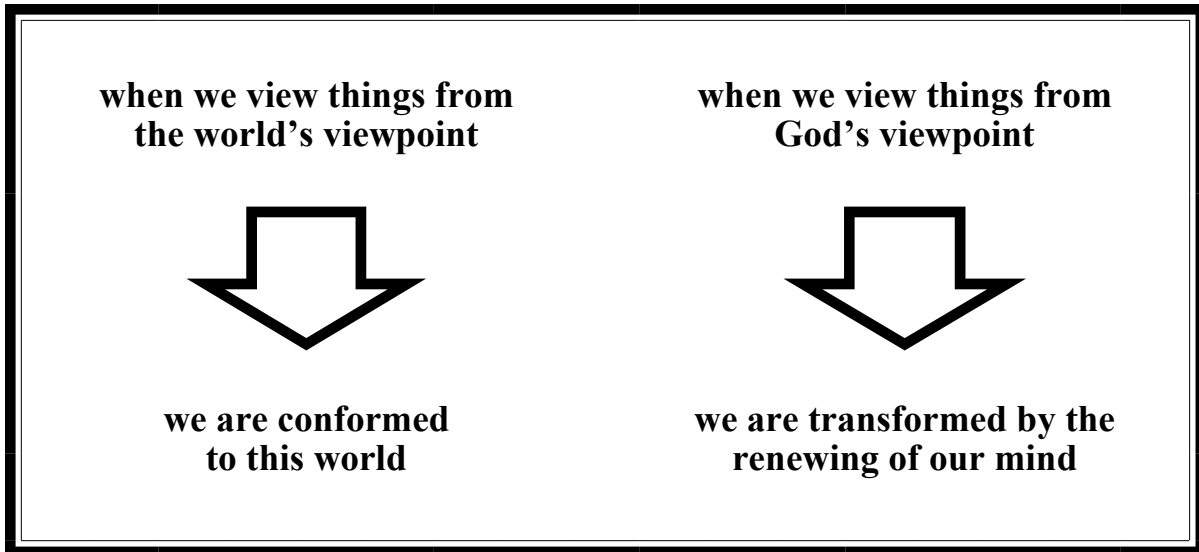
When we faced fears, problems, misunderstandings,  
or others sources of inner conflict, we either:



**The Holy Spirit can give us power to act in different ways  
when we face fears, problems or others sources of inner conflict**

**We need to be transformed in our minds  
Romans 12:2**

“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.”



**It is possible for our minds to be transformed  
Isaiah 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.’”



**Five ways we learn God's thoughts:**

**we hear the Word of God - Romans 10:17**

**we read the Word of God - Revelation 1:3**

**we study the Word of God - 2 Timothy 2:15**

**we memorize the Word of God - Psalm 119:11**

**we meditate on the Word of God - Joshua 1:8; Psalm 1:1-3**

**Learning to meditate on the Word of God  
Joshua 1:8**

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”

**we let the Word of God be in our thoughts**

**we obey what the Word of God says**

**The key to success in life  
Psalm 1:1-3**

“Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the LORD, And in His law he meditates day and night. He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.”

**we delight in the Word of God**

**we meditate on the Word day and night**

**we become like a tree**

**growing  
fruitful  
faithful  
blessed**

**We can be renewed in our inner man  
Colossians 3:8-10**

“But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new *man* who is renewed in knowledge according to the image of Him who created him.”

**we are commanded to put aside anger and its related sins**  
**we are to completely lay aside the old self and its evil practices**  
**we have put on the new man who is being renewed to a true knowledge**

**We have been transformed by the renewing of the Holy Spirit  
Titus 3:5**

“Not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit.”

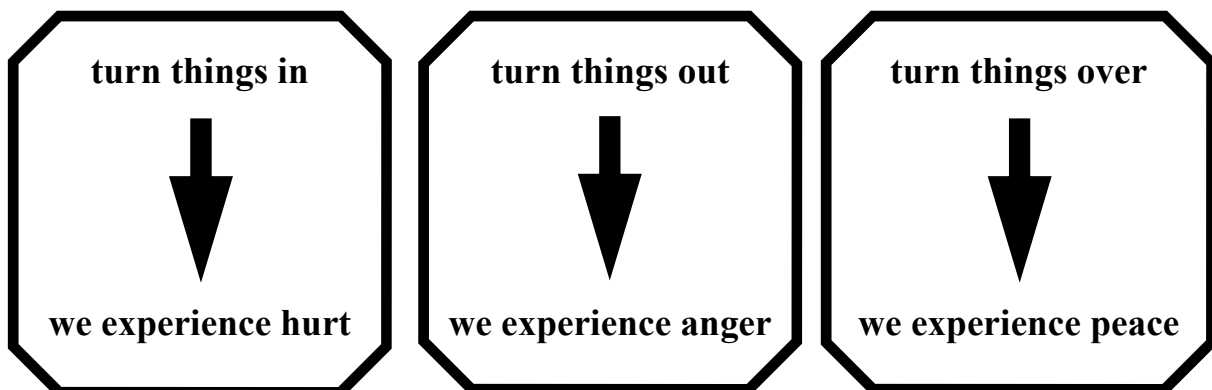
**regeneration was the re-creation of a new life within us**  
**renewal results in a complete change for the better**

**We can now be renewed in our inner man on a daily basis  
2 Corinthians 4:16**

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day.”

**When we face fears, problems, misunderstandings, or other sources of inner conflict, we now have three choices.**

**We can:**





## **IX. How do I walk in the Spirit?**

**We have been called to liberty**

**Galatians 5:13-14**

“For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another. For all the law is fulfilled in one word, *even* in this: ‘You shall love your neighbor as yourself.’”

**We are called to walk in the Spirit**

**Galatians 5:16**

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

**We are called to be led by the Spirit**

**Galatians 5:18**

“But if you are led by the Spirit, you are not under the law.”

**Since we live by Spirit, we can walk in the Spirit**

**Galatians 5:25**

“If we live in the Spirit, let us also walk in the Spirit.”

**When we became Christians, we were set free from the bondage of sin.  
Now, we have the Holy Spirit in us and are to live by the Holy Spirit.**

**we live by the Spirit**

**we are able to walk in the Spirit**

**we are able to be led by the Spirit**

**The Holy Spirit living within our spirit is able to heal our human spirit**

**The Holy Spirit**

**Isaiah 11:2**

“The Spirit of the LORD shall rest upon Him, The Spirit of wisdom and understanding, The Spirit of counsel and might, The Spirit of knowledge and of the fear of the LORD.”

**The seven-fold fullness of the Holy Spirit**

**the Spirit of the LORD  
the Spirit of wisdom  
the Spirit of understanding  
the Spirit of counsel  
the Spirit of might  
the Spirit of knowledge  
the Spirit of the fear of the Lord**

**We can now depend on the Spirit of the LORD**

**2 Corinthians 3:17-18**

“Now the Lord is the Spirit; and where the Spirit of the Lord *is*, there *is* liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”

**the Spirit of the LORD gives us liberty**

**the Spirit of the LORD is transforming us into the image of Christ**

**The Spirit of the LORD will heal the brokenhearted**

**Luke 4:18-19**

“The Spirit of the LORD *is* upon Me, Because He has anointed Me To preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, To proclaim liberty to *the* captives And recovery of sight to *the* blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the LORD.”

**the Spirit of the LORD heals the brokenhearted**

**the Spirit of the LORD gives liberty to the captives and the oppressed**

**We can now depend on the Spirit of wisdom  
James 3:17-18**

“But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace.”

**Characteristics of the wisdom from above:**

**pure**  
truly pure from every fault

**peaceable**  
brings peace with it

**gentle**  
fair, mild and gentle

**willing to yield**  
easily obeying

**full of mercy**  
full of kindness and good will toward the afflicted

**full of good fruits**  
full of works that are excellent

**without partiality**  
does not discriminate or separate self from others

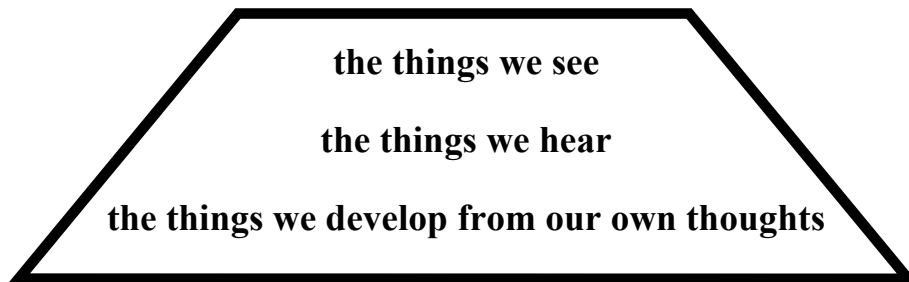
**without hypocrisy**  
wisdom that is sincere and does not deceive

**this kind of wisdom  
is sharing wise sayings that come  
from inner peace and produce peace in others**

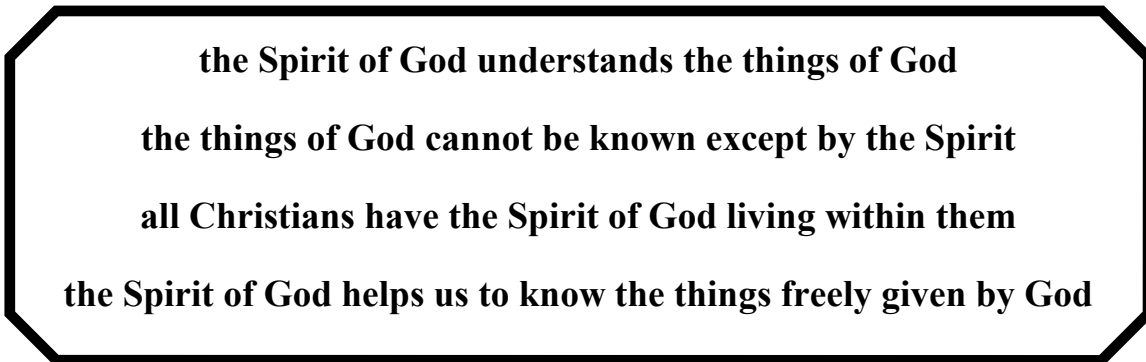
**We can now depend on the Spirit of understanding  
1 Corinthians 2:9-13**

“But as it is written: ‘Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him.’ But God has revealed *them* to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual.”

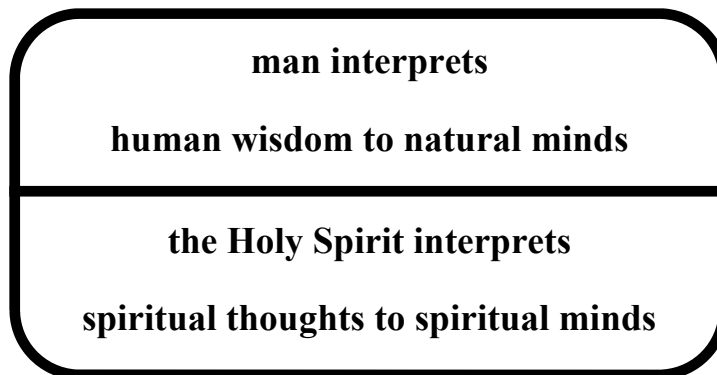
**Spiritual understanding does not come from:**



**Spiritual understanding is revealed to us by the Holy Spirit**



**Two types of interpretation:**



**We can now depend on the Spirit of counsel**

**To help us declare the whole counsel or purpose of God**

**Acts 20:27**

“For I have not shunned to declare to you the whole counsel of God.”

**the Spirit of counsel  
helps us to interpret the Word of God  
to the people of God  
so that they can follow the counsel of God**

**To help us learn to apply wise counsel to ourselves and share it with others**

**Philippians 2:1-4**

“Therefore if *there is* any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, *being* of one accord, of one mind. *Let* nothing *be done* through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.”

**The fellowship of the Spirit makes it possible for people to:**

**become like-minded  
have the same love for one another  
to be of one accord  
to be of one mind  
to avoid selfish ambition  
to avoid conceit  
to have a humble attitude  
to respect others as better than themselves  
(care for the interests of others)**

**We can depend on the Spirit of might or power**

**God has given us the Spirit of power**

**Acts 1:8**

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

**The Spirit of might gives us power to share Christ**

**in our Jerusalem  
among our friends and acquaintances**

**in our Judea  
among others of our ethnic or cultural background**

**in our Samaria  
among those of a different ethnic or cultural background**

**to the ends of the earth  
among those of different languages, cultures and religions**

**The Spirit of might gives us boldness to speak**

**Ephesians 6:18-20**

“Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints -- and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.”

**we pray in the Spirit**

**we pray for the words to speak**

**we pray for boldness to speak**

**we share the good news of the Gospel with boldness**

**we are able to be obedient to God by speaking**

**We can depend on the Spirit of knowledge**

**The Spirit of knowledge helps us to come to a full knowledge of Christ  
Ephesians 4:13**

“Till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.”

**this knowledge helps us to grow to spiritual maturity**

**this knowledge helps us to grow in Christlikeness**

**The Spirit of knowledge helps us to know the will of God  
Colossians 1:9-10**

“For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God.”

**the knowledge of His will is given with wisdom**

**the knowledge of His will is given with all spiritual understanding**

**the knowledge of His will helps us to walk worthy of God**

**the knowledge of His will helps us to fully please Him**

**the knowledge of His will makes us fruitful in every good work**

**the knowledge of His will causes us to increase in the knowledge of God**

**The Spirit of knowledge dwells in the new man  
Colossians 3:9-10**

“Do not lie to one another, since you have put off the old man with his deeds, and have put on the new *man* who is renewed in knowledge according to the image of Him who created him.”

**the new man is renewed in knowledge**

**the new man is becoming like the image of Christ, our Creator**

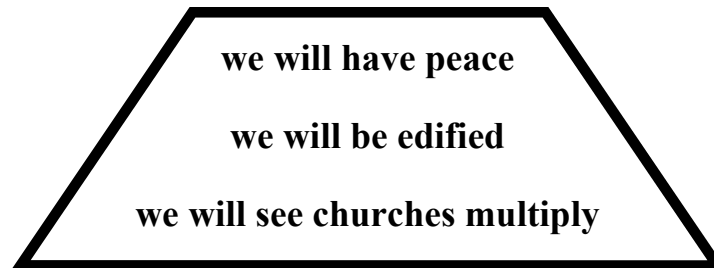
**We can depend on the Spirit of the fear of the Lord**

**We are to walk in the fear of the Lord**

**Acts 9:31**

“Then the churches throughout all Judea, Galilee, and Samaria had peace and were edified. And walking in the fear of the Lord and in the comfort of the Holy Spirit, they were multiplied.”

**When we walk in the fear of the Lord and the comfort of the Holy Spirit**



**The fear of the Lord casts out the fear of man**

**1 John 4:13, 16-18**

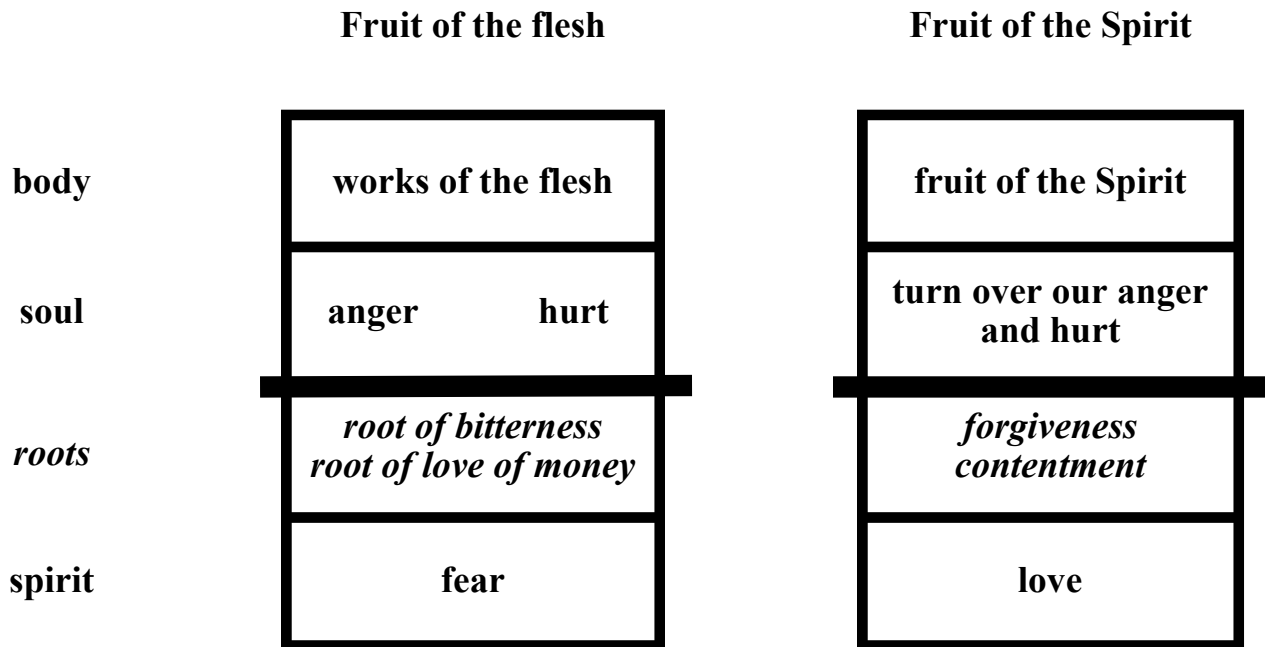
“By this we know that we abide in Him, and He in us, because He has given us of His Spirit... And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. 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.”





# X. How do the roots affect the fruit?

## The fruit of the flesh and the fruit of the Spirit

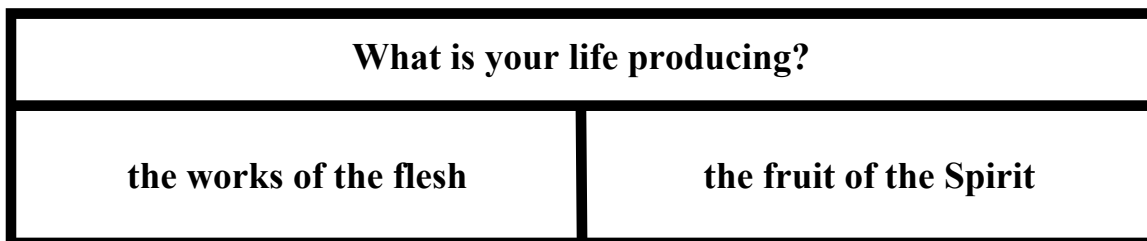


### Works of the flesh Galatians 5:19-21

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.”

### Fruit of the Spirit Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

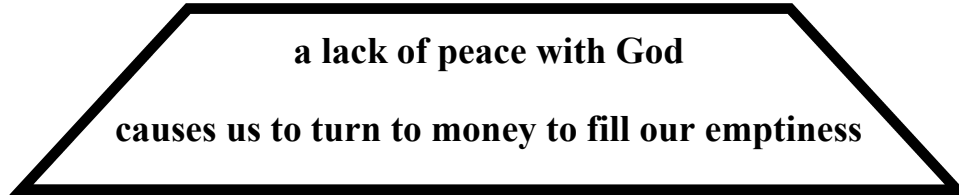


## Understanding what happens when we are controlled by fear

**Fear causes a love of money or bitterness to take root in our spirit**

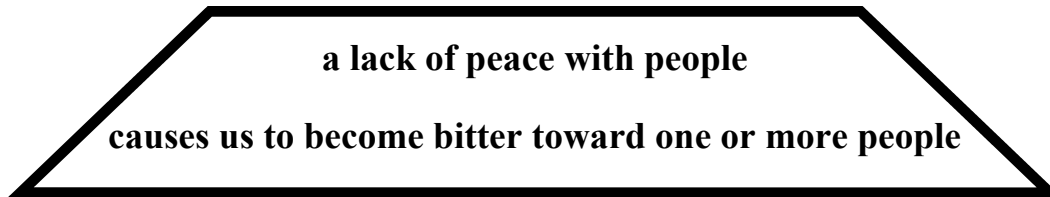
**1 Timothy 6:10**

“For the love of money is a root of all *kinds of* evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.”



**Hebrews 12:14-15**

“Pursue peace with all *people*, and holiness, without which no one will see the Lord: 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.”



**Fear also affects our attitudes**

**It produces selfishness in our heart**

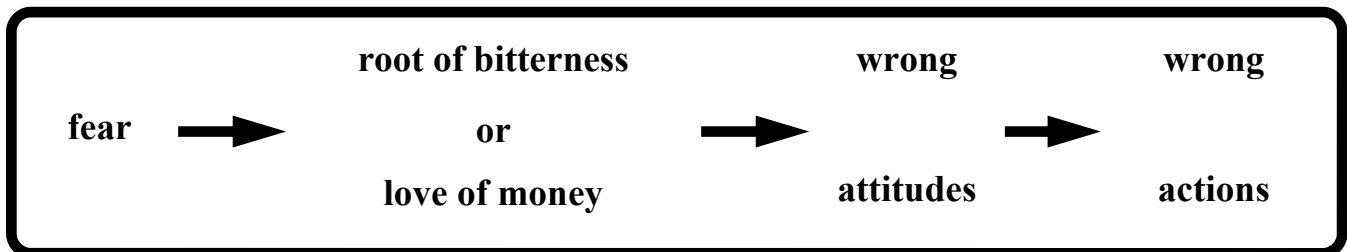
**James 3:14, 16**

“But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth... For where envy and self-seeking *exist*, confusion and every evil thing *are* there.”

**Selfishness in our hearts soon produces selfishness in our words and actions**

**2 Corinthians 12:20**

“For I fear lest, when I come, I shall not find you such as I wish, and *that* I shall be found by you such as you do not wish; lest *there be* contentions, jealousies, outbursts of wrath, selfish ambitions, backbitings, whisperings, conceits, tumults.”



## Understanding what happens when we are controlled by love

### Love becomes the thing that motivates our lives

**2 Corinthians 5:14-15**

“For the love of Christ compels us, because we judge thus: that if One died for all, then all died; and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.”

### Love causes us to forgive others

**Ephesians 4:32**

“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.”

### Love causes us to be content

**1 Timothy 6:6-8**

“Now godliness with contentment is great gain. For we brought nothing into *this* world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.”

### Love causes us to turn our cares over to Christ

**Matthew 11:28-30**

“Come to Me, all *you* who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke *is* easy and My burden is light.”

### Love causes us to serve one another

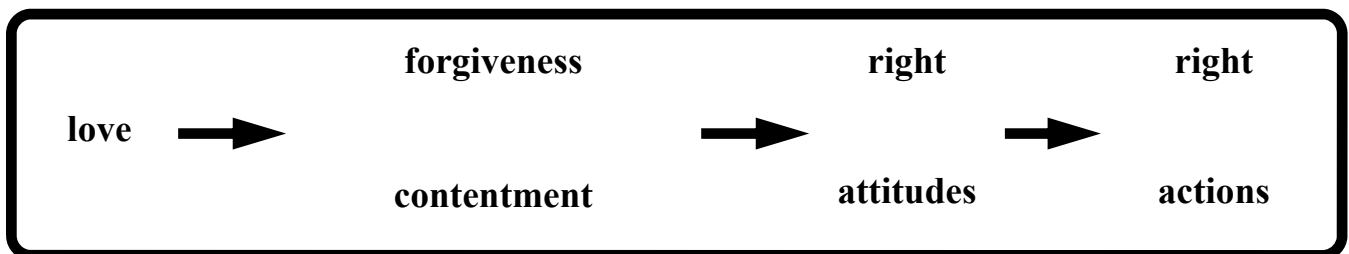
**Galatians 5:13**

“For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another.”

### Love casts out fear

**1 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.”



## The characteristics of love and fear contrasted

### Love defined 1 Corinthians 13:4-8a

“Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.”

#### **LOVE**

**is patient**

**is kind**

**does not envy**

**does not boast about self**

**is not proud**

**does not behave rudely**

**does not demand its own way**

**is not provoked**

**does not keep an account  
of past wrongs**

**does not rejoice in evil**

**rejoices in the truth**

**bears all things**

**believes all things**

**has a quiet hope and confidence**

**perseveres in all things**

**never fails**

#### **FEAR**

**is patient**

**is not kind**

**desires what others have**

**boasts about self**

**is proud**

**behaves rudely**

**demands its own way**

**is easily provoked**

**keeps an account  
of past wrongs**

**thinks, feels and does evil**

**is not concerned about truth**

**talks of the failures of others**

**is controlled by doubts**

**is without hope**

**does not persevere**

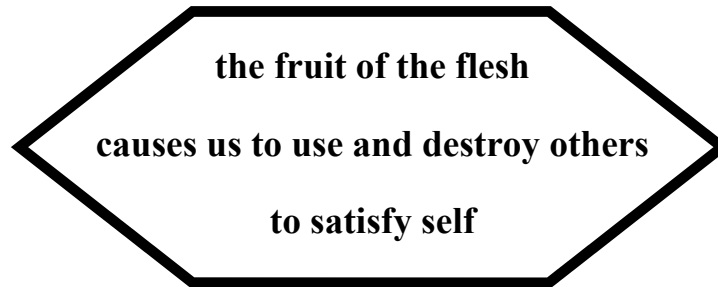
**fails**

## The fruit of the flesh and the fruit of the Spirit

### The fruit (works) of the flesh

**Galatians 5:19-21**

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.”

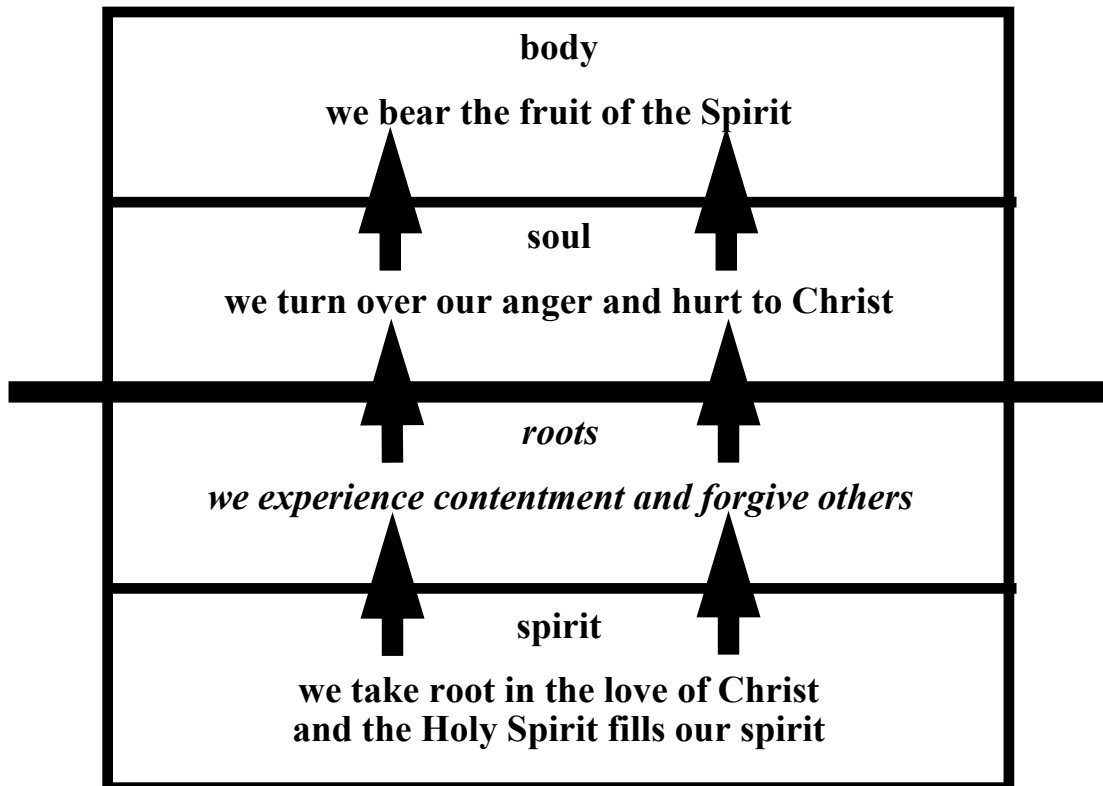


### The fruit of the Spirit

**Galatians 5:22-23**

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

### Roots in the love of Christ cause us to bear the fruit of the Spirit



# **XI. How do I continue to grow?**

## **God compares spiritual growth to physical growth**

### **We begin as spiritual newborns**

**1 Peter 2:2**

“As newborn babes, desire the pure milk of the word, that you may grow thereby.”

### **The spiritual newborn needs the nurturing care of a godly spiritual parent**

**1 Thessalonians 2:7-9**

“But we were gentle among you, just as a nursing *mother* cherishes her own children. So, affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives, because you had become dear to us. For you remember, brethren, our labor and toil; for laboring night and day, that we might not be a burden to any of you, we preached to you the gospel of God.”

### **The spiritual newborn needs the example of a godly spiritual parent**

**1 Thessalonians 2:10-12**

“You *are* witnesses, and God *also*, how devoutly and justly and blamelessly we behaved ourselves among you who believe; as you know how we exhorted, and comforted, and charged every one of you, as a father *does* his own children, that you would walk worthy of God who calls you into His own kingdom and glory.”

## **A godly spiritual parent is a Christian who:**

**has a gentle attitude**

**is willing to share time with you personally**

**shows love to you**

**provides an example for you to follow**

**helps you learn to walk in a way that pleases God**

**Scripture talks about the spiritual child that cannot speak clearly (toddler)**

**1 Corinthians 3:1-3**

“And I, brethren, could not speak to you as to spiritual *people* but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able; for you are still carnal. For where *there are* envy, strife, and divisions among you, are you not carnal and behaving like *mere men*?”

**1 Corinthians 13:11**

“When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.”

**Ephesians 4:14**

“That we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting.”

**Hebrews 5:11-14**

“Of whom we have much to say, and hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need *someone* to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes *only* of milk *is* unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, *that is*, those who by reason of use have their senses exercised to discern both good and evil.”

**Ten characteristics of Spiritual toddlers:**

**acts like one who is not a Christian - 1 Corinthians 3:1**  
**not able to understand difficult teachings - 1 Corinthians 3:2**  
**experiences envying, strife and divisions - 1 Corinthians 3:3**  
**talk, understanding and thinking of spiritual things is limited -**  
**1 Corinthians 13:11**  
**tossed to and fro by every false teaching - Ephesians 4:14**  
**easily deceived by false teachers - Ephesians 4:14**  
**dull of hearing to spiritual truth - Hebrews 5:11**  
**needs to be retaught the basics of Christianity - Hebrews 5:12**  
**unskillful in the word of righteousness - Hebrews 5:13**  
**senses are not developed to recognize good and evil - Hebrews 5:14**

**Spiritual toddlers started to grow and then stopped growing**

## Why does a Christian stop growing and remain a spiritual toddler?

### A lack of spiritual parents

1 Corinthians 4:15-17

“For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel. Therefore I urge you, imitate me. For this reason I have sent Timothy to you, who is my beloved and faithful son in the Lord, who will remind you of my ways in Christ, as I teach everywhere in every church.”

### Instructors or Parents

#### Instructors

an instructor was originally a slave who took a child to school

an instructor focuses on the completion of his task

#### Parents

a parent has a concern for the total development of his children

a parent focuses on the needs of his children

### A lack of spiritual understanding

1 Corinthians 13:11

“When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.”

understanding is limited in a toddler

relating spiritual truths to one another is difficult for a toddler

### A return to the patterns of a toddler

Hebrews 5:11-13

“Of whom we have much to say, and hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes *only* of milk *is* unskilled in the word of righteousness, for he is a babe.”

a person becomes dull of hearing  
that person needs to be retaught the basics



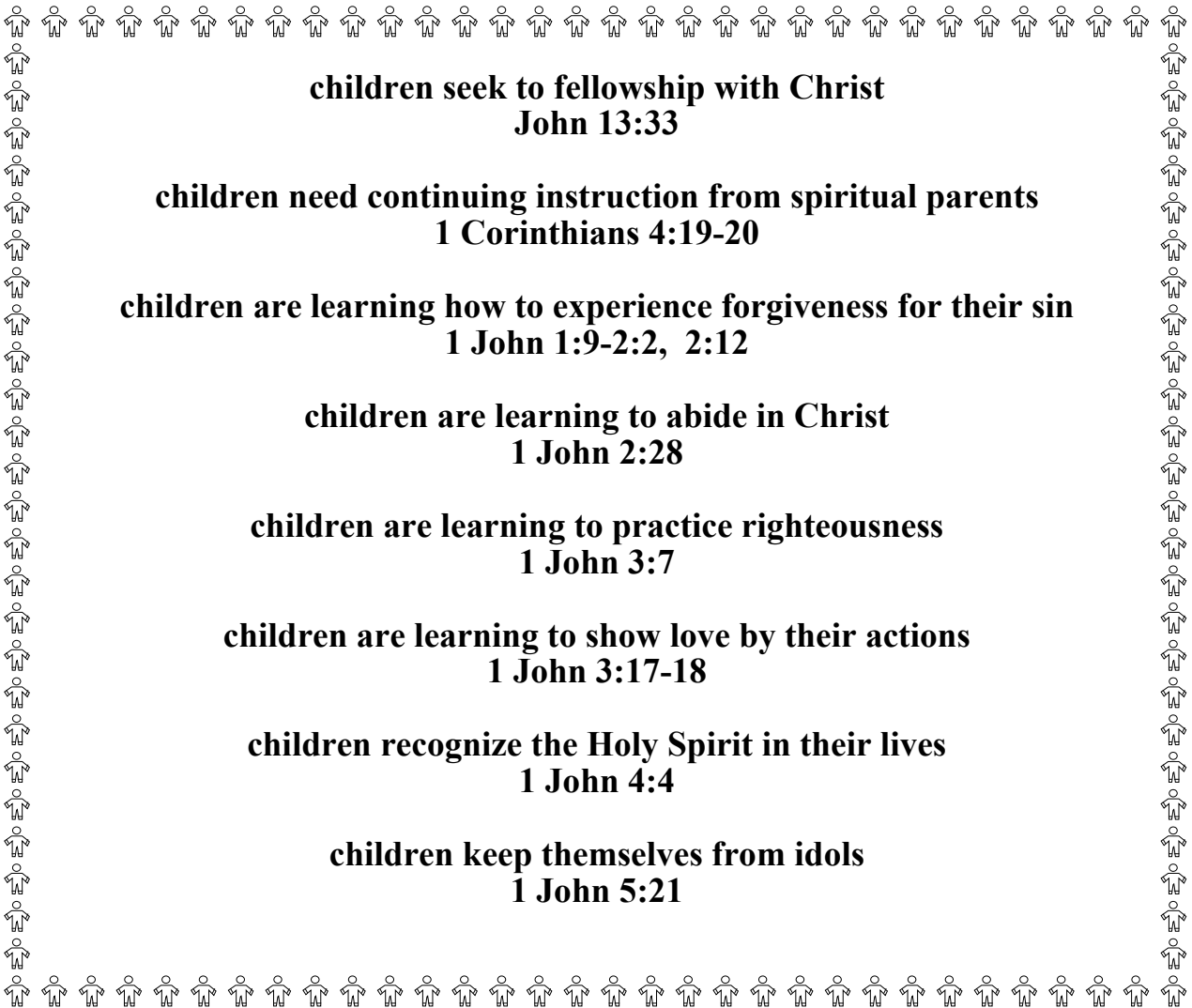
**God wants us to grow and become spiritual children**

**1 John 2:12-14**

“I write to you, little children, because your sins are forgiven you for His name's sake. I write to you, fathers, because you have known Him *who is* from the beginning. I write to you, young men, because you have overcome the wicked one. I write to you, little children, because you have known the Father. I have written to you, fathers, because you have known Him *who is* from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one.”

**a spiritual child knows that his sins are forgiven**  
**a spiritual child knows the Father**

**Characteristics of spiritual children**



**children seek to fellowship with Christ**  
**John 13:33**

**children need continuing instruction from spiritual parents**  
**1 Corinthians 4:19-20**

**children are learning how to experience forgiveness for their sin**  
**1 John 1:9-2:2, 2:12**

**children are learning to abide in Christ**  
**1 John 2:28**

**children are learning to practice righteousness**  
**1 John 3:7**

**children are learning to show love by their actions**  
**1 John 3:17-18**

**children recognize the Holy Spirit in their lives**  
**1 John 4:4**

**children keep themselves from idols**  
**1 John 5:21**

**God wants us to grow and become spiritual youth**

**1 John 2:12-14**

“I write to you, little children, because your sins are forgiven you for His name's sake. I write to you, fathers, because you have known Him *who is* from the beginning. I write to you, young men, because you have overcome the wicked one. I write to you, little children, because you have known the Father. I have written to you, fathers, because you have known Him *who is* from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one.”

**spiritual youth are strong**

**spiritual youth have the Word of God abiding in them**

**spiritual youth have consistent victory over Satan**

**Spiritual youth follow the growth pattern of Christ**

**Luke 2:40**

“And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him.”

**Luke 2:52**

“And Jesus increased in wisdom and stature, and in favor with God and men.”

**spiritual youth are learning to depend on the power of the Holy Spirit**

depend on our own human spirit and we experience Romans 7:14-25

depend on the Holy Spirit and we experience Romans 8:1-39

**spiritual youth are learning to seek the wisdom of God**

**James 1:5**

**spiritual youth are experiencing the grace of God in their lives**

**Colossians 2:1-3**

**spiritual youth are growing in their relationship with God**

**John 15:1-17**

**spiritual youth are growing in their relationship with other people**

**John 13:34-35**

**God wants us to grow and become spiritual parents**

**1 John 2:12-14**

“I write to you, little children, because your sins are forgiven you for His name's sake. I write to you, fathers, because you have known Him *who is* from the beginning. I write to you, young men, because you have overcome the wicked one. I write to you, little children, because you have known the Father. I have written to you, fathers, because you have known Him *who is* from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one.”

**spiritual young men know the Word of God**

**spiritual fathers know the God of the Word**

**Spiritual parents provide several important things to their spiritual children**

**1 Corinthians 4:14-17**

“I do not write these things to shame you, but as my beloved children I warn *you*. For though you might have ten thousand instructors in Christ, yet *you do not have many fathers*; for in Christ Jesus I have begotten you through the gospel. Therefore I urge you, imitate me. For this reason I have sent Timothy to you, who is my beloved and faithful son in the Lord, who will remind you of my ways in Christ, as I teach everywhere in every church.”

**spiritual parents do not shame their spiritual children**

**spiritual parents warn their spiritual children**

**spiritual parents are not just instructors**

**spiritual parents commit themselves to spiritual children**

**spiritual parents provide an example to follow**

**spiritual parents provide ongoing care**

**spiritual parents develop faithful spiritual children**

**spiritual parents focus on their ways (actions)**

**spiritual parents provide consistent teaching**

## XII. How can I begin to help others?

**We are called to serve (minister) to one another**  
**Galatians 5:13**

“For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another.”

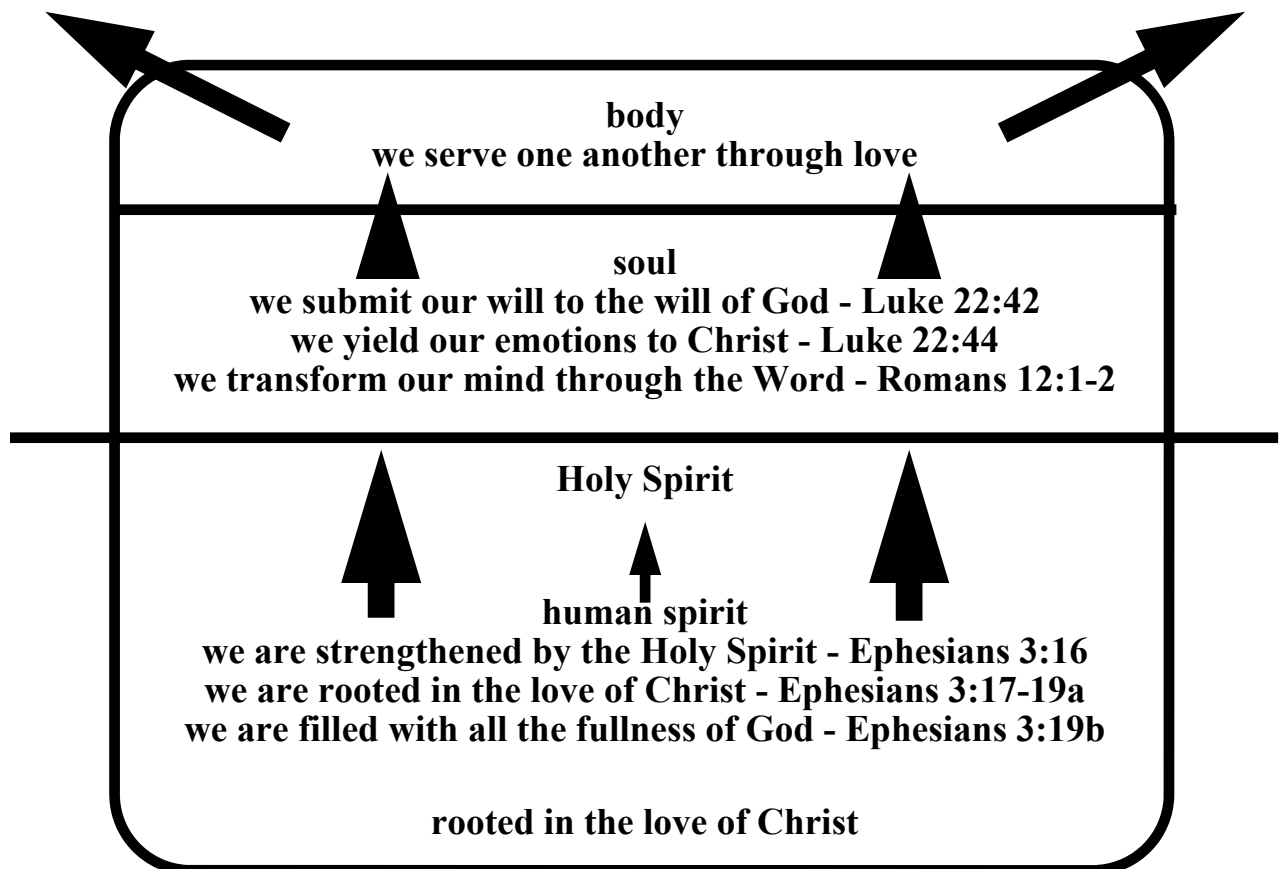
**Scripture gives us thirty-one ways to help and serve one another**

**These thirty-one things allow the love of God to flow through our lives**  
**John 13:34-35**

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

Others

Others



## The “one anothers” require relationships

You



Me

### 1. Accept one another

**Romans 15:7**

“Therefore receive (accept) one another, just as Christ also received (accepted) us, to the glory of God.”

**Christ gives us strength to accept one another to take to oneself, signifying a special interest or welcome on the part of the receiver**

### 2. Admonish one another

**Romans 15:14**

“Now I myself am confident concerning you, my brethren, that you also are full of goodness, filled with all knowledge, able also to admonish one another.”

**Colossians 3:16**

“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”

**Christ calls us to admonish one another instruction that is primarily a warning against things that are wrong**

### 3. Bear one another’s burdens

**Galatians 6:2**

“Bear one another's burdens, and so fulfill the law of Christ.”

**Christ calls us to be burden bearers to bear the weights that are pressing down on another, especially spiritual burdens**

#### 4. Bear with one another

**Ephesians 4:2**

“With all lowliness and gentleness, with longsuffering, bearing with one another in love.”

**Colossians 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*.”

**Christ gives us strength to hold up one another  
to hold up against a thing and so to bear with or endure**

#### 5. Build up one another

**Romans 14:19**

“Therefore let us pursue the things *which make* for peace and the things by which one may edify (build up) another.”

**1 Thessalonians 5:11**

“Therefore comfort each other and edify (build up) one another, just as you also are doing.”

**Christ calls us to help each other grow  
to promote the spiritual growth and development of  
character of believers, by example and by teaching,  
suggesting such spiritual progress is the result of  
patient labor**

#### 6. Care for one another

**1 Corinthians 12:25**

“That there should be no schism in the body, but *that* the members should have the same care for one another.”

**Christ calls for us to care for one another  
to have a great concern for others, which causes us to  
share ourselves with one another**

**7. Comfort one another**

**1 Thessalonians 4:18**

“Therefore comfort one another with these words.”

**1 Thessalonians 5:11**

“Therefore comfort each other and edify one another, just as you also are doing.”

**Hebrews 3:13**

“But exhort one another daily, while it is called Today, lest any of you be hardened through the deceitfulness of sin.”

**Hebrews 10:25**

“Not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.”

**Christ calls us to comfort and encourage one another  
to come to the side of another and provide comfort, encouragement or  
exhortation**

**8. Be comforted together through faith in one another**

**Romans 1:12**

“That is, that I may be encouraged together with you by the mutual faith both of you and me.”

**Christ calls us to have faith in one another  
to encourage one another by the mutual faith that we have  
in one another, as well as our joint faith in the Lord**

**9. Have compassion one of another**

**1 Peter 3:8**

“Finally, all *of you be* of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* courteous.”

**Christ calls us to have compassion for one another  
to suffer with another**

**10. Confess your sins to one another**

**James 5:16**

“Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

**Christ calls us to confess our sins to one another  
to confess openly and freely**

**11. Be devoted to one another**

**Romans 12:10**

“*Be* kindly affectionate (devoted) to one another with brotherly love, in honor giving preference to one another.”

**Christ calls us to be devoted to one another  
to have a tender love for one another such as the love of  
parents for children and children for parents**

**12. Fellowship with one another**

**1 John 1:7**

“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”

**Christ calls us to fellowship with one another  
the sharing together of our lives**

**13. Forgive one another**

**Ephesians 4:32**

“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.”

**Colossians 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*.”

**Christ calls us to forgive one another  
to bestow a favor unconditionally so that things from  
the past are not held against another person**



**14. Seek what is good for one another and for all men**  
**1 Thessalonians 5:15**

“See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.”

**Christ calls us to seek what is good for one another  
that which is good in its character and beneficial in its effect**

**15. Greet one another**  
**Romans 16:16**

“Greet one another with a holy kiss. The churches of Christ greet you.”

**1 Corinthians 16:20**

“All the brethren greet you. Greet one another with a holy kiss.”

**2 Corinthians 13:12**

“Greet one another with a holy kiss.”

**1 Peter 5:14**

“Greet one another with a kiss of love. Peace to you all who are in Christ Jesus. Amen.”

**Christ calls us to greet one another  
to greet, welcome and make feel comfortable**

**16. Be hospitable to one another**  
**1 Peter 4:9**

“*Be* hospitable to one another without grumbling.”

**Christ calls us to make others feel comfortable  
to show love to a guest**

**17. Clothe yourselves with humility toward one another**  
**1 Peter 5:5**

“Likewise you younger people, submit yourselves to *your* elders. Yes, all of *you* be submissive to one another, and be clothed with humility, for ‘God resists the proud, But gives grace to the humble.’”

**Christ calls us to be humble toward one another  
to make yourself low of mind and show respect to one another**

## **18. Be kind to one another**

**Ephesians 4:32**

“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.”

**Christ calls us to be kind to one another  
to be good, pleasant and gracious, even to those who are  
ungrateful and evil**

## **19. Love one another**

**John 13:34-35**

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

**John 15:12**

“This is My commandment, that you love one another as I have loved you.”

**John 15:17**

“These things I command you, that you love one another.”

**Romans 13:8**

“Owe no one anything except to love one another, for he who loves another has fulfilled the law.”

**1 Thessalonians 4:9-10**

“But concerning brotherly love you have no need that I should write to you, for you yourselves are taught by God to love one another; and indeed you do so toward all the brethren who are in all Macedonia. But we urge you, brethren, that you increase more and more.”

**2 Thessalonians 1:3**

“We are bound to thank God always for you, brethren, as it is fitting, because your faith grows exceedingly, and the love of every one of you all abounds toward each other.”

**1 Peter 1:22**

“Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart.”

**1 Peter 4:8**

“And above all things have fervent love for one another, for "love will cover a multitude of sins.”

**1 John 3:11**

“For this is the message that you heard from the beginning, that we should love one another.”

**1 John 3:23**

“And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as He gave us commandment.”

## Love one another (continued)

### 1 John 4:7

“Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.”

### 1 John 4:11-12

“Beloved, if God so loved us, we also ought to love one another. No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us.”

### 2 John 5

“And now I plead with you, lady, not as though I wrote a new commandment to you, but that which we have had from the beginning: that we love one another.”

**Christ calls us to love one another  
This speaks of the kind of love that Christ showed  
by His self-sacrifice and obedience to the Father.  
It is primarily a decision of the will rather than a  
feeling.**

## 20. Be members one of another

### Romans 12:5

“So we, *being* many, are one body in Christ, and individually members of one another.”

### Ephesians 4:25

“Therefore, putting away lying, ‘Let each one of you speak truth with his neighbor,’ for we are members of one another.”

**Christ calls us to be members one of another  
members are parts of the body and we are called to have the  
same relationship to each other as the parts of the body**

## 21. Be of the same mind one to another

### Romans 12:16

“Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.”

### Romans 15:5

“Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus.”

**Christ calls us to have a humble attitude toward others  
to have the same concern and regard for one another that we have for  
ourselves**

**22. Be at peace with one another**

**Mark 9:50**

“Salt *is* good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another.”

**1 Thessalonians 5:13**

“And to esteem them very highly in love for their work's sake. Be at peace among yourselves.”

**Christ calls us to be at peace with one another  
to bring to peace, to reconcile or to keep peace**

**23. Pray for one another**

**James 5:16**

“Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

**Christ calls us to pray for one another  
keep continuing to pray for one another**

**How many other Christians have you prayed for today?**

**24. Regard one another as more important than self**

**Philippians 2:3**

“*Let nothing be done* through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.”

**Christ calls us to have a high respect for others  
to value and highly respect one another**

**25. Serve one another as a slave**

**Galatians 5:13**

“For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another.”

**Christ calls us to serve one another  
to serve as a slave, viewed as a relationship to our master**

**26. Employ your gift in serving one another**

**1 Peter 4:10**

“As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.”

**Christ calls us to use our spiritual gifts to serve  
to be a servant, attendant, to serve, wait upon, minister,  
viewed as a relationship to our work**

**27. Stimulate one another to love and good deeds**

**Hebrews 10:24-25**

“And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.”

**Christ calls us to stimulate one another to love  
a sharpening of a feeling or action which causes a greater desire  
to love and do good deeds**

**28. Submit to one another**

**Ephesians 5:21**

“Submitting to one another in the fear of God.”

**Christ calls us to submit to one another  
to place yourself under the authority of another**

**29. Teach one another**

**Colossians 3:16**

“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”

**Christ calls us to teach one another  
to give positive instruction**

**30. Wait for one another**

**1 Corinthians 11:33**

“Therefore, my brethren, when you come together to eat, wait for one another.”

**Christ calls us to wait for one another  
to make sure that all share equally in the love feast  
(potluck) and none get left out by the selfishness of  
others**

**31. Wash one another's feet**

**John 13:14**

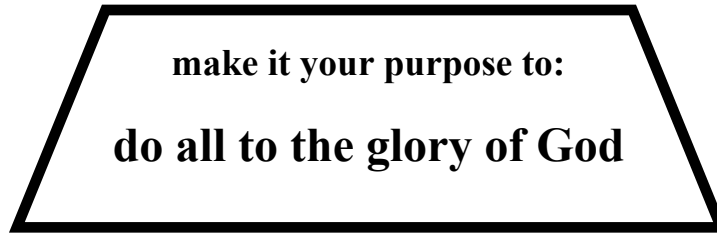
“If I then, *your* Lord and Teacher, have washed your feet, you also ought to wash one another's feet.”

**Christ calls us to wash one another's feet  
speaks of service to one another that will produce a  
feeling of acceptance and comfort**

# XIII. How can I make my life count?

**Become a purpose-led Christian  
1 Corinthians 10:31**

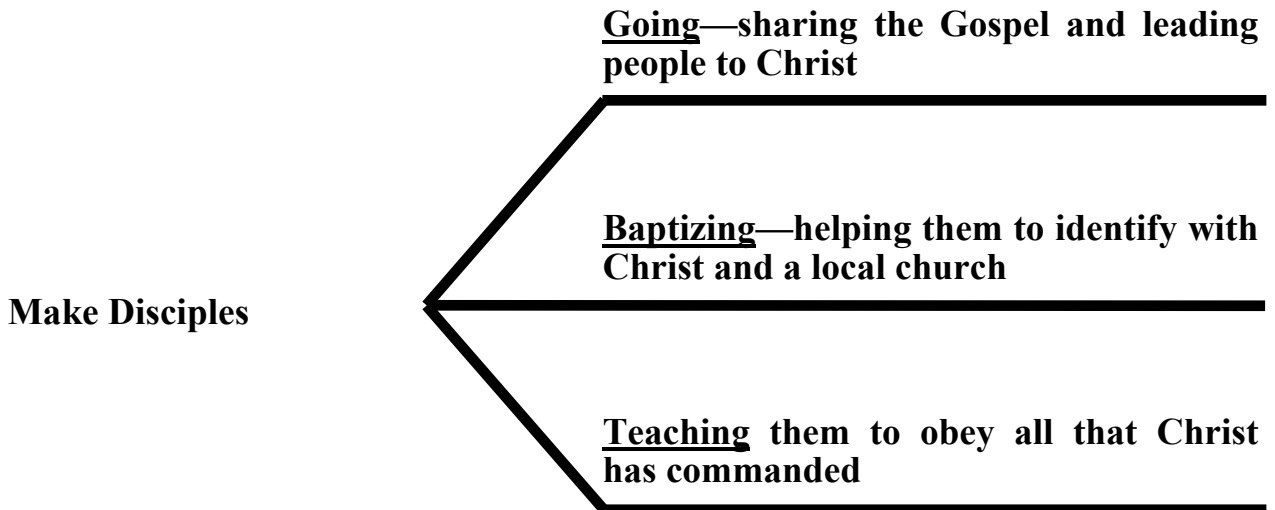
“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”



**Make it your purpose to obey our Great Commission to Make Disciples  
Matthew 28:19-20**

“Go(ing) therefore and **make disciples** of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age. Amen.”

**One Command  
Three Participles**



## **Make it your purpose to grow to spiritual maturity**

### **We are called to mature in Christ Colossians 1:28-29**

“Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect (mature) in Christ Jesus. To this *end* I also labor, striving according to His working which works in me mightily.”

### **We are called to mature in patience through testing James 1:2-4**

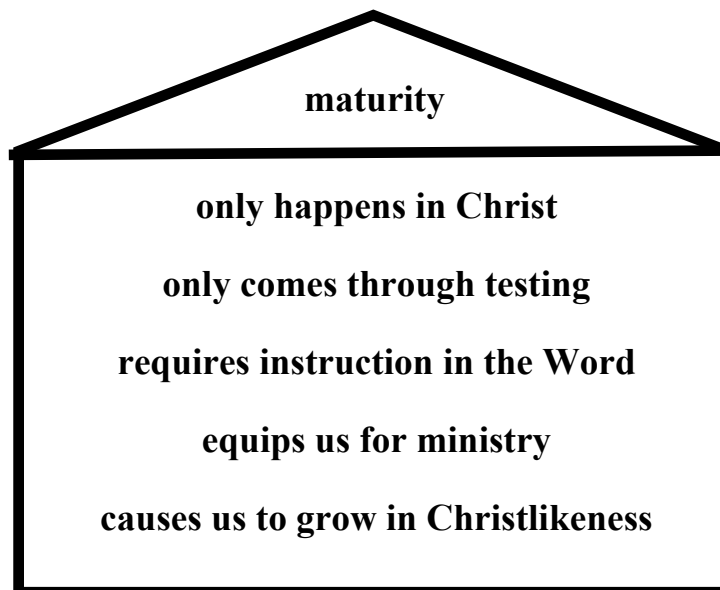
“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing.”

### **We are called to mature through the Word 2 Timothy 3:16:17**

“All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”

### **We are to mature through the equipping of spiritual leaders Ephesians 4:11-13**

“And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.”





**Make it your purpose to obey our Great Commandment**

**Matthew 22:36-40**

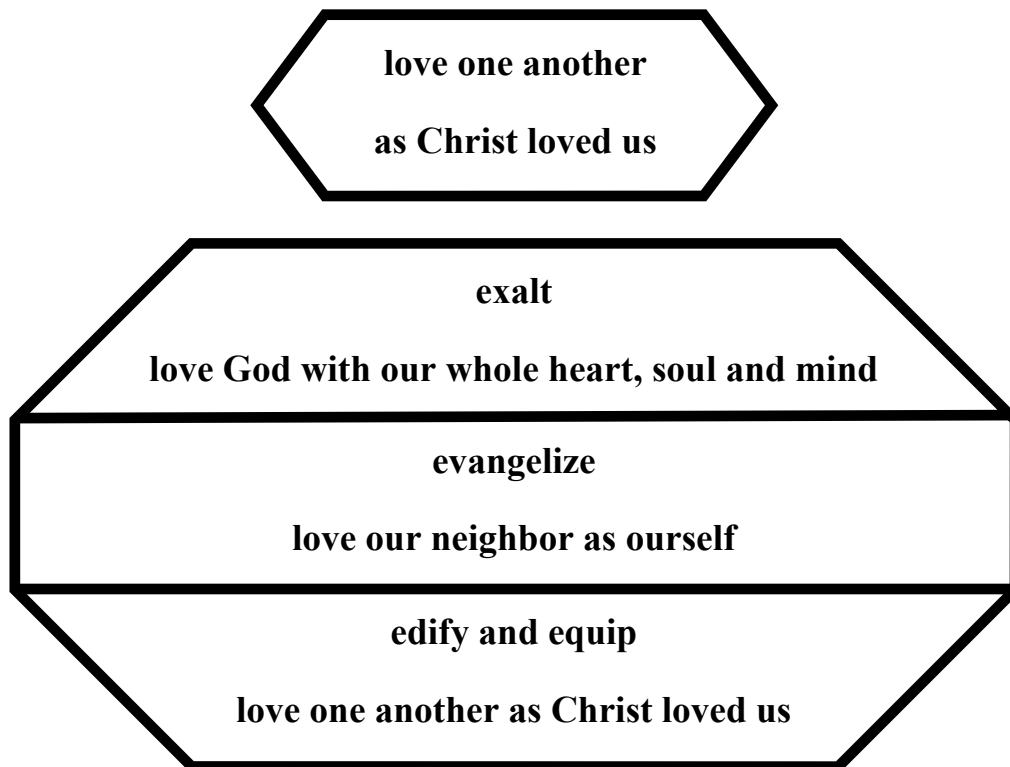
“Teacher, which *is* the great commandment in the law?’ Jesus said to him, ‘You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’ This is *the* first and great commandment. And *the* second *is* like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.”



**Make it your purpose to obey our New Commandment**

**John 13:34-35**

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”



# **The Purpose-Led Christian**

**Our purpose is to glorify God by becoming disciples and making disciples who love God with our whole heart, our whole soul and our whole mind; who love our neighbor as ourselves; and who love one another as Christ has loved us.**

**Glorify God - Magnify**

**Become Disciples - Maturity**

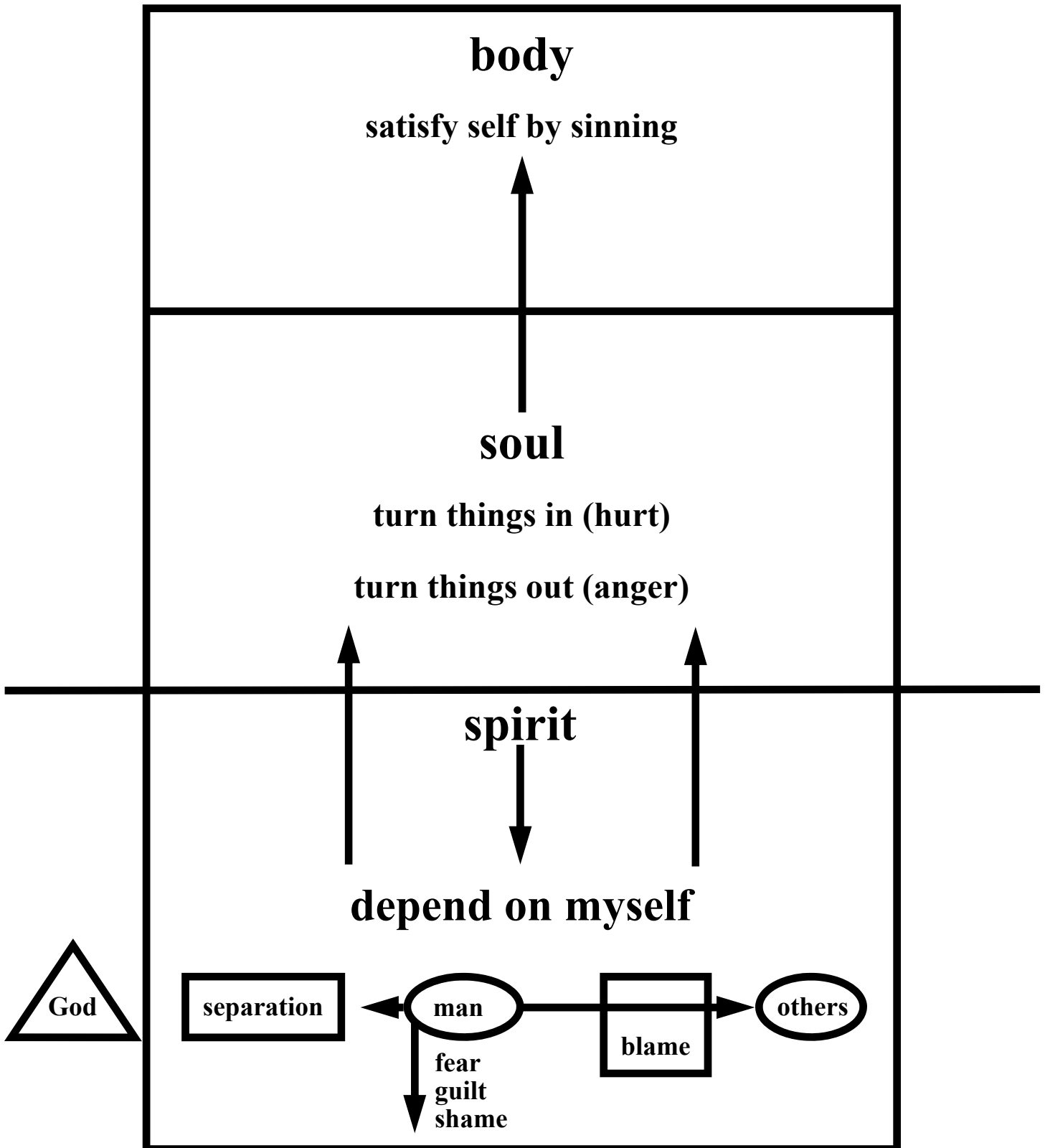
**Make Disciples - Multiplication**

**who: Love God with our whole heart, soul and mind - Exalt**

**Love our neighbor as ourselves - Evangelize**

**Love one another as Christ has loved us - Edify and Equip**

# The Consequences of Sin

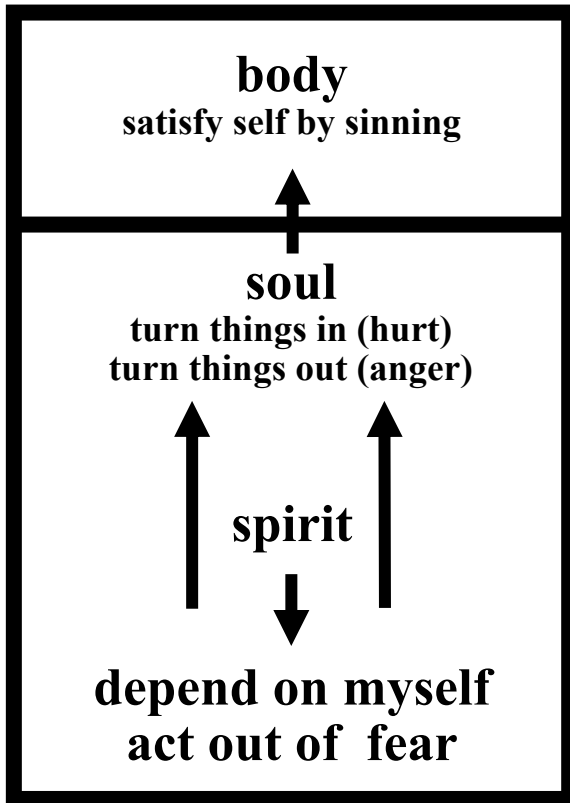


Genesis 3:7-13

**Understanding why we can act in love when we yield to God**

**We will act out of fear when we depend on our own strength  
We will act out of love when we present ourselves to God**

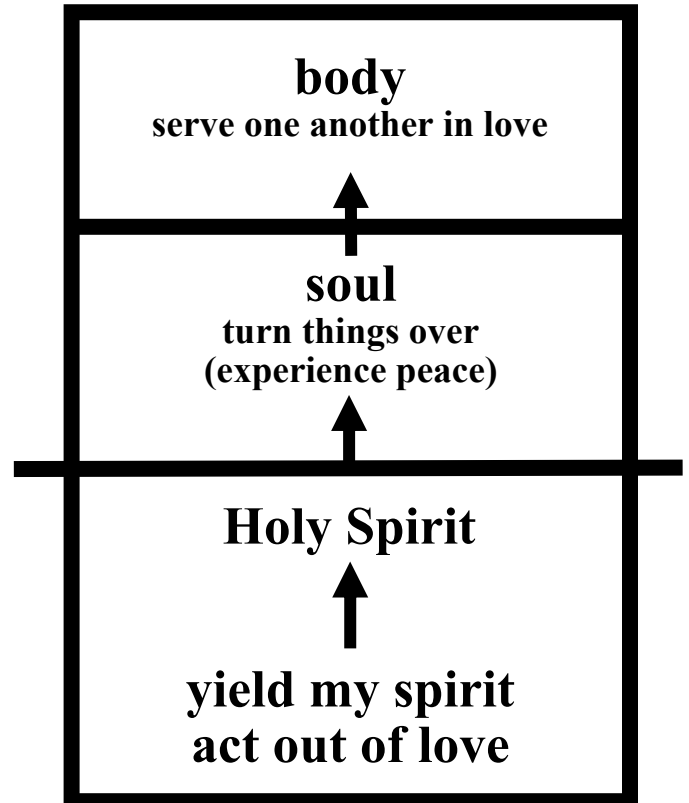
**Romans 7:14-25**



**present oneself to sin**

**motivated by fear  
Genesis 3:7-13**

**Romans 8:1-39**



**present oneself to God**

**motivated by love  
2 Corinthians 5:14-17**

**Our Choice**

**1 John 4:18  
Romans 6:6, 11, 13, 16  
Ephesians 4:29-32  
Romans 12:17-21**