

# Grace for When...

(Lessons Compiled from Biblical Counseling Resources)

**JUSTIFYING GRACE** is the undeserved favor, free gift of God that pardons my sin and declares Jesus's righteousness as my own.

*I am saved for all eternity!*

**SANCTIFYING GRACE** is the undeserved favor, free gift of God that enables me to die to sin and live righteously day by day.

*I am being saved daily!*

By faith in Jesus Christ justifying **grace** declares us righteous and then by the work of the Word and the Holy Spirit sanctifying **grace** helps us *reflect His* righteousness.

**Sanctifying grace** is the "Process whereby the Spirit working thru His Word enables Christians to become more and more like Jesus by putting off sinful patterns of thought and action and replacing them with biblical alternatives." Jay E. Adams

4-28-24 Grace for Change: The Holy Spirit and the Word of God  
Work in My Life for Change

5-5-24 Grace for When I Sin (Again)

5-12-24 Grace for When I Am Suffering

5-19-24 and 5-26-24 TBD and distributed by 5-5-24

# Grace for Change: The Holy Spirit and the Word of God Work in My Life for Change.

“Have you ever felt stuck and in need of change in a particular area of your life? The world attempts many solutions in meeting the desire for change that people have. However, most of those focus and rely upon the personal abilities, resources, and drive of the very person seeking change. How can someone whose life is marked by selfishness, confusion, anger, and vain conceit find a solution leading to lasting change in their own power? The answer is, they can't.”

Samuel Stephens

Circle ALL answers that may apply:

## HOW CHANGE OCCURS IN THE LIFE OF A BELIEVER

How is the Bible sufficient in identifying life's problems and providing a remedy for those same problems?

- A) The Bible is a historical and religious book with limits to the problems it can help with in this modern time.
- B) The Bible was given to us by God in order that we may live in such a way that pleases Him and brings Him glory.
- C) The Bible deals with the gospel and eternal life but has little impact in my daily life.
- D) God has given us many ways to deal with life's problems and the Bible is just one of them.

## WORDS OF HOPE: 2 Timothy 3:16-17, Psalm 19:7, 119:105, Hebrews 4:12

What is the difference between a non-believer and a believer (follower of Christ) using the Word of God and the Holy Spirit

- A) The Word of God can be applied equally to the believer and the non-believer.
- B) External change can occur in the life of a non-believer without the Word or the Spirit.
- C) Inward, heart change is only possible through the Word and the Spirit working together.
- D) A non-believer can benefit from Biblical principles without the power of the Holy Spirit.

## WORDS OF HOPE: Matthew 7:24-27, I Corinthians 1:18, I John 3:10

What I understand about change

- A) The need for change does not go away even after we are born again.
- B) I tend to find myself unmotivated and lacking any direction when it comes to change in my life.
- C) I am tired of temporary change in my life and have a desire for lasting change.
- D) I am walking with the Lord faithfully and there is no urgent need for change in my life.

## **WORDS OF HOPE: Eph. 1:13-19, Philippians 1:6-11, Galatians 2:20, 2 Corinthians 5:17**

“While every person’s situation calls for particular changes, the ultimate goal of change for all people is provided in that we were created to love God and love our neighbor. Nowhere in Scripture is there a command to love ourselves. However, many of us spend our days seeking after the pleasures of this world with no thought of the God who created us to love and worship Him.” (I John 2:15-17). Samuel Stephens

## **The Four Step Change Process**

“The word process is a compound term that weds the root ideas of “going” and “forward”. A process is a systematic series of actions directed to some end.” Jay E. Adams

The Spirit of God works by means of the Bible...

Read 2 Timothy 3:16-17 again and see how the Word and the Spirit compliment one another

THE WORD works by...

- 1) TEACHING
- 2) CONVICTION/REBUKING
- 3) CORRECTION
- 4) TRAINING

THE SPIRIT works by...

- I John 2:27  
John 16:7-11  
Galatians 5:22-23, 6:1  
Galatians 5:16-18, Romans 6-8

## **WHERE IS GRACE WHEN I SEEK CHANGE IN MY LIFE?**

**JUSTIFYING GRACE** is the undeserved favor, free gift of God that pardons my sin and declares Jesus’s righteousness as my own. *I am saved for all eternity!*

**SANCTIFYING GRACE** is the undeserved favor, free gift of God that enables me to die to sin and live righteously day by day. *I am being saved daily!*

By faith in Jesus Christ justifying grace *declares* us righteous and then by the work of the Word and the Holy Spirit sanctifying grace helps us *reflect His* righteousness.

Sanctifying grace is the “Process whereby the Spirit working thru His Word enables Christians to become more and more like Jesus by putting off sinful patterns of thought and action and replacing them with biblical alternatives.” Jay E. Adams

**Change Together** Hebrews 12:1-2

**Bear One Another’s Burdens** Galatians 6:1-2

**Your Victory is in Jesus** Romans 7:14-25, I Corinthians 15:50-57

**Incline your Heart to the Word** Psalm 119:33-36, 105-112

**Be a Doer of the Word** James 1:21-22, Matthew 7:24-25

## **MY RESPONSE: Grace for Change**

What are some areas of change that need to happen in my life? Am I willing to humbly ask those closest to me what areas they see in my life that need surrendered to Jesus?

Who are some believers in my life that I can reach out to for accountability, discipleship and counseling to help me make a plan for using the Word and the Holy Spirit for change?

Develop a plan for reading Scripture the next week, build up to one month, three months, six months and then a year of Bible reading. Ask others about their Bible reading plan if you need help getting started.

Keep a simple prayer list, journal or notebook. Commit to praying regularly. Ask the Holy Spirit to give you a desire to love God, love others, know the Word and obey the Word

# GRACE FOR WHEN I SIN (AGAIN)

“The fact is that sin and suffering are part of the human existence, and the battle against sin is what defines the Christian walk. Yes there is suffering that takes place for doing good (think of a Christian martyr as one extreme example), but the majority of human life is characterized by us dealing with the effects of sin in our hearts and lives. This is why the most basic counsel we can provide to someone who is in a bad situation due to his own wrong choices is to humble himself, submit to our compassionate God, and strive from that moment on to bear up under whatever difficult circumstances exist for the glory of God.” *Unwasted Sorrow* by Todd M. Sorrell

Circle ALL answers that may apply:

## WHAT I BELIEVE ABOUT SIN

How have you handled sin in your life?

- A) Confessed and sought forgiveness of God and the person I sinned against
- B) Avoided thinking about the sin and attempted to move on
- C) Felt guilt and shame to the point I have been physically ill and emotionally upset
- D) I don't sin, ever

**WORDS OF HOPE: 2 Corinthians 7:10, 2 Corinthians 5:21, I John 1:9, Isaiah 61:10**

How have the consequences of your own sin had a prolonged effect on your life?

- A) The consequences have been more than I could bear and I have become angry and bitter
- B) I have given up and returned to my sin, this is too hard
- C) I work hard to atone for my sin, to gain approval from people and to please God
- D) My only hope was to cry out to the Lord for mercy and endurance

**WORDS OF HOPE: Psalm 42, 51, Psalm 103:10-14, Romans 6:15-19**

What is the difference between punishment (condemnation) and discipline from the Lord when I sin?

- A) There is no difference between punishment and discipline
- B) Punishment is for unbelievers who sin. Discipline is for believers who sin.
- C) Jesus paid it all and there will be no discipline or punishment for my sin, just earthly consequences.
- D) Discipline from the Lord has a purpose and is done out of love.

**WORDS OF HOPE: Hebrews 12:5-11, Proverbs 3:11-12, Deuteronomy 8:5, Rom. 8:33-34**

## CHARACTERS IN THE BIBLE AND THEIR RESPONSE TO SIN

Read these examples of two individuals who sinned and responded to the consequences of their sin in ways that glorified God. In contrast, read the response of Judas and the results of his sin.

SIN/REPENTANCE	SUFFERING	GLORY
DAVID 2 Samuel 11-12	2 Samuel 12:14, 18	1 Samuel 13:14, Acts 13:22
PETER Luke 22:54-60	Luke 22:61-62	1 Peter 5:5, 1 & 2 Peter
JUDAS Matthew 27:3-5	Matthew 27:3-5	Acts 1:15-20

## WHERE IS GRACE WHEN I SIN AGAIN?

**JUSTIFYING GRACE** is the undeserved favor, free gift of God that pardons my sin and declares Jesus's righteousness as my own. *I am saved for all eternity!*

**SANCTIFYING GRACE** is the undeserved favor, free gift of God that enables me to die to sin and live righteously day by day. *I am being saved daily!*

By faith in Jesus Christ justifying grace *declares* us righteous and then by the work of the Word and the Holy Spirit sanctifying grace helps us *reflect His* righteousness.

Sanctifying grace is the "Process whereby the Spirit working thru His Word enables Christians to become more and more like Jesus by putting off sinful patterns of thought and action and replacing them with biblical alternatives." Jay E. Adams

**Blessed Hope** Titus 2:11-14

**Trials and Maturity** James 1:2-4

**Groans to Glory** Romans 8:28-29

**God of Comfort** 2 Corinthians 1:3-6

"Most people are looking for ways to alleviate their suffering or burden. But Christians would do well to recognize that there are some situations in life where that is not God's will. It may be that an individual has to deal with the consequences of his own sin. Or it may be that he has to deal with sin inflicted on him by others. But rest easy. God has provided help and is always there with His divine limitations." *Unwasted Sorrow* by Todd M. Sorrell

## **MY RESPONSE: Grace for When I Sin (Again)**

Based on God's Word, what will/should be my response when I sin (again)?

Where have I experienced God's grace in the consequences of sin in my life?

Thinking of the most recent sin in my life, was my response to sin like that of David and Peter or like Judas? What could I have done differently? Am I willing to back to the Lord and the person I sinned against and make things "right"?

Which Scripture from today's lesson do I need to write out or memorize and remember for when I sin again?

Write a prayer to the Lord about how you hope to respond to sin in the future. Make a plan based on some of the Scripture you have studied and ask God how you can glorify Him as you repent.

# GRACE FOR WHEN I AM SUFFERING

“The anguish and pain that we call *suffering* can be physical, mental, and emotional, and while these experiences are common to everyone, the circumstances that produce suffering vary widely. In Scripture, God calls our suffering by various names, including *trials* (James 1:2-4), *tribulation* (John 16:33), *temptations* (James 1:13-15), and *ordeals* (1 Peter 4:12-13). Cheryl Bell

Circle ALL answers that may apply:

## WHAT I BELIEVE ABOUT SUFFERING

My experience or understanding of suffering in my own life is

- A) It comes as a surprise and when I least expect it.
- B) It is the result of sin in my life or the sin of someone close to me.
- C) It is a normal and expected consequence of living in a sinful world, I am not exempt from it.
- D) It makes me question why and wonder if God really loves me.

**WORDS OF HOPE: 1 Peter 4:12-13, James 1:2-4, Jeremiah 17:7-8**

Suffering

- A) Is something I can work to overcome, either by repentance or trying harder to live like Jesus.
- B) Allows me to trust God and grow to be more like Jesus.
- C) Is something I can choose to profit me spiritually.
- D) Is avoidable and only happens to those who make mistakes or sin.

**WORDS OF HOPE: Romans 8:28-29, Deuteronomy 8:2-3, 1 Corinthians 10:13**

“In truth, God knows what is in our hearts and will use the pressure of suffering to reveal it to us. A wise man pointed out that while hot water is necessary to make tea, it really only reveals what is already in the bag. The hot water of our circumstances is the tool God uses to show us the true condition of our hearts.” Jim Berg *Changed into His Image*

What has God revealed about my heart as a result of suffering?

- A) My heart needs a Savior, I will cling to Him even when it does not make sense.
- B) I am overwhelmed during suffering and turn away from the Lord, my heart is angry and hurt.
- C) God is sovereign. “It is what it is.” My heart is resigned and hopeless.
- D) God is sovereign. My heart will trust Him, for His glory and my good.



**WORDS OF HOPE: Mark 14:32-36, Philippians 3:10, Psalm 147:3**

“God still intends to use suffering to tune our ears to His voice. As He tells us the truth about Himself and His faithful, yearning love for us, our hearts change toward Him in response to this tender message of love.” Cheryl Bell

## **OUR HEART REVEALED IN SCRIPTURE**

In the book of Jeremiah 17:5-8, God describes two kinds of men. Since the hearts of both trust in someone, it is obvious that we were created to trust, but the similarities between these men ends there. Using this passage of Scripture write in the differences between a man who trusts himself in suffering and a man who trusts in God while suffering.

**A PERSON WHO TRUSTS SELF     or     A PERSON WHO TRUSTS GOD**

## **WHERE IS GRACE WHEN I AM SUFFERING?**

**JUSTIFYING GRACE** is the undeserved favor, free gift of God that pardons my sin and declares Jesus’s righteousness as my own. *I am saved for all eternity!*

**SANCTIFYING GRACE** is the undeserved favor, free gift of God that enables me to die to sin and live righteously day by day. *I am being saved daily!*

By faith in Jesus Christ justifying grace *declares* us righteous and then by the work of the Word and the Holy Spirit sanctifying grace helps us *reflect His* righteousness.

Sanctifying grace is the “Process whereby the Spirit working thru His Word enables Christians to become more and more like Jesus by putting off sinful patterns of thought and action and replacing them with biblical alternatives.” Jay E. Adams

**A Cry of Desperation** For those who want to suffer well. (Example: a chronic illness) Ps. 88

**Jesus as our Example of suffering in unjust circumstances** 1 Peter 2:21-25

**The Heart of God for the Rebel** Hosea 2:2-16 “This passage beautifully describes the heart of God for the rebel. As He uses all of His charms to draw her, she follows Him into a *wilderness of suffering*. In the midst of the ease she had previously known, where she seemed unable to hear His voice, now, in the midst of suffering, her heart can hear Him speak... Before she suffered, her relationship with God was a dutiful one in which He was the master and she was the slave, but now she describes Him as her loving husband.” Cheryl Bell

## **MY RESPONSE: Grace for When I am Suffering**

Where have I experienced God's grace in suffering?

Based on God's Word, what should be my response during times of suffering in my life?

How am I like the description in Jeremiah of the man who trusts in himself or who trusts in God?

Write a prayer to the Lord about how you hope to respond to suffering in the future. Make a plan based on some of the Scripture you have studied and write it out or memorize it.

Reach out to a member of your church whom you have watched endure an extended time of suffering. Let them know some ways their Christlike example has encouraged your spiritual growth.