

# 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!*

**God's Riches At Christ's Expense**

**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!*

**God's Reign As Christ's Exemplified**

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**

**5-19-24 Grace for When I Doubt**

**5-26-24 Grace for Putting Off and Putting On**

# GRACE FOR WHEN I DOUBT

“I find it very convenient to come every day to Christ as a sinner – as I came at first. ‘You are not a saint,’ says the devil. Well, if I am not, I am a sinner, and Jesus Christ came into the world to save sinners. Sink or swim, there I go – other hope I have none.” Charles Spurgeon on personal doubt

Circle ALL answers that may apply:

## WHAT I BELIEVE ABOUT DOUBT

What does doubt look like in my life?

- A) My feelings/emotions affect the level and frequency of doubt in my life.
- B) Doubt leads me to seek answers from the Bible.
- C) I am tormented with doubts about my salvation. Am I truly saved and right with God?
- D) I do not have doubts about my faith on a regular basis.

## WORDS OF HOPE: Romans 5:1-5, James 1:1-5, Matthew 11:28-30, Psalm 69

How do I respond to friends, family and church family who express doubts about their faith?

- A) I struggle to have clear answers or be able to direct others to passages of Scripture that might help them.
- B) I am surprised by the fact that believers have doubts, but I am compassionate toward them.
- C) I want to give people assurance, but is that really my responsibility?
- D) Asking questions and listening to what others have to say is important so I can understand.

## WORDS OF HOPE: 2 Corinthians 1:3-11, Psalm 34, 1 Thessalonians 5:14,

What do I believe God thinks of me and my doubts?

- A) God is disappointed in me when I experience doubts and it grieves Him.
- B) God is not surprised by my doubts. He loves me and knows when I am fainthearted.
- C) Doubt is a sin that causes distance between myself and God and all He has to offer me.
- D) God loves me even when I doubt, but wants to see my faith in Him grow.

## WORDS OF HOPE: Zephaniah 3:17, Romans 8:1-11, Genesis 3:9-10 & Psalm 139:1-6, 23-24

List below some recurring phrases or words that you discovered when you read the Scripture in WORDS OF HOPE after each question? What are you learning about GRACE When I Doubt in these passages?

## SAINTS WHO EXPERIENCED PERIODS OF DOUBT

Explore one or all of these Biblical characters and saints who experienced crippling doubt and how God responds to them or used that doubt in their life for their good and for His glory.

**C.S. Lewis** author of *Mere Christianity*, *The Chronicles of Narnia series* and *The Screwtape Letters*

**Charles H. Spurgeon** preacher/author

**The Struggle and Sanctification of Missionaries** by Kelley Housley March 12, 2001  
radical.net

**Job** (particularly Job Chapters 38 – 42)

**Elijah** 1 Kings 19:1-9

**John the Baptist** Matthew 11:1-15

*A faith without doubts is like a human body without any antibodies in it. People who blithely go through life too busy or indifferent to ask hard questions about why they believe as they do will find themselves defenseless against either the experience of tragedy or the probing questions of a smart skeptic. A person's faith can collapse almost overnight if he/she has failed over the years to listen patiently to their own doubts, which should only be discarded after long reflection. The strongest form of faith is one that has wrestled through doubt. Tim Keller*

## WHERE IS GRACE WHEN I SIN AGAIN?

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Let's look at another word that accompanies GRACE, from Ephesians 2:8-10

**FAITH** is taking God at His word. This results in an *initial* surrender (justifying grace) and an *ongoing* surrender marked by trust in and imitation of King Jesus for God's glory (sanctifying grace).

## **MY RESPONSE: Grace for When I Doubt**

Do I take my doubts toward God's Word and cry out for help? Do I take my doubts away from God and look for answers outside of His Word? Write out a real life example and the results good or bad.

When I know someone is experiencing doubts what are some ways that I can come alongside of them to encourage or support them?

What areas of life do I experience the greatest doubt, what Words of Hope or other Scripture can I apply to those areas?

Keep an ongoing journal of doubts in your life. Pray through these and write out answers, comfort or reassurance from the Lord over an extended period of time.

Identify a person in your life or church who you believe shows great faith, sit down with them and ask them to share how they have dealt with doubts in their own life.

# GRACE FOR PUTTING OFF AND PUTTING ON

Utilizing... **The “Put Off” - “Put On” Dynamic**... Developed by Martha Peace

This Bible study is for the purpose of teaching Christians how to deal practically with their sin. Many times we are aware that changes need to be made in our lives and we confess the appropriate sins to God. However, we may find ourselves committing those same sins again and again. Habitual sin is especially difficult because we automatically respond wrongly, without thinking. Therefore, it is important to learn exactly what God has to teach us through His Word about establishing new habit patterns.

Before you begin this study, **pray** and ask God to show you the truth of His Word.

Begin by looking up the following Scriptures and write out the answers to the questions:

1. How do we become aware of sin?
2. Do we have to sin? Explain. (Romans 6:6, 7, 14)
3. Describe what the “old man” was like. (Ephesians 4:22)
4. Describe what the “new man” is like. (Ephesians 4:24)
5. What are we to “put off” and what are we to “put on?” (Ephesians 4:22, 24)
6. What are we to “put off” (lay aside) according to Colossians 3:9?
7. What are we to “put on” according to Colossians 3:10?
8. This “new self” is to be renewed. How? (Colossians 3:10)

Thus we see that we are to “put off” our old ways of thinking and acting and “put on” new ways which are like those of Jesus Christ. When sinful ways of thinking or responding have become habitual, just confessing that sin is not enough. The sinful habit pattern must be replaced with a righteous habit pattern. It is as if what we are to “put on” is the biblical antidote to what we are to “put off.” For example, it is not enough to just stop telling lies. A person must begin (work at) telling the truth, the whole truth. **By God’s help (grace)** he will become a truthful person instead of a liar.

Look up the following Scriptures and fill in the chart (on back):

