

Biblical Counseling Foundation (BCF)

YOUR RESOURCES IN CHRIST

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Your Resources in Christ

You can live God's way because of the abundant resources and provisions He has graciously and mercifully given to you (*based on John 14:26; Romans 8:11; II Corinthians 1:20-24; Ephesians 1:13-14; Philippians 4:13; Colossians 4:2; I Thessalonians 5:16-18; II Timothy 3:16-17; James 1:5; I John 5:14-15*).

I. The Bible is adequate

Since God's Word is the only authority for faith and conduct and is the sole, legitimate standard by which all aspects of living are evaluated, you are to rely on no other source. God's Word provides hope and gives direction for change in deeds (thoughts, speech, and actions) and is adequate to equip you for every good work (*Psalm 19:7-11; Proverbs 30:5-6; Colossians 2:8; II Timothy 3:16-17; Hebrews 4:12; II Peter 1:2-4*) and to develop a Christlike attitude of servanthood within you (*II Corinthians 3:5-6; Philippians 2:5-8*).

(Refer to *The Sufficiency of Scripture*, pages 2-5)

II. The Holy Spirit is necessary

Only through the power of the Holy Spirit are you able to live an abundant life (*John 14:26, 16:7-14; Romans 8:5-11; I Corinthians 2:9-14; Ephesians 1:13-14, 5:18*).

(Refer to *The Power of the Holy Spirit*, pages 6-9)

III. Prayer is vital

Prayer is essential to a Spirit-controlled life (*Psalm 145:18-19; Matthew 7:7-8; Ephesians 5:18-20; 6:18; I Thessalonians 5:17; I John 3:22*). You are to be devoted to prayer, according to God's will, and to bring everything and everyone unceasingly before the Lord in prayer (*Luke 18:1; Ephesians 6:18; Philippians 4:6; Colossians 4:2; I Thessalonians 5:17; I Timothy 2:1; I John 5:14-15*).

(Refer to *The Importance of Prayer*, pages 10-15)

The Sufficiency of Scripture

God's Word is changeless and is as powerful and applicable to you and your circumstances today as it was to those living thousands of years ago (*based on Joshua 1:8; Psalm 19:7-11, 119:160; Isaiah 55:11; Matthew 24:35; Romans 15:4; Hebrews 4:12; I Peter 1:24-25*).

God's Word Is:

A. Permanent and eternal (*Isaiah 40:8*)

1. It will all be fulfilled (*Matthew 5:18*)
2. Heaven and earth shall pass away but God's Word will not pass away (*Matthew 24:35*)
3. It will abide forever (*I Peter 1:25*)
4. It is everlasting and forever (*Psalm 119:89, 160*)

B. Inspired by God for our training and equipping (*II Timothy 3:16-17*)

1. Holy men of God spoke as they were moved by the Holy Spirit (*II Peter 1:21*)
2. God's Word provides a new pattern of living (*II Timothy 3:16-17*)
 - a. It teaches you (*commands and guidelines*) (*Psalm 25:4-5; 94:12*)
 - b. It reproves you (*identification of error*) (*Hebrews 4:12*)
 - c. It corrects you (*change/repentance*) (*Psalm 25:8-9; 119:9*)
 - d. It trains you in righteousness (*growth and stability through practice*) (*Hebrews 5:13-14*)
 - e. It will make you adequate (*ready and able to do God's work*), (*I Peter 1:22-23; II Peter 1:3-4*), and
 - f. It will equip you for every good work (*used by God in this world*) (*I Thessalonians 2:13*)

C. Truth (*John 17:17*)

1. All of God's Word is truth (*Psalm 119:151, 160*)

The Power of the Holy Spirit

The Holy Spirit is your Guide, your Instructor, and your sensitive Counselor who reveals the wisdom of God to you (*based on John 14:16, 26; 16:7-13; I Corinthians 2:6-13*).

- I. The Holy Spirit is fully divine and is identified as being equal with God the Father and Jesus Christ the Son (*based on Matthew 28:19; John 14:16-18; Acts 5:3-4, 16:6-7; II Corinthians 13:14*).**
- A. Divine characteristics (a partial list to illustrate the deity of the Holy Spirit)
1. The Holy Spirit is eternal (*Hebrews 9:14*) as is God the Father (*Deuteronomy 33:27a; Psalm 90:1-2*) and Jesus Christ the Son (*Hebrews 1:8-12, 7:24-25*).
 2. The Holy Spirit is truth (*John 14:16-17, 15:26, 16:13*) as is God the Father (*Psalm 31:5; Isaiah 65:16*) and Jesus Christ the Son (*John 14:6*).
 3. The Holy Spirit is present everywhere (*Psalm 139:7-10*) as is God the Father (*Psalm 139:7-10; Jeremiah 23:23-24*) and Jesus Christ the Son (*Matthew 18:20, 28:20; Romans 8:34; Hebrews 13:5b*).
- B. Divine works (a partial list to illustrate the cooperation of God the Father, God the Son, and God the Holy Spirit)
1. The creation of the world was accomplished through God the Father (*Genesis 1:1; Isaiah 44:24; 45:12, 18; 51:13a; Ephesians 3:9*), Jesus Christ (*Colossians 1:16; Hebrews 1:2, 10*), and the Holy Spirit (*Genesis 1:2*).
 2. The Holy Spirit and God the Father were present and active in the virgin birth of Jesus Christ (*Luke 1:35*), the baptism of Jesus Christ at the hands of John the Baptist (*Matthew 3:16-17; Luke 3:21-22*), the earthly life and ministry of Jesus Christ (*Luke 4:1, 14; 9:28-36, esp. verse 35; Acts 10:38*), and the resurrection of Jesus Christ (*Acts 5:30; Romans 8:11*).

The Importance of Prayer

Prayer gives you opportunity to praise God and to request His divine intervention in your life and/or the lives of others. Prayer allows you to glorify His Name and also provides an avenue for you to be filled with joy (*based on Psalm 65:2, 145:1; Matthew 7:7; John 14:13, 16:23-24; Hebrews 13:15; James 1:5; I John 5:14-15*).

I. Biblical truths about God's work as it relates to prayer

A. His listening

1. He hears prayer (*Psalm 65:2*) and responds to the cry of those who reverence Him (*Psalm 34:15, 145:19*);
2. He knows what you need before you ask (*Matthew 6:8, 32*);
3. He delights to hear the prayer of the upright (*Proverbs 15:8*), which accomplishes much (*James 5:16*);
4. He is near to those who call upon Him in truth (*Psalm 145:18*); and
5. He does not listen when you hold on to (harbor, regard) sin in your heart (*Psalm 66:18*).

B. His answering

1. He answers in response to your asking (*Matthew 7:7*);
2. He answers as you continue to obey Him (*I John 3:22*);
3. He answers YES when you ask according to His will (*I John 5:14-15*);
4. He answers in greater measure than you can ask (*Ephesians 3:20*);
5. He will not give bad gifts as answers to your prayer (*Matthew 7:7-11; Luke 11:9-13*);
6. He does not answer when you ask in doubt (*James 1:6-7*);
7. He answers NO when your prayer is not according to His will (*II Corinthians 12:7-10*); and
8. He answers NO when His glory and grace is better revealed by your going through a trial instead of your being rescued from it (*Matthew 26:39; II Corinthians 12:7-9*).

Daily Devotions and Scripture Memory

Your daily devotions (time spent each day in prayer, study of God's Word, and biblical self-evaluation) and Scripture memory are vital to your spiritual development (*based on Psalm 1:1-4, 119:9-11; I Corinthians 11:31; I Thessalonians 5:17; II Timothy 2:15; I Peter 2:2*).

DAILY DEVOTIONS

- I. Developing a habit of daily devotions (prayer, study of God's Word, and biblical self-evaluation) will help you to:**
- A. Follow the example of many people in Scripture who had a heart for God (*Psalm 5:3, 63:6, 119:62, 147-148; Daniel 6:10; Acts 10:1-2, 17:11*);
 - B. Be equipped for spiritual warfare (*Ephesians 6:10-18*) and to remain alert to your adversary, the devil (*I Peter 5:8*);
 - C. Be obedient to the scriptural command of habitual and continual prayer (*Luke 18:1; Ephesians 6:18; Philippians 4:6-7; Colossians 4:2; I Thessalonians 5:17*);
 - D. Be sustained and nourished continually by the Word of God (*Psalm 1:2-3; Jeremiah 15:16; Matthew 4:4; I Thessalonians 2:13*);
 - E. Be directed in all of life by the Word of God (*Psalm 19:7-11; Psalm 119; II Timothy 2:15, 3:16-17; Hebrews 4:12; II Peter 1:3-4*);
 - F. Focus your life on the worship and praise of God (*Psalm 16:11, 34:1, 48:1, 63:1-4, 92:1-2, 95:6, 119:164; John 4:23-24; Hebrews 13:15*);
 - G. Examine yourself daily in the light of God's Word (*Psalm 119:105; Hebrews 4:12*), confess your sins (*I John 1:9*), and practice self-discipline (*Galatians 5:23-24; I Timothy 4:7-8; II Peter 1:6*), thus avoiding the necessity of the discipline of the Lord (*I Corinthians 11:31-32; Hebrews 12:5-11*); and
 - H. Keep yourself in a biblical position to help others (*Matthew 7:1-5; Galatians 6:1-5*).

Four Plans for Memorizing Scripture

You are commanded to put aside the sinful practices of your old self, to be changed by a renewing of the mind, and to put on Christlike practices of your new self. Memorizing God's Word is foundational to that process (*based on Psalm 40:8; Psalm 119:9-11, 15-16, 24, 97; Romans 12:2; Ephesians 4:22-24; Colossians 3:8-10*).

The following are four suggested plans for memorizing Scripture. Although they are not the only ways by which you can memorize, these plans have proven helpful in the lives of many Christians. The important thing to remember, regardless of the memory plan you choose, is that God's Word is to be treasured in your heart (Psalm 119:11). Ask God to give you understanding and wisdom for your life through the Scripture passages that you memorize.

I. Scripture memory – plan 1

- A. Read the context of the verse in your Bible (literal translation) and meditate on it. This helps you understand the verse in its setting.
- B. Thoughtfully read the verse through several times aloud or in a whisper. This will help you grasp the verse as a whole.
- C. Include the reference as part of the verse by saying it before and after the verse every time you repeat it.
- D. Print your memory verses neatly on individual index cards. Using a paper punch, you may also make a hole in the top of your card and use a ring clasp to keep your cards together. Carry them with you at all times by placing them in a packet or putting an elastic band around them.
- E. Break the passage into natural phrases. Learn the reference and first phrase. Then repeat the reference, first phrase, and second phrase. Continue adding phrases until the verse is memorized.

For Your personal Growth

The items listed below will help you practice the biblical principles you have studied in the rest of this booklet. Ask the Lord to give you wisdom as you do the Word (*based on II Corinthians 1:3-5, 3:5-6; Ephesians 5:15-16; James 1:5, 22-25*).

- ☐ A. Study **Your Resources in Christ** (Page 1). As you have opportunity, study the text of each verse listed for a deeper understanding of the biblical principles.
- ☐ B. Read *Psalm 19* and *Psalm 119* to be reminded of the importance of God's Word in your life. In your own words, write the meaning of *Psalm 119:9-11*. Memorize *Psalm 119:9-11*.
- ☐ C. Read **The Sufficiency of Scripture** (Pages 2-5). Look up as many verses as are necessary for you to realize that Scripture is totally sufficient for every facet of your life and the lives of others. Memorize *II Timothy 3:16-17*.
- ☐ D. Read **The Power of the Holy Spirit** (Pages 6-9, looking up listed verses as necessary to understand the works of the Holy Spirit. Memorize *Ephesians 5:18*.
- ☐ E. Read **The Importance of Prayer** (Pages 10-15). Study any verses which point out the changes you need to make in your own prayer life and make adjustments accordingly. Memorize (*Philippians 4:6-7*).
- ☐ F. Read **Daily Devotions and Scripture Memory** (Pages 16-18). Use the Scriptures and the teaching from this booklet to establish a consistent, daily devotional time each day.
- ☐ G. Read **Four Plans for Memorizing Scripture** (Pages 19-21). Develop your own specific plan for Scripture memory and put your plan into practice. From the references in this booklet, make a list of the verses you will memorize.
- ☐ H. As you are able, complete a **BIBLE STUDY AND APPLICATION FORMAT** (see back pull out pages) for your suggested memory verses.

Guidelines: Bible Study and Application Format

Because all Scripture is God-breathed, it is completely sufficient to teach, reprove, correct, and train you in godly living so that you may be fully equipped for every good work (*II Timothy 3:16-17*).

I. Purposes of the BIBLE STUDY AND APPLICATION FORMAT

- A. To help you identify specific biblical principles that will help you face and deal with the problems you encounter (*based on Psalm 25:4-5; 94:12; 119:99, 104, 130; Proverbs 6:23*).
- B. To help you:
 - 1. Judge yourself in the light of Scripture (*based on Psalm 139:23-24; Matthew 7:1-5; Hebrews 4:12*),
 - 2. Identify biblical responses for those areas in which you have failed to act according to God's Word (*based on Psalm 25:8-9; 37:31; 119:9-11, 165*), and
 - 3. Develop specific biblical plans which will become patterns of godly living in your life (*based on Luke 11:28; John 13:17; Hebrews 5:13-14; James 1:22-25*).
- C. To give you a format for studying the Scriptures that will assist you in being obedient to God's Word. The **BIBLE STUDY AND APPLICATION FORMAT** is a tool to help you be an effective doer of the Word and is based on *II Timothy 3:16-17*:
"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work" (II Timothy 3:16-17, New American Standard Version, emphasis added).

II. Procedures for completing the BIBLE STUDY AND APPLICATION FORMAT

- A. In the **Biblical Reference** column list the Scripture verse or passage. (Consider memorizing this portion of God's Word as part of your growth in Jesus Christ — see Pages 19-21.)