

Refresh your Heart

Claudia Barba

Leader's Guide and Answer Key

Welcome to the study of *Refresh Your Heart*. If you are a small-group leader, you will want to acquaint yourself with the overall structure of the Bible study. Each member of your group should have her own book and should complete each lesson on her own before it is discussed in the group.

Discussion is effective in helping your group members think through the personal applications of a lesson. Try to keep the discussion focused on the lesson, and encourage all members of the group to participate.

As the leader, you need to do little more than ask the questions and allow class members to share their answers. The following answers are provided to help you give details that will allow group members to realize what God reveals about Himself in the Scriptures.

To draw the discussion to a close, ask class members to summarize the conclusions that have been reached.

Refresh Your Heart: Leader's Guide and Answer Key

by Claudia Barba

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Lesson One

A Woman's Heart

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1. We speak of “heart-rending” and “heart-touching scenes” that make us weep.
We use the phrase “a dagger in the heart” to express the hurt of a great injustice.
When people share a common joy or sorrow, we say “their hearts are knit together.”
Other examples may include “having a heavy heart,” “having the heart’s content,” “winning my heart,” “wearing my heart on my sleeve,” “losing my heart,” “having a heart,” “setting my heart at rest,” or “being heartless.”

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2. 2 Samuel 6:16—hatred
Psalm 4:7—gladness
Psalm 13:2—sorrow
Psalm 27:3—fear
Psalm 73:21—grief
Psalm 143:4—desolation (distress)
James 3:14—envy
3. Proverbs 23:7—thinking (“as he thinketh in his heart”)
Matthew 13:15—understanding (“should understand with their heart”)
Luke 2:19—pondering, meditating (“Mary . . . pondered them in her heart”)
Acts 5:3–4—scheming, deceit, lying (Satan put into the hearts of Ananias and Sapphira to lie; their hearts devised plans to deceive the apostles.)
2 Corinthians 9:7—purposing in heart, determination (related to giving)

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4. “Making melody in your heart” equals musical expression in three categories: psalms (scriptural words, like the Psalms), hymns (words that give praise to God), spiritual songs (words of personal testimony). This is the music that a Christian should sing and enjoy listening to.
5. “Cunning work” comes from the heart; God gave wisdom, wit, skill in engraving, designing, weaving, embroidering, especially for tabernacle fabrics.

For further thought: Creative expressions (art, music, literature) that are ugly—even grotesque—may be distasteful reflections of a heart that rejects truth. When you visit an art gallery or attend a concert or play, ask yourself: what does this art reflect? Does it reflect the beauty and order of God’s creation, or the discordant, depressing ugliness of a sinful world? Does all art give God glory?

6. You seek or search for God with your heart (Deuteronomy 4:29).

You love God with your heart (Deuteronomy 6:5).

You serve God with your heart (Deuteronomy 10:12).

For further thought: Believe means to accept as true or to trust.

7. My heart will not “reproach me” (reprimand, criticize, scold, rebuke). In 1 Samuel 25:31, a bad conscience is called the “offense of heart.” Conscience is the faculty of recognizing the distinction between right and wrong in one’s own heart.

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8. Hebrews 10:22—Having our hearts sprinkled from an evil conscience.

(diseased, wicked, sinful, guilty)

1 Timothy 1:5—Now the end of the commandment is charity out of a pure heart, and of a good conscience. (clean, clear, pure)

9. Every moment our hearts are condemning or not condemning us. An evil (dirty) conscience equals distance from God (guilt). A good (clean) conscience equals closeness to God, being pleasing to Him. A depraved, hardened, seared conscience is not a reliable guide. The conscience of an unsaved woman lies to her, but she should pay attention to what her conscience tells her when it’s guided by truth and taught by the Holy Spirit.

10. “Keep thy heart with all diligence, for out of it are the issues of life.”

11. With all diligence

12. Attentiveness, carefulness, conscientiousness

13. It’s like a prisoner, desperate to escape to do what it wants to do; it can’t be trusted.

14. The heart is the source of your responses. Issues equal outgoings or sources. Like the watershed which drains into a reservoir for a city’s drinking water, it must be kept unpolluted.

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15. “The heart is deceitful above all things, and desperately wicked: who can know it?”

For further thought: There’s no need to be surprised by the wicked depravity of man to ask, “How could they do that?” We’re warned what to expect from other

sinner, and to watch out because we could do the same without His grace and protection from temptation.

16. evil (depraved) thoughts, adulteries (any sex outside marriage), fornications (all forms of sexual sin “porneia”), murders, thefts, covetousness (greed), wickedness, deceit, lasciviousness (general lewdness), an evil eye (figurative, jealous, evil glance), blasphemy (vs. God), pride (arrogance), foolishness (moral recklessness) within
your own

For further thought: We prefer to blame others instead of self. No one can make you sin. You sin because your heart is sinful, not because you are provoked. Justifying yourself, explaining your behavior in terms of what others do to force, goad, or annoy you into bad behavior, is not biblical.

Do any of these sins appear in your own life? Adultery, fornication, lasciviousness, idolatry, sorcery, hatred, fighting, jealousy, anger, contentions (arguing), divisions (family disunity), heresy, drunkenness, carousing (feasting, indulgence of flesh).

The sad truth is that “in me (that is, in my flesh) dwelleth no good thing” (Romans 7:18). This is not a popular teaching. Our society’s focus on self-esteem is not biblical. The Bible teaches self-acceptance after a realistic appraisal of self, followed by love and service to God and to others, not self-focus or self-love.

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17. It is written in the hearts of the Gentiles (those who do not have the law).
the conscience. The law of God engraved in your heart (conscience) testifies to your mind, telling you whether your behavior is right or wrong. Then you choose how to respond (believe or reject what you hear from your conscience).
18. **For further thought:** Matthew 3:3–9 and 13:18–23 is a parable told and explained by Jesus. *Seed* equals the Word of God, the gospel, truth. *Sower* equals the giver of the gospel. *Soil* equals the hearts of people. The sower sows seed (tells someone the truth about sin, salvation). Seed falls on different types of ground. 1 John 2:19 says, “They went out from us, but they were not of us; for if they had been of us, they would no doubt have continued with us: but they went out, that they might be made manifest that they were not all of us.”
- Wayside hearers: The devil snatches truth away immediately so that hearers do not believe. The bird eats the seed before there is any chance for the seed to grow.
- Stony-ground hearers: They hear and receive the truth with joy, “believe” it for a while, but then fall away during temptation. They have no root; when persecuted they quit easily.

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Thorny-ground hearers: They hear, seem to believe, and accept. Then the seed is choked with cares, riches, and the pleasures of the world, just as weeds choke out garden plants. The hearers are too busy living to live for God.

Good-ground hearers: They hear, believe, and bear fruit. The only real believers are those who endure and show fruit. Endurance is proof (not the cause) of salvation.

19. in the heart—Salvation is not works; it is belief and trust.

For further thought: Confession (speaking, acknowledging with words and with behavior) equals the fruit of genuine, heart belief.

20. Going to church or having a mental understanding of the truth are not equal to salvation. An emotional experience or physical healing is not equal to salvation. Heart belief is a turning over of the whole self (emotional, mental, and spiritual) to the Savior.

21. The heart is created new; old things are gone; everything is brand new.

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For further thought: Bible examples of salvation

They forsook all and followed Him (Luke 5:11)—the disciples' moment of decision

Paul on the road to Damascus (Acts 9:1–6)—a dramatic change

Lydia and the jailer in Philippi (Acts 16)—believed and received salvation

Give your own salvation testimony. Ask for others. Anyone saved while doing this lesson?

22. If we confess our sins, He will forgive and cleanse.

For further thought: Comparison made in the Bible: John 13:10

Salvation—like a full tub bath

Daily cleansing—like washing face before bed or washing hands during the day

Salvation is “once for all,” (canceling the penalty for sin, declaring you righteous). Cleansing needs to be done daily, frequently, and hourly to keep me pleasing to God.

Salvation is being born into the family, adopted as His own. Cleansing is keeping family relationships sweet and saying “I’m sorry.”

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23. mercy, loving kindness (compassion, pity, sympathetic understanding)

David came to God on the basis of Who God is.

24. transgression (wrongdoing, offense, crime)

25. wash, cleanse, purge it (flush out, scrub clean)

For further thought: He made no bargain with God, no promise to do good to make up for the bad. He simply came as God's beloved child and asked forgiveness, claiming God's promises.

joy and gladness, the joy of salvation restored

For further thought: Notice that he did not lose his salvation, just his joy. He had security and was still God's child.

He was going to sing praises to God!

For further thought: David's prayer was humble, sincere, and effective. It was not futile, for God keeps His promise to forgive. If He doesn't, He stops being God! This is a model prayer of repentance for any sinning Christian.

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For further thought: As you have studied what the Bible says about the heart, what has God showed you through His Word about your own heart? Have you encountered "thoughts and intents" in your heart that do not please God? What will you do to change?

Lesson Two

A Trusting Heart

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For further thought:

“So Boaz took Ruth, and she was his wife: and when he went in unto her, the Lord gave her conception, and she bare a son.” (Ruth 4:13)

Their son Obed was not conceived simply because of their physical relationship, but because “the Lord gave her conception.”

“Lo, children are an heritage of the Lord; and the fruit of the womb is his reward.” (Psalm 127:3)

Children are not a “reward” for good behavior or good character, but they are given purposely, from His hand, at His choosing. Many women have had difficult childhoods. Help them to see that God was not indifferent, cruel, or unloving when they were conceived. Assure them that God can heal painful memories and bring good from their suffering.

“Thine eyes did see my substance [embryo], yet being unperfect; and in thy book all my members were written [described], which in continuance were fashioned [molded, formed], when as yet there was none of them.” (Psalm 139:16)

Before birth, even before conception, God planned and wrote in His book all about you: your personality, abilities, and intelligence; the length of your arms and legs; the color and curliness of your hair; the shape of your profile; your strengths and weaknesses; even your handicaps. All those traits that we attribute to genetics—or random chance—were actually perfectly planned by Him. He does not make mistakes.

Why then does God allow physical or mental defects? Is He cruel? Be prepared to discuss this issue briefly if you think it appropriate, using such scriptures as 2 Corinthians 4:7–11 and 12:7–10.

1. Your birth was planned by God. He was present at your conception. Even with all your apparent flaws, you are His perfect, planned creation, not an accident. He chose your family, and you were given as the fruit of the womb as His reward (His wages). Your existence is part of His plan for the world!

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God made me perfectly.

For further thought: Look in the mirror and you may not be pleased with what you see (“too short, too tall, too thin, too fat, too this, too that”). You may wish you were different and by the world’s standards, better. But God looks at you and says you are His marvelous work. Praise Him! It is absolutely essential to believe

that God made you right and that He took care of you when you were tiny and helpless. Otherwise, you will find it difficult to trust Him in any other area of your life.

2. The blood of Jesus Christ cleanses us. No works are required.
3. All are cleansed by His blood. None are left to be atoned for.
4. If we confess
5. faithful and just
6. God

where the east meets the west

It's nowhere!

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7. Humans can't go to the bottom of the sea because of the water pressure at its depths. The deepest places have never been explored or even glimpsed by men. They are unreachable.
8. When I sit down and get up. What I think. Where I go. When I sleep. What I say. "All my ways."

He tried to avoid God by flying up to heaven, by descending into hell and the depths of the sea, and by hiding in the darkness.

Hiding from God is impossible.
9. omnipresent
10. His hands lead me and hold me; therefore, He needs to know where I am!

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11. His thoughts of you outnumber the grains of sand—they are infinite! The God of the universe doesn't think about you just forty-two times a day. His thoughts of you are continuous—He never stops! What's His purpose in thinking this much about you? See Proverbs 24:12.

For further thought: He is the One who "pondereth the heart" and "keepeth thy soul"—so He wants and needs to know every detail of every moment of your life.
12. God will supply all of your needs.

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13. He could no longer be God if He broke a single promise, for God "cannot lie."
14. "But seek ye first the kingdom of God, and his righteousness." (Matthew 6:33)

Put God's good, His work, and His service first in your life.

All their material needs will be provided.

15. Don't worry about tomorrow. It will be taken care of. Today is enough to think about.

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16. Proverbs 3:5–6 Guidance for the future
James 1:5 Wisdom for decisions now and in the future
Isaiah 46:4 Provision in old age
Deuteronomy 33:25 Strength for each day
17. Isaiah 40:12 The waters, the heavens, the dust of the earth, the mountains, the hills

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- Jeremiah 10:13 Water vapors, lightning and rain, wind
Psalm 147: 8–9, 16–18 Clouds, rain, vegetation, animals and birds, snow, frost, ice, freezing and thawing cycles of earth, wind
Mark 4:41; Psalm 89:9 Winds and sea
Revelation 4:11 All things!
18. mercy
faithfulness
righteousness
judgments
19. His lovingkindness
20. Put your trust under the shadow of His wings.
21. The king's heart is in God's hand; He directs it as He pleases. Political powers and governments are ordained (appointed, determined) by God.
- For further thought:** This truth is also illustrated in the lives of these kings: Artaxerxes (Ezra 7), Cyrus (Isa. 45:1–4), and Nebuchadnezzar (Dan. 4–5).

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22. Psalm 34:7—to stay close to His children and deliver them
Psalm 91:11—to guard and keep His children
- For further thought:** Scripture gives other examples of angels protecting, comforting, or delivering God's servants. Angels protected Lot from the men of Sodom. Angels protected Elisha from the Syrians. They comforted Elijah under the juniper tree and Paul in a shipwreck. An angel delivered Peter from prison and carried the beggar into Abraham's bosom at the moment of his death.
- They are protecting, comforting, and delivering—invisibly!

23. There is one God (therefore, neither the devils nor Satan is a god). They tremble before Him.

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24. If He is not risen, all faith is useless. We, then, are false witnesses and are still in our sins.

We are extremely miserable, more than all people.

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For further thought: He loves you as part of Himself. You are “in Him”—part of His family, part of the Bride of Christ. You are safe because you are His beloved.

25. His goals are for you to be sanctified and cleansed until you have no spot or wrinkle. He wants you to be holy and without blemish—absolutely perfect!

For further thought: When will you reach that inconceivable goal? You’re guaranteed to reach it in glory, for God “did predestinate [you] to be conformed to the image of his Son” (Rom. 8:29).

We must trust God and wait patiently for Him to reveal His plan during the difficult times.

Lesson Three

A Peaceful Heart

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1. Answers may vary. Examples of life's storms:

Someone you love is sick or dying.

A beloved child is making bad decisions, and you fear the consequences.

Your husband is separated from you—physically, emotionally, or spiritually.

Bad memories are haunting you.

Someone you trusted has betrayed you.

You are facing the humiliation of a public failure.

Financial disaster is approaching.

You are dealing with infertility or miscarriage.

A private grief is consuming your thoughts and breaking your heart.

For further thought: Jesus was unique: totally man and totally God. The God-man experienced life as we do, but without a single sin. He was tempted but never gave in to sin. He was in pain but never in despair. Therefore He can be our Intercessor. He can understand and sympathize with us.

2. Lazarus had recently died.
3. He loved them; they were his friends.
4. other Jews, perhaps hired mourners, perhaps neighbors and friends of the family

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5. He was deeply moved, which He expressed by a groan, an utterance of pain and sorrow.
He wept. This was genuine sorrow at death of His friend, even though He knew He would soon raise Him from the dead.
6. Because He loved Lazarus, or because He had not arrived in time to heal His friend as He had healed others.
7. Some Bible commentators suggest that Jesus was weeping over the unbelief of the mourners. He, Who has power over life and death, could (and did) raise Lazarus from the dead! But instead they grieved as though there were no hope. He may have questioned, as He did in Mark 5:38–39 at the death of a little girl, “Why make ye this ado, and weep?”

Another opinion is that Jesus was sorrowing over the tragic results of Satan's tyranny in the world. Because of sin, all die. Because of death, Jesus' friends were grieving. And Jesus, who loved them, was troubled. He was crying for all of us who have to say goodbye to loved ones at death. He understands the pain we endure and sympathizes with us. He wept both with sympathy and with sorrow.

8. This is the prophecy of the death of the Messiah.
9. He would be despised, rejected, sorrowful, grieving, no reputation, burdened with grief and the sorrows of others. He would be stricken, smitten, afflicted, wounded, bruised, and chastised. He would receive stripes. He would bear the sin of all. He would be oppressed and afflicted, but He never defended Himself.

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10. The betrayal of Jesus to His enemies by Judas
11. Answers will vary.
Answers will vary.
Answers will vary.
Answers will vary.
12. sorrowful, very heavy, exceeding sorrowful.
13. An angel came from heaven to minister to Him. He sweat great drops of blood.

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14. A person seemingly indifferent to or unaffected by joy, grief, pleasure, or pain.
Also describes a Greek school of philosophy founded by Zeno about 308 BC, holding that men should be free from passion and calmly accept all occurrences as the unavoidable result of divine will.
15. Psalm 56:8—He saves them in His bottle and writes them in His book to remember them.
2 Kings 20:5—He sees them.
Revelation 21:4—One day He will wipe them all away.

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16. Asked three times to be delivered from his thorn in the flesh (a physical ailment of some sort—painful, embarrassing, a tool of Satan to discourage Paul).
17. "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt." (Matt. 26:39)
18. It's a normal human reaction. Jesus felt troubled, and He never sinned; therefore, it's not sinful.
19. No, Paul asked for deliverance. Jesus asked for the cup to pass from Him.

20. Psalm 37:1, 7 Answers will vary. Do not worry because of evildoers. Take comfort in the Lord and wait patiently for Him. Do not worry because someone else is prosperous or because an evil man is doing well.

Matthew 6:25–34 Answers will vary. Don't be worried about what you will eat, or what you will drink, or what you will wear. Isn't life more than food and the body more than clothing? God takes care of the birds and clothes the flowers. You are much more valuable than they are; He'll take care of you too! Unsaved people worry about these things, but your Father knows what you need even before you ask. Seek His spiritual kingdom first, and He'll take care of all your physical needs. Take one day and its needs at a time.

21. fret, take thought, be careful, be anxious

Sinners who seem to be prospering; getting away with wicked behavior; what to eat, drink, or wear; how long you will live; what will happen tomorrow; and everything else!

Answers may vary.

Answers may vary.

22. God cannot lie.

23. calling Him a liar

24. He lives in a Christian's physical body.

25. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Phil. 4:6–7)

26. absolutely nothing

Pray, ask, thank God for the entire situation, even if it's painful.

The peace of God, which you can't understand, will protect or keep your heart (emotions, mind, spirit) through Christ. It will stand guard over your hearts and your thoughts through your union with Christ Jesus.

Lesson Four

A Sweet Heart

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1. The brothers Cain and Abel, two sons of Adam and Eve

Cain gave to the Lord an offering of the fruits of the earth (produce). He was (v. 2) a “tiller of the ground.” Abel brought of the firstborn of his lambs and of their fat. He was a shepherd.

The Lord “had not respect” (literally, did not “look at”) Cain’s but did accept Abel’s.

For futher thought: The Bible doesn’t clearly explain why God rejected Cain’s offering, but something about it must have represented disobedience. Abel’s offering was accepted, not simply because it was an animal, but because it was brought in obedience to God’s instructions. The disobedience of Cain equals unrighteousness. The obedience of Abel equals righteousness.

By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous.” Hebrews 11:4

2. He smelled a soothing, pleasant, sweet aroma or odor.

God promised not to curse the ground or smite every living thing. He promised that day and night would not cease. Genesis 9:11 says that there would never again be a global catastrophe by flood. Someday, however, the earth will be destroyed with burning heat, according to 2 Peter 3:10–11.

3. God commanded Noah to take unclean animals on the earth in pairs, male and female. Of every clean animal, he was to take seven.

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4. The sacrifices at the end of flood, then, were planned and provided for by God ahead of time, and Noah followed God’s instructions. Noah was obedient to God, even when he could not see the big picture.

5. He smelled a sweet aroma.

6. No one was allowed to make his own concoction or follow his own recipe. The recipe for the incense and the techniques of its creation were given in careful detail. This incense was also prohibited from being used personally. It was to be made and used uniquely for worship—never for personal pleasure. It was holy to the Lord, separated from the rest of life. This is an example of the early appearance of the doctrine of separation from the world—a difference between the holy and ordinary.

7. He wants them to do “according to all that God commanded”—just as Noah did. He simply wants them to be obedient to Him. The details were tests of obedience.
8. They did not obey Him, but “walk[ed] contrary” to (went against, were opposed to) Him. Therefore, He said (v. 28) that He would “walk contrary unto you [them] in fury.”

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9. He would not smell, or savor, the odors in their worship assemblies. He would not accept, or regard their animal sacrifices and grain offerings. He would not accept their peace offerings. He would not hear their musical worship.

They were carrying false idols that they had made themselves, through the wilderness, so that they could worship them in addition to the true God.

For further thought: Notice that in this passage, and in Leviticus 26, God makes it clear that He does not accept all forms of private or public worship—just those offered obediently. Not all forms of worship are acceptable to God. Some are man-centered and are clearly contrary to His written Word. Our worship styles and methods must be chosen according to what pleases God, not simply by what we enjoy.

10. Their burnt offerings were not acceptable.

Their sacrifices represented some financial sacrifice but no heart obedience or submissive, repentant spirit—so they served no purpose. A religious ceremony performed by one with a disobedient heart is the essence of hypocrisy. It is ritual without reality. When the smoke of such sacrifices ascended to God, He held His nose!

Their sacrifices did not represent obedience. The people were rebellious against God’s laws.

11. A hypocritical heart honors God with words but not with the heart. Hypocrisy is pretending on the outside to be what one is not on the inside. It is phoniness, pretense, and insincerity. We can look obedient on the outside to other humans, but still be disobedient.

For further thought: Compare 1 Samuel 16:7 with Matthew 15:7–9.

12. He loves sacrificial service done for Him with a genuine heart of love and obedience to His Word.

obedience

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13. “Behold the Lamb of God, which taketh away the sin of the world.”
14. a lamb without blemish and without spot
15. blood
16. the precious blood of Christ, as of a lamb without blemish and without spot.

17. became obedient unto death, even the death of the cross

For further thought: Christ accomplished the entire work of redemption. The word He spoke here is *teleo* which means “paid in full.” This word was written on receipts for paid tax bills. Christ satisfied the demands of God’s justice; He fulfilled all the prophecies of the Messiah; He opened the way to the holy of holies; He gave us access to the Father and to heaven.

18. a sweet-smelling savor

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19. a sweet aroma

20. “Let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.” (Heb. 13:15)

“I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord.” (Ps. 116:17)

21. at all times, for all things

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22. to love one another

23. You will be laying down your life for others. By loving, especially when you don’t feel like it, you will be giving yourself as an offering and sacrifice, obediently, just as Christ did.

24. God

in every place

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Those who are saved and those who perish.

Those who are saved know it is good news; those who aren’t saved (and don’t want to be) see it as a message of death.

25. It may involve the pain of rejection or mocking; your pride may suffer a blow.

Lesson Five

A Servant's Heart

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1. "Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart." (Ephesians 6:6)

"Serve the Lord with fear, and rejoice with trembling." (Psalm 2:11)

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"Now therefore fear the Lord, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the Lord." (Joshua 24:14)

"How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?" (Hebrew 9:14)

2. Answers will vary.
3. He slept nearby, so that if Eli called for help during the night, Samuel could hear and respond quickly.
He opened the doors of the temple in the morning. He probably performed other temple duties appropriate to his age.
4. They were traveling through cities and villages preaching the gospel.

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Mary Magdalene and other women who had been healed; Joanna, Susanna, and "many others."

They were purchasing and preparing food, perhaps even paying for lodging or providing it in their own homes. They met practical needs so that Jesus and His followers were free to minister spiritually.

5. Bringing up children, lodging strangers (hospitality to travelers), washing the saints' feet (menial duty of kindness and hospitality), relieving the afflicted (visiting and ministering to the sick)
6. Verse 36 says she was "full of good works and almsdeeds." (kind, charitable actions).

She sewed clothing for the needy widows.

fabric, needles, thread, patterns, her eyes, her time, her hands

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7. Jesus is saying that the treatment of His disciples (“the least of these my brethren”) equals the treatment of Him. Note that the Lord is not teaching that good deeds are the basis of salvation, but are His criteria for judging the reality of faith. They are the evidence and fruit of faith (James 2:14–26).
8. The love of God does not dwell in him. God’s love is not in a hard heart.
9. Showing hospitality. “Given to hospitality” in Romans 12:13 literally means to pursue it, to press toward it, to actively look for ways to be hospitable.
You are using your home’s furnishings (table, chairs, couch, beds, towels); your kitchen (pots and pans, stove, refrigerator, dishes); your hands, your heart and mind.

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10. Service from the heart is performed joyfully, willingly, energetically, as to the Lord. Other service is done grudgingly, out of a sense of duty and obligation, out of fear of what others think, or out of guilt, not because of love and passion for Christ.
11. You should recall the overwhelming goodness of the Lord.
12. gladness, pleasure—even expressed by happy singing; no laziness; fervent (earnest and energetic) in spirit
13. You can serve unrighteousness, uncleanness, and iniquity, with the results of no fruit and eventual death. Or you can serve righteousness and holiness, with fruit in this world and eternal life in the next. Each person is a servant to someone or something.
14. To present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. We are called on to sacrifice our bodies to the Lord for His service: clean and pure (like the sacrificial lambs), separated to Him. It’s logical (reasonable) to serve Him because of His blessings.

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15. This member of the Trinity actually resides in your physical body. It is His temple (His dwelling place, His shrine, His sanctuary).
Therefore, you are not your own.
To glorify God in your body and spirit, which are actually His.
16. Answers vary.
You have never surrendered yourself to Him. You are selfish with your physical service to others because your spirit is cold toward Him.
17. Other saints will become more mature. The work of the ministry will go on. The body of Christ will be edified (built up like a building, an “edifice”). We’ll become more unified in the faith. We’ll know Jesus better and be more like Him (the stat-

ure of His fullness). We'll become more mature (perfect). We won't be unstable, immature Christians, fooled by deceitful, sneaky false teachers. We'll speak the truth, be united, and every one of us will be built up in love.

Page 46

18. love

19. It's a gift from God.

Don't be proud, for it's no accomplishment of your own.

No—we all are different.

We are all parts of the same body—His.

Our gifts fit together; we make each other complete.

Prophecy (proclaiming the truth boldly and publicly); ministry (serving, relieving, helping); teaching (discipling learners); exhortation (encouraging, pressing to do right); giving (sharing resources); ruling (leading, presiding); mercy (showing compassion)

unfeigned, genuine

preferring one another; letting others' needs take precedence over your own; yielding to others.

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20. It takes different people with varying gifts to accomplish the work of the ministry. If we were all speakers, who would listen? If we were all leaders, who would be led? Some press lazy ones toward righteousness; others understand why they are slow and gently encourage. Some are out front leading; others support those who fall by the way. Some administrate the grand vision; others tend to the details. Just like your body has a system designed for every function, so the Church has members gifted for every job that needs to be done. If you don't use your gift, some essential task may go undone!

There are many tasks that require diverse skills. No one member is more significant than any other, even if more visible. We cooperate to get the big job done.

We should be thoughtful to each other; we should suffer with the suffering ones and rejoice with the rejoicing ones.

Page 48

21. Speak as an oracle of God—as His mouthpiece.

Serve with the ability God has given you.

“That God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever.” (1 Peter 4:11b)

22. He was defiled, polluted, unclean and lived among others just like himself. When He saw God's holiness, he was vividly aware of his own unworthiness.

He took away his iniquity and pardoned his sin.

He volunteered for service; he answered God's call for a servant.

23. He failed to give Christ water to wash His feet; he gave him no greeting with a kiss, or oil to anoint his head.

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She was grateful for Jesus' forgiveness of her sins.

the one who remembers how much she has been forgiven

24. His death on the cross for our sins

25. He washed the dust from their feet, a service usually performed by a household slave.

Jesus washed their feet to demonstrate humility. It was not just because their feet were dirty.

He was teaching them to help each other in every possible way, at every opportunity, and in response to any need, no matter how humble.

Lesson Six

A Forgiving Heart

Page 52

1. persecution, reviling, false accusations
2. suffer for His sake
3. made a spectacle to the world and to angels, weakness, being despised, hunger, thirst, nakedness, being buffeted, no home, hard labor, being reviled, persecution, defamation, made as filth and offscouring of the earth.
4. God's
5. No

For further thought: America as a nation has been a country friendly to Christianity since its beginning, where believers in general have not experienced persecution. But this is an exception. Since the first century, Christians have been martyred for simply believing and living biblical truth. Today people who believe what we believe are being persecuted and martyred in other places. That's normal for Christ's followers, and we should not be surprised by it.

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6. A person who is tenderhearted is gracious, sympathetic, and compassionate with the failures of others. A soft, loving heart finds it easy to forgive, for it knows how much it has been forgiven. A hard heart is closed to others; a tender heart is open.
7. the elect of God, holy and beloved
mercy, kindness, humility, meekness, longsuffering, forbearance (Bearing with one another), forgiveness, love
8. Forgiveness is spiritual, not fleshly. It is related to the fruit of the Spirit, not at all to the flesh where "no good thing" dwells. It can't be done in the flesh or by will power, especially if the offense is a big one. We must be filled with the Spirit of God and be obeying Him, or it is impossible to forgive.

Page 54

9. "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."
10. "I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins." (Isa. 43:25)

“For I will forgive their iniquity, and I will remember their sin no more.” (Jer. 31:34)

“And their sins and iniquities will I remember no more.” (Hebrews 10:17)

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11. 1 John 1:9—God forgives when we confess.
2 Chronicles 7:14—When we humble ourselves, pray, seek His face, and turn from our wicked ways
Psalm 86:5—When we call on Him
12. repent, humble one’s self, call, turn, ask
13. If your brother trespasses against you, then rebuke him.
If your brother repents, then forgive him.
For further thought: Most of us are willing to forgive when asked, and some even forgive before being asked, but how many are willing to obey the rebuke part of Luke 17:3 to actively seek reconciliation? Instead, we indulge our flesh by fussing at someone who’s offended us.

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14. Go to the offender privately and tell him what he did.
Take one or two others with you.
Tell it to the church.
Avoid him.
15. to restore the friendship
16. Charity (true love) “covers a multitude of sins.” A loving woman is slow to take offense. She ignores or quickly forgets little insults. Love is not blind or naive, but it has a thick skin.

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17. Don’t give back evil for evil.
Speak truth and behave honestly.
Keep the peace as much as you can.
Don’t get revenge.
Let God repay.
Supply your enemy’s needs.
Overcome his evil with your good.
18. to be perfect like the Father is perfect
He blesses them with sun and with rain.

love them, bless them, do good to them, pray for them

No

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19. You should treat them with kindness, showing that you are ready to forgive. You should give without expectation of kindness in return and love without being loved, even if you are hated. Use kind words, kind actions, and prayer, seeking ways to bless rather than injure one who has injured you.

All your actions and words should be kind, as you “press toward” reconciliation. You should constantly communicate friendship and a willingness to give forgiveness. That’s what God does, and He is our example.

20. If I regard [see, approve, tolerate, indulge] iniquity in my heart, the Lord will not hear me.

21. unforgiveness

Neither. All sins are offenses to God. All are transgressions of His law.

22. When you pray, if you have any unforgiveness in your heart against anyone, forgive that one, so that God can forgive you your sins as well.

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23. Today we don’t bring the same sort of gifts to the altar as the Jews listening to Jesus did, but singing, prayer, testimonies, giving, and listening to preaching are all acts of worship.

24. Go, be reconciled with your brother; then come and worship. Otherwise, your worship is not acceptable to God. Compare this scripture: “And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.” (1 Sam. 15:22)

25. He saw God’s hand in his life, even in his brothers’ sin against him. Joseph knew that God was in control of his life. Even his brothers’ painful betrayal was “meant for good.”

He fed them and their families. He comforted them and spoke kindly to them.

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26. No. He meant to forgive without limits.

“Who forgiveth all thine iniquities.”

For further thought: That’s our model to follow! If we are to forgive like He forgave (“even as God for Christ’s sake hath forgiven you”), then we can’t stop forgiving until He does.

Lesson Seven

A Protected Heart

Page 63

1. He could have told us about Himself through a giant parchment in the sky, a personal appearance to every person, a mighty voice from heaven, or engravings on cliffs. He could have left us with only the voices of nature and conscience or with the voices of a few select prophets. Each of these would be deficient in some way.

A written document is definite and concrete. It is tangible and unambiguous. It can be translated and read both in private and in public. It is portable and personal enough to be held in your hand. You can read and study it for yourself, rather than being dependent on another person's communication or interpretation of God's message to you.

2. It was given by inspiration of God.

God breathed it.

God is the "breather" of the words, so He is its author.

3. The Holy Ghost

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4. Thy Word = TRUTH

They cannot be true; they are false.

5. Any document that repeats a lie that many times is not trustworthy. It is not even a good book. It's a total fraud.

6. If this is God's message to me and I am accountable to Him, no book is more important. It is absolutely vital for me to know what it says and to obey it. I should dig into it regularly and deeply. I should make it my only guideline for what I believe and what I do. I should measure all other teachings by its truth and only accept those that agree with scripture. I should share it with others and defend it against attackers.

7. quick (an old-fashioned word for "living" or "lively"), powerful, and sharper than a two-edged sword

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8. thoughts and intents

Your secret thoughts and purposes, your mental processes and your moral intentions.

9. To show you how you look, so you can make improvements! Usually a look in a mirror is more discouraging than encouraging.
10. She's lazy or just doesn't care.
She's foolish and risks God's chastening.

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For further thought: Many times we turn away from an unpleasant revelation of ourselves. Rather than confessing and forsaking sin, we excuse and rationalize it and close the Book that showed us the truth. But its honest disclosure of who we are is one of the Bible's main purposes, a blessing and help to us.

People seek reformation through self-help programs, psychiatrists, therapists, or other counselors, hypnotists, education, or books that offer "7 simple steps" to a new life. They may look for a new job, new community, or new marriage.

Many sources can help temporarily by altering circumstances or environment, but only God can change a person from the inside out.

11. "Sanctify them through thy truth; thy word is truth." (John 17:17)
12. Jesus
His Father
the ones the Father had given Him; the ones who had believed on Him
13. to make holy or pure; to consecrate or set apart
14. through His Word

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15. Jesus Christ
He is using the washing (bathing) of the water of the Word of God.
16. He uses His Word.
Answers will vary.
17. It waters the earth so that it will be fruitful.

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18. Yes.
God's Word, which is the Bible
- For further thought:** Share an experience of your own of how the Lord used a verse to direct you and how special it then became to you. Emphasize that this book is alive ("quick") and powerful in everyday life. It doesn't just teach us history and doctrine.

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19. Daily exposure to God's Word will keep us in God's will and away from sin.

in His commandments (a lamp), in His law (a light), and in His reproofs (instruction)

You keep God's law in your heart.

20. 1 Peter 5:8—The devil

Romans 7:21–23—The flesh

1 John 2:15–16—The world

21. “Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.” God's Word is our weapon.

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22. Men love darkness because their sin is not exposed.

23. Answers will vary.

Probably there was sin in your life that you felt guilty about, but you did not want it exposed to the light of the Word.

Page 71

24. We are supposed to desire (intensely long for; crave) the pure word of God, just like a baby is instinctively greedy for food and will not be satisfied until that need is met.

25. The Word will save your soul.

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26. the things which God hath prepared for them that love Him
the things that Jesus taught His disciples when He was on the earth

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all truth; things to come; things of Christ

Lesson Eight

A Speaking Heart

Page 74

1. under his tongue
2. The words of the righteous come from a “well of life” within. They are like waters that flow as a brook from a fountainhead (source) within. They are like fresh water from a spring or fountain.
3. death and life

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4. the small bit in a horse’s mouth, by which the rider turns the horse’s whole body
the rudder of a large ship by which the pilot controls its direction
a small fire—like the flame of a match—that burns down an entire forest
5. Your state of mind affects your health.

For further thought: Stress, depression, bitterness, anger, fear can cause the body to respond with sickness (headaches, digestive disorders, sleeplessness, etc.). Painful emotions come from negative words—your own or those of others.

Sweet, pleasant, calming words bring peace to the mind, which encourages a relaxed, healthy physical body. An angry quarrel just before bedtime disturbs sleep, and a fight at dinner either spoils the appetite or tempts us to gorge on cheesecake.

6. They will have life and health.

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7. Wisdom for decisions, encouragement to keep doing right, comfort in sorrow, gentleness in pain, the gospel to save their souls. Good words bless, heal, strengthen, lift, assure, empower, invigorate, refresh, energize, and sustain others. Think about how long a sincere compliment lingers in your mind (and how long a careless rebuke stings).
8. Answers will vary. Ask for brief personal experiences.
9. “Soft” (tenderhearted) words turn away (ward off, avert, deflect) hot displeasure, anger, fury, poison, rage, wrath.
“Grievous” (hard hearted, spiteful, harsh, bitter) words stir up, (like a fire), increase and inflame anger, antagonism, resentment.
10. Psalm 52:2—a sharp razor or knife

Psalm 57:4—spear (javelin), arrow, sword

Psalm 64:3—sword, arrows

11. The intent of the one using the tool makes the difference. A scalpel in the hand of a skillful surgeon is an instrument of healing; the same tool in the hand of a murderous man is deadly. The tongue's sharpness can heal or harm, depending on the intent of the speaker.

12. Tongues cut apart friendships and destroy reputations, marriages, and churches. A false witness can cause an innocent person to suffer—even to be put to death.

For further thought: One tongue can destroy a community. “By the blessing of the upright the city is exalted: but it is overthrown by the mouth of the wicked.” (Prov. 11:11)

13. This is a person who has an opinion on every subject and feels compelled to express it. He does not restrain his mouth but says everything he thinks.

14. Psalm 39:1—Evil words overheard by the wicked can harden them to truth or give them cause to blaspheme or mock truth.

Matthew 12:36–37—We will give account to God in the day of judgment for every “idle” (vain, useless, thoughtless) word. The less we speak, the fewer of these we will utter.

Proverbs 10:19—The more we speak, the more we risk sinning with our mouths. God will judge sin. The more words, the more risk of God's judgment.

Ecclesiastes 5:3—She risks becoming known as a fool (a stupid, silly person).

15. “Whoso keepeth [keeps watch over; guards] his mouth and his tongue keepeth his soul from troubles.” You'll stay out of trouble!

16. whatever is actual, factual, real, genuine

It is untruth, falsehood, deceit.

For further thought: Lead the ladies to understand that lying is any deliberate intent to deceive, whether it's with words (spoken or omitted) or with actions.

17. Psalm 58:3—the wicked

Colossians 3:8–10—the old man

18. Ephesians 4:25 says: Put away [throw away] lying. Instead, we should speak truth because we are members one of another.

19. Believers are united like the different parts of one human body. We need each other to be complete.

20. He has always been a murderer. There is no truth in him. He is the source of lies. He is a liar and the father of lying.
- No deceitful words ever came from His mouth.
- When you lie, then, you imitate the devil, rather than Jesus Christ.
21. “These six things doth the LORD hate : yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.” (Proverbs 6: 16–19)
22. She will not be unpunished.
- She will not escape.
- She will perish.

23. hostile, harsh, hurtful, toxic, cutting, abrasive, rotten, caustic, unkind, antagonistic, vicious, belligerent, angry, aggressive, offensive, insulting, nasty, hateful, abrasive, vulgar, coarse, disagreeable, mean, critical, derogatory, disparaging, disdainful, belittling, scornful, fault-finding, worthless, bad
- For further thought:** So this command could be paraphrased as the following: Say nothing hurtful. Say nothing intended to wound. Never stab with words. Do no injury with your mouth. Never say anything that is harsh or abrasive, rotten and vicious, coarse, mean, derogatory, profane . . . etc.
24. bitterness—resentment that lingers, poisonous speech
- wrath—rage, instant and explosive fury
- anger—a deeper, internal antagonism
- clamor—a noisy outcry of insults that comes from anger or hostility
- evil speaking—slander, language that injures
- malice—evil words in general

25. Words that edify should come out of your mouth.
26. Speak calmly with a smile and at the right moment, when you are not angry or upset. Blend compliments with gentle correction. Acknowledge your own failures, weaknesses, and sins. Use Jesus Christ and the Bible as the standard, not yourself and your own opinions. Use a loving physical touch if it's appropriate. People know that it's a risk to speak a painful truth, and they may recognize genuine love and friendship in your courage (eventually).

Lesson Nine

A Contented Heart

Page 85

1. He did not even have what most of us consider necessary—a place of His own to sleep and live.
2. Certain women provided them from their own resources. These were women who “had been healed of evil spirits and infirmities.” They were showing their gratitude by meeting obvious physical needs. Among them were Mary Magdalene, Joanna (the wife of Herod’s steward), Susanna, and many others.

For further thought: It was a Jewish custom for disciples to support rabbis in this way, but rabbis did not usually have women disciples. The Lord was raising the status of women by accepting their loyal service.

3. so we could be rich

For further thought: He was the Creator and Lord of all: gold, silver, diamonds, pearls, all lands, all treasures. BUT “(He) made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men” (Philippians 2:6–7). He set the example of servanthood and poverty. He had no farms or plantations, no palaces, no bank account, and no property to will to friends or family. His only possessions were the clothes He wore, which were taken by the soldiers that crucified Him. We don’t all have to live in poverty, but His example should cause us to control our desires to accumulate wealth. We should be willing to be poor, if that is God’s will, and should aim to live in moderate circumstances even when we could be wealthy. “Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient [appropriate, my portion] for me.” (Prov. 30:8)

4. He desires for us the riches of the love of God, of His blessings, of the hope of heaven, of spiritual treasures now and in eternity.

No

5. rich in faith

heirs of the kingdom

6. No. Many wicked are wealthy, and many godly people are poor. Neither poverty nor riches is a sign of spirituality (or lack of it). The “prosperity gospel” is based on false doctrine.

Page 86

7. The perfect Son of God was poor.

8. Being godly combined with being content is real wealth. We had nothing at birth, and we will take nothing with us at death. So if we have food and covering for our bodies, let's be content with that.

9. God-likeness, a God-pleasing character

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a calm and satisfied feeling; freedom from complaining about the way things are
Godliness and contentment are close associates. Added together, they equal great wealth. A godly, content woman is the richest lady in town! A godly woman is content because she trusts her Father to meet her needs. She is satisfied with what He sends or doesn't send. She is not greedy or covetous. She doesn't seek contentment in what she owns—little or much—but in the One who provides it all.

If you have godliness, you already have great gain, for godliness itself is true riches. It will bring you more happiness and peace of mind than any tangible possession ever could. God-likeness, not stuff, should be what you seek because it is the only source of genuine satisfaction.

10. Paul was content when abased (brought low, humbled), when abounding (overflowing), when full, when hungry, when in need—always!

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It came through Christ's strength.

11. nothing at all

food and covering

food and clothing

12. wants, luxuries, indulgences

extra gifts of God

Page 89

13. stealing, gambling, embezzling, cheating, etc.

14. earthly and heavenly

heavenly

Earthly treasures can be stolen, can deteriorate, and can rust. Heavenly treasures are safe and lasting.

15. money, belongings, stuff

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what else you can acquire; how much money you can earn

money, piles of cash, retirement plans

16. God and mammon (wealth, or material gain)

By seeing which one you give your time, energy, thoughts to please.

Page 91

17. the unsaved world; the Gentiles
seeking His kingdom and His righteousness first, trusting God to meet material needs
18. “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.” (1 Peter 2:11)
“These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth.” (Hebrews 11:13)

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19. Our citizenship is in heaven; we are “resident aliens” in this world, but we are actually already citizens of heaven.
20. A pilgrim travels.
He is on his way somewhere. He is a journeyer.
21. Experienced travelers (pilgrims) carry only necessities; they avoid overloading luggage with nonessentials. A serious hiker, who must haul all his belongings on his back, weighs shoelaces, cuts the margins off maps, sucks the air from sealed bags, etc. He is devoted to lessening his load.
She will reduce her belongings to a minimum.

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22. Parable: A rich man had an abundance of fruit and his barns were full and he had nowhere to store his fruit. So he tore down his barns and built bigger barns to hold all of his fruit, so that he could relax for many years to come. However, the Lord took his life that night.
Moral: Be careful! Watch out for covetousness. Your life is more than the total amount of all that you own.
23. You can own possessions without having them own you! You can use money as your servant without becoming its slave. That’s “using this world, not abusing it.” You will do this when you understand that money and stuff are temporary.

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24. none

Lesson Ten

A Rested Heart

Page 96

1. called disciples
taught in the synagogues
healed the sick
cast out demons
prayed alone before sunrise
traveled throughout Galilee
challenged the scribes and Pharisees
taught groups with parables
handled controversies and criticism
2. They wanted Jesus to touch them—a sign of His blessing.
They rebuked the parents. They implied that children were too insignificant for a busy man like Jesus! (“Can’t you see He’s a busy man? He can’t be bothered with children.”)
Even more than asked—He held them, put His hands on them, and blessed them.

Page 97

- He was kind, gentle, patient, and unhurried. He had time for individuals, even the little ones who seemed insignificant. Every person matters, and He made that clear by His relaxed acceptance of them.
3. He was tired, hungry, and thirsty.
He opened a conversation about her soul and taught her truth.
He was patient, unselfish, and more concerned about her needs than His own.
 4. Jairus, a ruler of the synagogue, was a very important man in this town.
A mass of people swarmed about Him, all asking for help.
One sick, desperate woman touched His garment. He stopped, found her, spoke to her, and healed her. He noticed one individual in a mob of noisy, demanding people, while He was being hurried along to an important man’s home. He would not be rushed when He saw her need.
He is concerned with each person, no matter what his social status. He was not panicked but set a deliberate pace in His work.

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5. Mary, Martha, and Lazarus

He was eating in the home of His friends.

6. He was eating on the seashore with His disciples.

7. Jesus took time for extended times of prayer and secret fellowship with His Father.

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8. Ask for suggestions. Some answers might be:

“I’ll pray about it for a few days and let you know.”

“I’m sorry, but I am confident that is not God’s will for me.”

“Yes, I think that the Lord might want me to do that.”

9. We talk too much about the trivial, just because the phone is handy. The minutes we’ve paid for scream to be used! We are never away from the phone, so we have less quiet time.

Television is addictive. It draws us in and keeps us glued for thirty minutes, one hour, or two hours of mostly wasted time.

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We spend hours stuck in traffic, going places we would not go if it weren’t so easy to hop into a comfortable car.

We waste hours on the internet, checking e-mail, visiting chat rooms, and playing games.

10. Ask for suggestions. Church services and activities? Teaching a class? Hospitality to Christian friends and unsaved neighbors? Visiting the sick or elderly? Reading helpful books? Memorizing and meditating on scripture?

11. It makes us look and feel “in demand.” Some are proud of how often their phone rings or how many club activities or sports events they or their children take part in—as though status and worth could be measured in units of motion.

12. He was writing to servants. Because these instructions are given in the context of other home/family relationships, it is likely that Paul is writing to household servants.

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13. “singleness of heart, fearing God” and “do it heartily, as to the Lord”

Work with a heartfelt affection for those served, with mental intensity applied to menial work, and with the spirit of a servant like Jesus Christ. (Remind of the definition of heart from lesson one.)

the Lord

14. You are told to give God glory in your body and in your spirit, for they both belong to God.
15. correct weight, fitness, clean, well-groomed
16. We eat less home-prepared, nutritious, well-balanced meals. We eat more fast food, convenience foods, or just grab whatever we can find!

Page 102

When we have little time, we skip exercise, because it seems to be optional. We can skip it, and nobody else suffers, or even knows. Also, when we are rushed, we're too tired to exercise.

When there's too much to do, there's less time for sleep. We rob ourselves of needed rest in order to do all we think we have to do.

We do only the minimum of making ourselves look attractive because we're too busy at other more demanding tasks.

17. not love, but antagonism
not joy, but grouchiness
not peace, but conflict
not longsuffering, but impatience
not gentleness, but harshness

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not goodness (good manners), but evil
not faith (faithfulness), but untrustworthiness
not meekness, but pride
not temperance (self-control), but unrestraint

18. preparing and serving the meal
19. Luke described Martha as being cumbered (distracted) about the meal. Jesus rebuked her for being careful (anxious) and troubled (disturbed) about many things.
20. Mary was sitting at Jesus' feet, hearing His word.

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21. The Sabbath—the day when “God rested.”
22. Jesus
23. Lord
24. You are designed to rest 1/7 of your waking hours (not including sleep).

25. Answers will vary.

Answers will vary.

26. Ask for suggestions. Some ideas are preparing food earlier to be served so that there is less (or no) cooking on Sundays, eating simple meals on paper plates, setting a routine of quiet naptime on Sunday afternoons, lowering housekeeping standards for the day and catching up on Mondays, having a list of “don’ts” for Sundays (no laundry, no shopping, no yard work, no strenuous recreation or ungodly television or videos—not as a list of rules but as a way of gaining freedom to rest on His day).

For further thought: Encourage ladies to set aside some time each day for rest (which isn’t necessarily lying on the couch eating chocolate and watching television) and for private devotions.

Here’s a simple tool to offer ladies to help them simplify their schedules.

Limit the balls you juggle. Each “ball” is a responsibility that requires time and attention on a regular basis. Count the ones you have to juggle:

Number of children =

Number of husbands =

Number of jobs outside your home =

Number of classes taken or taught =

Church responsibilities (committees, offices) =

School obligations =

Community obligations =

Add extras for—

Home schooling

Grandchildren who live nearby

Extra large or ramshackle house

Big garden

Family member needing special care

Fragile health

What’s your total?

Are you juggling them all flawlessly—or are you dropping a ball here and there? You have a limit to the number of duties you can handle, determined by your health, stage of life, and level of energy. If you try to juggle too many duties, you’ll drop some (or somebody). Too often the one you drop is one very important to you.

Prayerfully fix a limit for yourself, and determine not to juggle more than that number. My number is 7. My energetic friend's number is about 20! Constantly re-evaluate your schedule. Are you doing too much? Too little?

This simple tool will help in many ways:

- * It will keep you working, like Christ, at a steady pace.
- * It will keep you from overloading your schedule with busywork that distracts you from essentials.
- * It will keep you from trying to match your schedule to others.
- * It will remind you to stop and think before saying "yes."
- * It will give you a way to gracefully say "no."
- * It will prevent the empty nest syndrome. As your children "roll away" from home, you will simply pick up new tasks.

Lesson Eleven

A Weeping Heart

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1. John 11:32–36—Mary, other friends, and Jesus were weeping for Lazarus.
Acts 9:36–39—Women were weeping for Tabitha (Dorcas).
Genesis 23:2—Abraham was weeping for his wife.
John 20:11—Mary was weeping for her Savior.
Matthew 2:16–18—Mothers were weeping for their children.
Weep at the death of a loved one.
2. Psalm 42:3, 9–10—the psalmist is crying because of his enemies' oppression and because of their mocking of his faith.
1 Samuel 1:5–10—Peninnah mocked Hannah's barrenness.
Weep when enemies attack and mock, especially if God's reputation is at stake.

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3. Matthew 26:69–75—Peter's remorse after denying Christ
Ezra 9:13–10:1—Confession and repentance of Ezra and the children of Israel
Luke 7:36–38—The sinful woman who was forgiven by Jesus
Weep in sorrow and repentance for our sins.
4. Weep with those who weep.
Weep in sympathy with others who weep valid tears.
5. Luke 19:41–44—Jesus was weeping over the coming destruction of Jerusalem and for their rejection.
Acts 20:29–31—Paul was weeping over the coming deception of those he had warned.
They knew that the listeners had not heeded the warnings. Their hearts were broken by the transgressions of others.
Weep when we are spiritually burdened for unresponsive people.
6. "He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him."
Weep when we are sowing good seed of any kind—especially gospel seed in hearts.

7. Women use tears to get their way because men find it difficult to deal with a crying woman. We use tears to avoid calm adult communication about serious issues. We use them to garner attention and sympathy. Tears are how we vent anger and express self-pity. They are used as weapons to make others feel bad about how they have treated us (rather than using loving communication to restore our broken relationship). Sometimes we cry just to make ourselves feel better, rather than seeking our help and peace from the Lord. Remember that our hearts, which are our emotional selves, are “deceitful . . . and desperately wicked” (Jeremiah 17:9). Not every impulse to cry is legitimate and pleasing to God. Tears should not control us or others; they should be God-controlled.
8. Esther cried for the deliverance of others, not for her own life. Tears that are selfish are sinful tears (to get your way, to be the focus of attention, etc.). Legitimate tears are usually unselfish, focused on the needs or pain of others (including God), or how we have hurt them. Grief for loss in death is one exception.

9. a thorn in the flesh; a messenger of Satan
10. Now he says he will “glory” in his infirmities; he “take[s] pleasure” in them.
No
He rejoiced in the power of Christ that was present in his pain and that Christ’s power was revealed. He also was grateful that his trial was humbling (“lest I should be exalted above measure”).
11. They were suffering physical, mental, and emotional pain, and so did Christ. They were suffering for doing right, and so did Christ. They were suffering because they represented Him.
when His glory will be revealed
12. in eternity

13. Satan lost. God showed Satan (and any other angels and demons who were allowed to observe) that God’s creatures love and trust Him even when they do not understand the pain He allows.
Anyone on earth who knew of Job’s losses and saw his enduring faith knew that Job’s strength and spirit could only come from God. So God was glorified.
14. These stories can be very moving and inspiring. If there is time, share some. Emphasize the power and strength of the Lord, not of people.

15. despise the chastening; faint during rebuke

Don't be angry with God for sending it. Don't be discouraged or in despair. Don't kick against God or get depressed.

16. You are genuinely His child, and He loves you.

You are not His child. A parent does not discipline a child who is not His own.

17. For you to be “partakers of [to receive] his holiness;” for the “peaceable fruit of righteousness” to be produced in you. The temporary pain of God’s chastening works for your permanent profit by making you more holy and more righteous. What could be better than that?

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18. He remembered the Lord, and he prayed.
19. Christ left us an example to us of how to endure suffering.

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20. Bible study and meditation, prayer, church attendance, witnessing
21. And after you have undergone pain for a little while, the God of all grace, Who has given you a part in his eternal glory through Christ Jesus, will Himself make you perfect (thoroughly completed), steadfast and strong, grounded and settled.
22. Romans 5:3—“Tribulation worketh (produces) patience.”
James 1:3—“. . . The trying of your faith worketh patience.”
James 5:10–11—“Ye have heard of the patience of Job.”
23. to retaliate in word or action or to threaten
He committed Himself—trusted Himself—to God the Father.

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24. Tested faith is strong since it has survived the heat of trials. It’s easy to profess to believe God’s Word and His promises, but when you go through pain, you’ll discover that God’s promises are actually true! And then your faith becomes a personal treasure of your heart, not just ideas in your head or words in your mouth.

Lesson Twelve

A Submissive Heart

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1. the act of yielding or surrendering oneself to the will or authority of another; the state of being compliant; meekness; surrender; to acquiesce or be subordinate to

Answers will vary. Ask if the ladies' own definitions were more negative than the dictionary definition.

For further thought: Leadership (not follow-ship), aggressiveness, self-assertion, forcefulness, dynamism, vigor, drive, force, self-confidence, and independence are acclaimed. When directed toward godly goals, these are virtues, but when used for selfish goals, God calls them vices.

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2. We value independence, self-determination, and success. We admire the rich and powerful, the self-sufficient and the self-reliant, especially those who have become prominent by their own initiative and drive. We praise those who have “pulled themselves up by their own bootstraps” all the way to the top, rather than those who have followed well and supported them. Note the glut of books on leadership, and the scarcity of books on follow-ship!

Submission to God (James 4:7; Rom. 6:13)

3. Matthew 26:39, Jesus Christ—“not as I will, but as thou wilt.”

Luke 1:38, Mary, the mother of Jesus—“Behold the handmaid of the Lord; be it unto me according to thy word.” The word “handmaid” is the Greek word *doûle* (dou-lay), which means a female bonds slave. She was offering herself as God’s willing servant.

4. “Thy will be done.” You are taught to pray for His will, not your own desires. This is heart submission, for your heart includes your will.

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Submission to parents (Col. 3:20)

5. Jesus Christ

At marriage. Many believe it also ceases when an adult child is living independently, without the financial support of parents, but we are always obligated to honor and respect our parents. This is a matter of personal conviction.

Submission to human government (Rom. 13:1–7)

6. Jesus Christ

7. If you resist established laws, you are resisting God's authority and you will receive damnation.

When the government asks you to disobey God, you may disobey government.
God is the higher authority.

Submission to masters (Col. 3:22)

8. Our attitude should be genuine heart submission, not just a hypocritical show.
Our motivation is that our service to masters is actually service to God, Whom we fear.

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Submission to each other (Ephesians 5:21; Philippians 2:3; 1 Peter 5:5)

9. We should never be stubborn in insisting on our own way. We should give way to one another in love, humbling ourselves to accept the ideas, choices, or opinions of others.
10. No. He was submissive because, as the God-man, they were in authority over Him while He was on the earth.

He was setting an example for us. Submission has nothing to do with ability or brains. It has everything to do with assigned position and rank.

Submission in marriage (Genesis 2:21–24)

11. Adam was alone with no counterpart. He needed someone to stand beside him, to be his human companion, friend, and helper. It was “not good” for him to be alone. (Note that all through Genesis 1, God pronounces the rest of His creation “very good”.)

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12. He had no human companion. He needed help in all the tasks the Lord had set for him, especially to multiply and fill up the earth.
13. Every animal had a mate, but there was no human mate for Adam. She would need to be human, of course, and she would have feminine strengths to complement his masculine strengths. She would meet his mental and social needs (conversation, companionship), his sexual needs, and help him in his work.
14. God made Eve of Adam's rib while Adam slept “a deep sleep.”
15. Adam was made of the dust of the ground. God “breathed into his nostrils the breath of life.”
16. “For the man is not of the woman; but the woman of the man. Neither was the man created for the woman; but the woman for the man.” Man was created first; woman was created as a complement to man. She has her source in man, not as an inferior, but for his welfare and his good.
17. Woman
because she was “taken out of” man

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18. “For Adam was first formed, then Eve. And Adam was not deceived, but the woman being deceived was in the transgression.” (1 Timothy 2:13–14)

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19. God, Christ, man, woman

Christ is not inferior in any way to His Father, but when He came to earth “in fashion as a man,” He submitted His will in obedience to the Father’s will. Wives are not submissive because they are inferior, but because they have a different rank and role in the family.

20. Submit . . . as unto the Lord.

21. The husband is the head of the wife, just as Christ is the Head of the Church. The husband is the savior of the wife’s body, just as Christ is the Savior of the Church.

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22. She should be subject to him in everything.

She is to submit in everything that is not contrary to the Word of God.

23. There is turmoil and arguing. A wife can (and should) express her opinion and offer her input in every decision, but the husband has the final word, because he will be held accountable.

For further thought: In every organization, there is a need for input and discussion when decisions are being made. But the one “at the top” makes the final judgment, because he (or she) is the one held accountable for the outcome.

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24. the older women

to love their husbands and children, to be discreet (wise and sensible), chaste (pure), homemakers (domestic), good (kind), submissive to husbands

God’s Word won’t be dishonored by those who claim to believe it but don’t obey it. In contrast, a Christian wife’s submission can cause unbelievers to come to honor God! Our Christian homes are like living object lessons to the world.

25. They must give an account before God one day about the decisions that they made.

It gives your authorities joy. It makes it easier for them to do their job.