

RENOVATION

Conquering Sin with Radical Faith



JOIN US, SEPTEMBER 13 & 14, 2019
Keynote Speaker: Dr. Stuart Scott

Christian Growth Seminar -2019

Sponsored by...



Schedule of the Day

Time Schedule/Sessions

September 13, 2019

5:30 p.m. – 6:15 p.m. – Registration

6:15 p.m. – 6:30 p.m. – Opening

6:30 p.m. – 7:30 p.m. – Session 1
“Recalibrating One’s Spiritual Heart to God’s Glory”

7:30 p.m. – 8:00 p.m. – Break

8:00 p.m. – 9:00 p.m. – Session 2
“Understanding the Heart and the Worship Within”

September 14, 2019

8:00 a.m. – 9:00 a.m. – Coffee/Doughnuts

9:00 a.m. – 9:15 a.m. – Opening

9:15 a.m. – 10:15 a.m. – Session 3
“Mortification of Sin and Exercising one’s faith in Christ”

10:15 a.m. – 10:45 a.m. – Break

10:45 a.m. – 11:45 a.m. – Session 4
“How to Renew Our Minds One Thought at a Time”

11:45 a.m. – 12:00 p.m. – Closing

Recalibrating One's Spiritual Heart to God's Glory

Introduction:

1. We Must Understand Why We All Need to Glorify God With Our Lives (Ps 50:21; Jer 9:23-24; Jn 4:21-24; 1 Cor 10:31; Col 3:17)
 - A. Because of who God is
 - B. Because of what God has done, is doing and will do for us (Ps 103; 145; Isa 40; Rom 1-11; Eph 1-2; 1 Pt 1:13)
 - C. Because we were all created for it (Deut 10:12; Isa 43:7; Rom 1:18-25; 1 Cor 1:31; 10:31; 2 Cor 5:14-15; 10:17; Eph 3:20-21; Col 1:15-19; Jude 24-25)
 - The Westminster Confession of Faith - "Man's chief end..."
 - We even greatly glorify God by enjoying (or delighting in) Him –an excellent and much-needed emphasis made by Dr. John Piper. And it is not only our privilege (and our blessing) but also our duty (by God's command) to delight in Him and be satisfied in Him alone.
 - Caution about pursuing our pleasure vs God's Glory (2 Cor 5:9; 2 Tim 3:4)
 - D. Because He expects it exclusively and we will answer to Him - 1 Cor 3:10-15; 2 Cor 5:9-10
 - i. He is the only one who deserves it – Isa 42:8; 48:9-11; Rev 4:11
 - ii. It is abominable to withhold it or give glory to _____ or to oneself - Jer 2:11; Acts 12:20-23
 - iii. It is a command and an act of obedience He will hold them _____ for - 2 Cor 5:9,10
 - (this is the 'spiritual north' on our heart's compass)
2. We Must Grasp that In Our Present Situation it is most Important that we Glorify God (Ps 25:14; 119:68; Prov 13:15; 1 Cor 10:31; Jas 4:6-10)
3. We must recognize what is standing in the way (possibilities)
 - A. A _____ perspective – Mat 6:24-34

- B. Their other life agendas (idols must be explored) – Jer 9:23-24;
1 Jn 2:15-17
 - C. The consuming desire or expectation to be _____ from trial – 2 Cor 12:7-10
 - D. A lack of true salvation/regeneration – Rom 1:18-25; Phil 2:12-13
 - E. Unconfessed sin – Ps 51 (cf Ps 32)
 - F. Imbalance of the Gospel of Jesus Christ (in the broad sense)
 - G. Omission of seeking after the One and True God (Ps 119:10; Prv 8:17; Jer 2:13; Rev 2:5)
 - H. Etc.
4. We must know what it practically means to Glorify God
- A. They Must know that there are many ways for us to Glorify God
(However, we perhaps can sum them up by saying that we Glorify God when we worship God alone with our _____ (what we desire, seek, delight in), with our _____ (what we say about Him) and with our _____ (how we live and what we do to serve His interests).
 - B. Breaking it down...¹
 - i. By living with purpose (1 Cor 10:31; Eph 1:3-14)
 - ii. By confessing sins (Jos 7:19; 1 Jn 1:9)
 - iii. By praying expectantly (John 14:13)
 - iv. By living purely (1 Cor 6:18-20)
 - v. By submitting to Christ (Phil 2:9-11)
 - vi. By praising God (2 Cor 4:15)
 - vii. By obeying God (2 Cor 9:13; 2 Thess 1:12)
 - viii. By growing in faith (Rom 4:20-21)
 - ix. By suffering for Christ's sake (1 Pt 4:15-16)
 - x. By rejoicing in God (1 Chr 16:10)
 - xi. By worshipping God (Ps 86:9)
 - xii. By bearing spiritual fruit (Jn 15:8)
 - xiii. By proclaiming God's Word (2 Thess 3:1)
 - xiv. By serving God's people (1 Pt 4:10-11)
 - xv. By purifying Christ's church (Eph 5:27; 2 Thess 1:10)
 - xvi. By giving sacrificially (2 Cor 9:13)
 - xvii. By unifying believers (Jn 17:22)
 - xviii. By the salvation of the lost (Ps 21:5; 1 Thess 2:12; 2 Thess 2:14)
 - xix. By shining Christ's light through a godly life of good works (Mt 5:16)
 - xx. By spreading God's gospel (2 Cor 4:15)

¹ This list mostly from the MacArthur Bible Commentary, 1518.

- xxi. By how we die (Jn 21:19)
- xxii. By _____ His attributes (being like Christ) - 2 Cor 3:18; Gal 5:22-23;
1 Thess 1:6

- C. We must realize that God's glory will either be eclipsed or reflected in any and every situation
5. We most likely will need 'homework' (faith-growing projects) to solidify our Grasp, our Commitment and our Repentance and Faith concerning God's Glory - Jas 1:19-27

Scriptures

- A. We can/will find **Scriptures** to study and respond to Gospel Truths
- B. We can/will read _____/_____
- C. We can/will develop a running list of God's attributes, deeds and promises.
- D. We can/will make our own list of ways we are _____ God's glory.
- E. We can/will make our own list of ways we can reflect God's glory in our difficult situation and come up with very specific plans to do so (involve another brother/sister to help with good accountability, Heb 3:12-13)
 - We can/will list _____ lusts (wrong life agendas) the thoughts that go with us and how we can practice replacing them (one at a time) - by the Spirit's help
- F. We can/will evaluate our lives and how our time is spent and write down ways and specific plans to bring more glory to God. Serious Meditation on Scripture into application is mandatory.²

² I highly recommend David W. Saxton's book, *God's Battle Plan for the Mind* (Reformation Heritage Books, 2015).

Understanding the Heart and the Worship Within

1. Every Heart is a Worshipping Heart

- A. All creation is created to worship God (Isa 43:7; Rom 1:18-25)
- B. Only God is worthy of worship (Ex 20:2-6; Rom 11:33-36)
- C. We must understand worship: seek (Jer 2:13; 1 Ki 18:21), serve (Jos 24:14-20; Rom 6:16), sacrifice (Ex 20:1-6,23; Rom 12:1), spend (Mt 6:21), speak (Mt 12:34), trust in someone or something (Ps 115:8-9; 135:18)
 - “An idol is anything that we consistently make equal to or more important than God in our attention, desire, devotion, and choices.” (*The Exemplary Husband*, 91) All idols are objects of our lusts and thus assist us in worshipping ourselves for our own glory (2 Cor 5:15).
- D. Worship was defiled at the Fall (Idolatry as a means of self-worship had its beginning by not giving the Creator His rightful due) – Gen 3:1-22

2. The Heart is the Vehicle of Worship

- A. The Heart is the “real” you (1 Sam 16:7; Prv.4:23) ¹
 - 1. Our Cognition (thoughts, beliefs)
 - 2. Our Affections (desires and motives)
 - 3. Our Volition (will, choices into actions)
 - 4. Our Emotions (in some degree often starts here)
- B. The Heart is the temple of Worship (Ezk.14:1-12; Rom.1:18-25; 1 Cor.6:19-20)
- C. The Heart is the fountain of behavior issues (Prv.4:23; Mk.7:21ff)

3. The Heart is where belief and unbelief take place (Rom 10:8-10) ²

¹ “The whole man is viewed from his intentionality; it is the source of the will, emotion, thoughts, and affections.” *The New Linguistic and Exegetical Key to the Greek New Testament*, Rogers and Rogers, 351. Thayer lexicon, “Kardia denotes the seat and center of all physical and spiritual life... (the heart is) the fountain and seat of the thoughts, passions, desires, appetites, affections, purposes, (and) endeavors.”

² I’m appreciative for the clarity on the heart from Dr. Jeremy Pierre, *The Dynamic Heart in Daily Life*.

4. **There Are Many Terms for Sinful Heart worship**

- A. The Bible has several words for idolatrous lusts
 - 1. Old Testament words = craving, lusts, idolatry of the heart (Ezk.14)
 - 2. New Testament words = lusts, enslavement, entanglement, idolatry (Jas. 1: 13-15; 4:1ff; 1 Jn.2:15-17; Heb.12:1; Titus 3:3)
 - 3. Biblical lists of Idolatrous lusts (1 Cor.6:9-11; Gal.5:19-21; 2 Tim.3:1-5)
- B. Contemporary labels for idolatrous lusts that can all be self-serving (e.g. man's approval, attention, health, wealth, pleasure, safety, comfort, leisure, sports, security, significance, respect, fairness/justice, success, possessions, freedom/independence, money, ministry, education, marriage/family, traditions, perfectionism, workaholism, control, appearance, love, peace, etc.). All of these specific lusts are manifestations of one of the three categories given to us in 1 Jn 2:15-17 "... lusts of the eyes, lusts of the flesh, and the pride of life...."

5. **It's helpful to recognize Idolatrous Lusts**

- A. A desire (sometimes good in and of itself) becomes idolatrous as I am consumed with it for my own benefit (Jas.4)
- B. I am usually willing to sin to get this desire or sin if I don't
- C. Sure, tip offs to idolatrous lusts
 - 1. Words (e.g. expectations, needs, rights, must haves, etc.)
 - 2. Misplaced priorities/extremes (perfectionism, workaholism, unfaithfulness)
 - 3. Sinful patterns (Lying, life dominating sins)
 - 4. Sinful responses (anger, self-pity, depression, suicidal, etc)

D. Beware of Introspection

- “But what is the difference between examining oneself and becoming introspective? I suggest that we cross the line from self-examination to introspection when, in a sense, we do nothing but examine ourselves, and when such self-examination becomes the main and chief end in our life. We are meant to examine ourselves periodically, but if we are always doing it, always, as it were, putting our soul on a plate and dissecting it, that is introspection. And if we are always talking to people about ourselves and our problems and troubles, and if we are forever going to them with that kind of frown upon our face and saying: I am in great difficulty- it probably means that we are all the time centered upon ourselves. That is introspection, and that in turn leads to the condition known as morbidity.” Martin Lloyd-Jones, *Spiritual Depression*, 17

6. The unsaved life in Idol Worship (Rom.1:18-25; 3:10-18; 8:1; Eph.2:1-3; Titus 3:3)

- A. They are an idolater (worshiping a substitute god for self-worship) and dead in their sin
- B. They are condemned by God
- C. They can do nothing except what is in accord with their selfish nature
- D. They see it as good to worship what they want (sugar-coated poison)
- E. A new heart is needed to respond to God’s drawing (Rom.5:1-2; cf. 1 Thess.1:9)
 - 1. The remedy is Christ
 - 2. The Gospel of Christ needs to be proclaimed in its fullness (Rom.1:16; 10:17)
 - a. True view of God and Man
Grace through Faith (Eph.2:8-9)
 - b. Coming on Christ’s terms (Heart/Intentions – 2 Cor.5:15)
 - i. Attitudes of the heart need to be correct
 - ii. Intentions of the heart need to be correct

7. Even the Saved Must Grow In Worshipping God Alone (2 Cor.3:18; Col.1:28-29)

- A. Christians cannot be full-blown idolaters
- B. Christians at times can be compromising and syncretistic in their worship of God – they can be involved in partial and voluntary worship of self at times
- C. Sanctification often involves God revealing our lusts (out of unbelief) and self-focused moments
- D. It can sometimes be hard to distinguish the difference between an unbeliever and the believer who is a “so-called brother” (1 Cor.5:11-13).
- E. The Gospel (Union) must carry over into the Gospel (Communion or sanctification)

1. Grace is foundational for change and our growth in faith (Eph.4:1; Phil.3:8-16; Col.2:6; 3:1)
 2. Grace is motivational for change (Lk.7:40-50; Eph.5:1ff)
 3. Grace is instrumental in the change process from our union in Christ to our communion with Christ (Rom.5-8)
-
8. **We can Look Forward To Perfect Worship of God alone In Glory** (1 Cor.13:12; 15:50-58; Rev.21-22)

Conclusion:

Further Resources on the topic:

- Brad Bigney – *Gospel Treason*
- Stephen Charnock – *The Existence and Attributes of God*
- Elyse Fitzpatrick – *Idols of the Heart*
- John MacArthur – *1 Corinthians Commentary* (Chp.10)
- John MacArthur – *2 Corinthians Commentary* (Chp.5)
- Martha Peace – *The Excellent Wife* (Chp.7)
- Jeremy Pierre – *The Dynamic Heart in Daily Life*
- Stuart Scott – *The Exemplary Husband* (Chp.7)
- Ed Welch – *Addictions- A Banquet in the grave*

WORKSHEET OF CHRISTLIKE REPLACEMENT:

<i>LIST OF IDOLATROUS LUSTS</i>	<i>SCRIPTURE PASSAGES THAT ADDRESS POSITION & PRACTICE</i>	<i>OLD MOTIVE: WHAT I WANTED?</i>	<i>RIGHTEOUS MOTIVE: WHAT I WANT NOW?</i>	<i>SINFUL THOUGHTS & LIES: WHAT I THOUGHT THEN?</i>	<i>RENEWED THOUGHT: WHAT I NEED TO THINK NOW?</i>	<i>SINFUL CHOICES & ACTIONS: WHAT I DID THEN?</i>	<i>RIGHTEOUS CHOICES & ACTIONS: WHAT I WILL DO NOW?</i>

Mortification of Sin and Growing Faith in the Life of a Believer (Are we saved “in” our sin or “from” our sin?¹)

Introduction:

- Giving the Context: The Gospel of Jesus Christ
 - Based upon a believer’s union in Christ
 - Comes out into a believer’s communion with Christ – A grace-filled walk
 - Guarding your heart and paying close attention to yourself — Prov 4:23; 1 Tim. 4:16; Acts 20:28

“But what is the difference between examining oneself and becoming introspective? I suggest that we cross the line from self-examination to introspection when, in a sense, we do nothing but examine ourselves, and when such self-examination becomes the main and chief end in our life. We are meant to examine ourselves periodically, but if we are always doing it, always, as it were, putting our soul on a plate and dissecting it, that is introspection. And if we are always talking to people about ourselves and our problems and troubles, and if we are forever going to them with that kind of frown upon our face and saying: I am in great difficulty- it probably means that we are all the time centered upon ourselves. That is introspection, and that in turn leads to the condition known as morbidity.” Martin Lloyd-Jones, *Spiritual Depression*, 17

- Dependent Spiritual Exercise — 1 Tim. 4:7-9

“The error of Justification by works is in trusting to the discipline of your soul to save your soul; but the opposite to trusting to your works is not to do nothing, it is to do everything but not to put your trust in any of it. It is not the works that are wrong, it is the faith in your works, trusting in your works.” Jones, *SD*, 211

¹ Much of this material is taken from *Killing Sin Habits: Conquering Sin with Radical Faith* (Scott)

- An ongoing repentant lifestyle coupled with one’s pursuit of purity by faith in Christ (Repentance and Faith always go hand in hand)

Repentance - “Repentance unto life is a saving grace whereby a sinner, out of a true sense of his sin, and apprehension of the mercy of God in Christ does, with grief and hatred of his sin, turn from it unto God, with full purpose of and endeavor after, new obedience” (Westminster Shorter Catechism, Q87)

Faith - “As repentance is the negative aspect of conversion, turning from one’s sin, so faith is the positive aspect laying hold upon the promises and the work of Christ... (pisteuo) to believe what someone says, to accept a statement (particularly of a religious nature) as true...personal trust as distinct from mere credence or belief” ²

I. The Doctrine (of mortification and purity)

a. Chief verses:

- i. Rom. 8:12-13
“So then, brethren, we are under obligation, not to the flesh, to live according to the flesh – for it you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.”
- ii. Gal 5:16
“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”
- iii. Col. 3:1ff (:5)
“Therefore, consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.”
- iv. Titus 2:11-14
“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all

² Millard J. Erickson, *Christian Theology*, 938-939.

lawlessness and to purify for himself a people for his own possession who are zealous for good works.”

b. Supporting passages:

Mt. 5:29-30

Rom. 6-8

Rom. 13:14

1 Cor 9:27

Eph. 4:22-24

Etc.

II. Defined (don't ever separate one's endeavor of "killing our sin" apart from the active pursuit of holiness in Jesus by faith)

A discipline of grace whereby a Christian pursuing purity (holiness) and resting on Christ's finished work on the Cross – **aggressively** strives against sin in his life and thus weakens it so that its power and predominance is subdued and practically destroyed while at the same time **aggressively** strives towards a growing faith in Christ by the power of the Holy Spirit.

III. The Goal

The putting on of a faithful, holy walk in joyful obedience to Jesus Christ for His honor and glory while at the same time putting off of sinful practices by the help of the Holy Spirit (2 Cor 5:9; Rom 13:14).

IV. The Participants

a. God – Rom. 8:13

b. Believer – Rom. 8:13

c. The Church Body (Gal. 6:1; Heb. 3:12-13, 10:24-25)

V. Distinguishing Factors

a. Of those sins that are not

- b. Of those sins that are

VI. Personal Hindrances to this Grace Pursuit (many of these are manifestations of our pride)

- a. If Unsaved (Rom. 8:8; Mt. 15:8)
- b. Laziness (Rom. 12:11; 2 Pt. 1:5)
- c. Apathy (Zeph. 1:12; Rom. 12:11)
- d. Treasuring secret sin (s) (Ps. 66:18)
- e. Weariness (Gal. 6:9)
- f. Ignorance of theology (Eph.5:6,15,17; Col. 2:8) . Be careful of the imbalance with the Gospel itself (emphasis on union or communion).
- g. Misplaced priorities (Luke 10:38-42)
- h. Misplaced love & trust (Rev. 2:4-5; Ps 115; 135)
- i. Bad company – 1 Cor 15:33
- j. Other...

VII. Errors to Contend with

- “Beware of supposing that a teacher of religion is to be trusted because, although he holds some unsound views, yet he ‘teaches a great deal of truth’. Such a teacher is precisely the man to do you harm; poison is always most dangerous when it is given in small doses and mixed with wholesome food.” J.C. Ryle, *Churches Beware*, 76
- We do not practice the disciplines of grace as self-justifying or self-advancing like these: These are what mortification is not
 - a. Asceticism
 - b. Pietism
 - i. Mysticism
 - c. Quietism
 - d. Antinomianism
 - e. Legalism
 - f. Entire Sanctification
 - g. Diverting attention from a greater sin to a lesser sin

h. Etc.

VIII. Principles to Practice

- a. Slowing down to Meditate on the Gospel of Christ every day (especially on what Christ did on your behalf and how your union in Him directly affects your communion with Him – Lk. 7:47) Be Balanced!!!
- b. Repentance/faith as a lifestyle (Eph. 4; Col. 3).
- c. Share your area of struggle with another stronger believer (Gal 6:1ff)
- d. No provisions made for your flesh (Rom. 13:14)
- e. Surface up (through data gathering) and correct (renew) all the rationalizations for the sin
- f. Radical amputation (Mt. 5:29-30)
- g. Focus on pursuing, knowing and putting on the Lord Jesus Christ (Jer 2:13; Rom. 13:14; Rev 2:5)
- h. Be diligent and fervent in spirit in this endeavor and seek assistance when needed (Rom. 12:11; Gal 6:1ff)
- i. Pursuing love for others “One –anothering” (all 35+ of them)

IX. Some excellent quotes by our Puritan brethren

- “True mourning for sin must flow from spiritual convictions of the evil, and vileness, and dimmable nature of sin...true morning for sin is more for the evil that is in sin, than the evil that comes by sin; more because it dishonours God, and wounds Christ, and grieves the Spirit, and makes the soul unlike God, than because it damns the soul. Now, there are many that mourn for sin, not so much for the evil that is in it, as for the evil that it brings with it...” Matthew Mead, *The Almost Christian Discovered*, 56-57
- “A truly mortified man is like a warrior: he will either kill or be killed. He will kill his sins or else his sin will kill him. Now examine yourselves in this: are you only fencers, to sport and play with your lusts, or are you warriors who fight with an implacable opposition against sin? Do you only give a slight scare to sin or have you given it a deadly wound?” Christopher Love, *The Mortified Christian*, 38
- “Though Christ justifies us from the guilt of sin, we must labor to be freed from the filth of sin.” Christopher Love, 4
- “Exercise and success (in mortification) are the two main cherishers of grace in the heart, let not that man think he makes any progress in holiness who walks not over the bellies of his lusts.” John Owen
- “It will bring disgrace on the Christian testimony and harden others against the gospel when they see such a contrast between profession and reality.” John Owen
- “Set faith at work on Christ for the killing of thy sin...Live in this, and thou wilt die a conqueror. Mortification of sin is peculiarly from the death of Christ. This is the reason why He died. Such faith will look to Christ for

- power to mortify sin, and for grace to be conformed to Him in His death.”
John Owen
- “Mortification can never be thought of as separated from the ministry of the Holy Spirit. He brings the work to a consummation. He convinces of sin in the first place and reveals the help that is in Christ. He establishes the heart to expect relief, and He alone brings the cross of Christ into our hearts with its sin-killing power; for by the Spirit we are baptized into the death of Christ. He is both Author and Finisher of sanctification. His presence gives support in this essential work.” John Owen
 - “Many do their sins, as mariners do by their goods, cast them out in a storm, wishing for them again in a calm... Many confess their sins, but with no intent to forsake sin; they confess the sins they have committed, but do not leave the sins they have confessed.” Mead, 59
 - “All sin may be chained, and yet the heart not changed; and so the nature of the sinner is the same as ever. A dog chained up, is a dog still, as much as if he was let loose to devour.” Mead, 62
 - “Exercise grace whenever you would see it; idle habits are not perceived. Believe and repent till you feel that you do believe and repent, and love God till you feel that you love him.” Richard Baxter, *Christian Directory*, 903

Conclusion:

Resources:

- Sinclair B. Ferguson. ‘The Mortification of Sin,’ taken from the book, *John Owen on the Christian Life; The Whole Christ: Legalism, Antinomianism & Gospel Assurance – Why the Marrow Controversy Still Matters*.
- Christopher Love, *The Mortified Christian*
- Kris Lundgaard, *The Enemy Within*
- Wayne Mack, *A Fight to the Death*
- Matthew Mead, *The Almost Christian Discovered*
- Andrew Naselli, *No Quick Fix: Where Higher Life came from, What it is, + Why it’s Harmful*. Lexham Press
- John Owen, *Overcoming Sin & Temptation*, edited by Kelly Kopic & Justin Taylor (Crossway Publishers)
- Stuart & Zondra Scott, *Killing Sin Habits: Conquering Sin with Radical Faith*
- Stuart Scott with Andrew Jin, *31 ways to be a “One-Another” Christian: loving others with the love of Jesus* (Shepherd’s Press, 2019)
- Ralph Venning, *The Sinfulness of Sin*

How to Renew Our Minds One Thought at a Time

(From “what in the World were you thinking?” to, “what in the Word are you thinking?”)

Introduction

- So many divide the head and heart¹

1. Thinking in the Heart

a. Old Testament

b. New Testament

2. Faulty practices (in what I want and think) – (“thoughts and intentions”) – Heb 4:12

a. Fantasize in their thoughts (e.g. positive thinking, daydreaming)

¹ I’m appreciative of the work of several Puritans and the distillation work of Dr. Jeremy Pierre on a biblical view of the heart (The Dynamic Heart in Daily Life, New Growth Press, 2016).

- b. Relocate their thoughts (dwell on something totally different)
 - c. Suppress their thoughts
 - d. Designate times to sin in their thoughts (e.g. self-help book, *Worry Free Living*)
 - e. Etc.
3. A suggested biblical approach – Phil 4:4-9²
- a. Right Response to and Awareness of God (:4-5)

 - b. Right Praying (:6-7)

 - c. Right Dwelling (:8)

 - d. Right Practice (:9)
4. A renewed thought/intention/choice (sample)

² A helpful book on the importance of meditating on Scripture in the Christian Life from the Puritans by David W. Saxton, *God's Battle Plan for the Mind*.

What happened?
What am I wanting, thinking and feeling? (Pick one major thought/belief/desire)
RESPONSE to and AWARENESS of God (what can I rejoice in the Lord about? How encouraging is it to your faith to know the Lord is with you in this situation?)
What can I PRAY and be thankful for in light of this thought? (Is there anything I need to confess?)
What scriptures will help me with this thought/desire? Now, what can I BE DWELLING ON about this situation that is loving (to both God and others) true, thankful, hopeful, and God-glorifying in light of the Gospel of Jesus Christ? (The Renewed Thought is...)
What can I DO with this renewed thought (with Spirit's help) to honor and obey the Lord & serve others with my affections, mind and actions?

What happened?

My son is graduating, and I have an extreme fear of flying.

What am I wanting, thinking and feeling? (Pick one major thought/belief/desire)

The door is going to fly open and I will be sucked out. I don't want to die.

I am not in control if I go.

I shouldn't have to go with my phobia.

I just can't go; couldn't handle it! I may face a terrifying death. I'm feeling very anxious, overwhelmed, fearful, doomed, want to feel safe and secure – this is opposite.

RESPONSE to and AWARENESS of God (what can I rejoice in the Lord about? How encouraging is it to your faith to know the Lord is with you in this situation?)

I rejoice in You Lord, knowing that your nearness to me right now; you promise to never leave or forsake me (Heb 13:5-6, 139:7-12). You see all that's going on in this situation (Ps 94:9). You are my Father and are able to do, in and through this situation, more than I can think or imagine as I submit to walk in your ways (Eph 3:20).

What can I PRAY and be thankful for in light of this thought? (Is there anything I need to confess?)

Lord, please forgive me of my fear and presuming the worst in this situation. Please help me to not be paralyzed with fear and have a willingness to go see my son graduate. I thank you Lord that you care for me and are good and in control!

What scriptures will help me with this thought/desire?

Ps 147:5, Ps 34:4; Ps 56:3-4, Ps 139:7-12, 2 Cor 9:8, 1 Cor 1:3-4, Eph 5:1-2, Phil 4:4-9, Heb 4:16

Now, what can I BE DWELLING ON about this situation that is loving (to both God and others) true, thankful, hopeful, and God-glorifying in light of the Gospel of Jesus Christ? (The Renewed Thought is...)

God, because You are sovereign over all (including my life, health, safety, & longevity) and I am "in Christ" as a new man & a child of Yours - I will love and trust You by flying over (w/my husband) to love my son & see him graduate. I will find comfort and a refuge in who You are and, in Your promises, concerning Your presence, Your care, Your grace in time of need, the hope of heaven, Your protection and Your wisdom. If You should ordain any trouble or even my death - I will be sustained by Your grace & even transported into Your presence. (can pray these new redeemed thoughts to God as you walk with Him)

What can I DO with this renewed thought (with Spirit's help) to honor and obey the Lord & serve others with my affections, mind and actions?

Buy a ticket, pray with others, make flashcard of new thought, ask church to pray, tell son I am coming, plan vacation there after graduation, etc.