

**THINK PURE**



**LIVE PURE**

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HEALING THROUGH MEDITATION & GOD-DEPENDENCE

**JIM AND RHONDA VAN GELDEREN**



## PURE THINKING FOR PURE LIVING

*How To Use this Resource: Read the entire booklet and then go back and meditate on one to three verses a day, checking them off as you go. Once completed, go back to the beginning and start again. God's Word will change your thinking! Mark the ones that have especially ministered to your heart.*

*Read each verse slowly, asking the Holy Spirit to teach it to you and then journal, "What does the verse mean? How does it apply to my life? How will I dedicate my life to following this Bible principle?"*

*"Memorize scriptures that really mean something to [you] and that deal with [your] specific vulnerabilities. This battle isn't just about emotional health and learning to take care of [yourselves]. At its core, it's a matter of spiritual life and death. I have seen too many potential great men of God go down in flames over this issue. **It isn't a casual conflict.** Therefore, we need to get God's emergency procedures down in the recesses of our minds. **We must allow His Word to be hidden in our heart so that when everything in our flesh screams to do something stupid, we will have God's emergency procedures written on our heart**" (From Ted Roberts in *Pure Desire*, Minneapolis, Minnesota: Bethany House, 2008, page 124).*

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## VISION FOR YOUR LIFE

[God] who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace. II Timothy 1:9a

The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints. Ephesians 1:18

***You were chosen by God before the creation of the world –set apart for his purposes.***

According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love. Ephesians 1:4

For the gifts and calling of God are without repentance. Romans 11:29

Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain. John 15:16, 17

***Victory is promised.***

Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren. Luke 22:31, 32

But thanks be to God, which giveth us the victory through our Lord Jesus Christ. I Corinthians 15:57

Now thanks be unto God, which always causeth us to triumph in Christ. II Corinthians 2:14

**Hall of Faith—God used men who were naturally weak.  
Give your weakness to the Lord.**

...out of weakness were made strong. Hebrews 11:34

**In the heat of the battle, you will need to “withstand,”  
and then in recovery, you will need to continually  
“stand.” Though the current intensity of the battle can be  
daunting, there is promised relief.**

Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Ephesians 6:13

**Help others.**

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. II Corinthians 1:4

**Live an unselfish life.**

That they which live should not henceforth live unto themselves, but unto him which died for them, and rose again. II Corinthians 5:15

**Get back at Satan by helping others out of his grasp.**

And having in a readiness to revenge all disobedience, when your obedience is fulfilled. II Corinthians 10:6

**God can restore the years wasted in sin.**

And I will restore to you the years that the locust hath eaten. Joel 2:25

To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. Isaiah 61:3

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord. Acts 3:19

***Run and finish the race unhindered.***

Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus. Hebrews 12:1b-2a

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory. II Corinthians 4:16,17

**ELEMENTS OF VICTORY**

***A clear conscience is priceless.***

And herein do I exercise myself, to have always a conscience void of offense toward God, and toward men. Acts 24:16

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Hebrews 10:22

Holding the mystery of the faith in a pure conscience. I Timothy 3:9

***You cannot serve God and lust.***

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. Matthew 6:24

For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. Galatians 5:17

If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth. I John 1:6

And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve, ...but as for me and my house, we will serve the Lord. Joshua 24:15

***God sees everything. You need to constantly be aware of His presence.***

Whither shall I go from thy spirit? Or whither shall I flee from thy presence? Psalm 139:7

[F]or the Lord searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever. I Chronicles 28:9b

[F]or I know the things that come into your mind, every one of them. Ezekiel 11:5b

***Repent completely and thoroughly. People will not be able to trust you if they never know if they have come to the end of what transpired.***

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. Proverbs 28:13

***God meets you in your brokenness.***

[O]ur flesh had no rest, but we were troubled on every side; without were fightings, within were fears.

Nevertheless God, that comforteth those that are cast down, comforted us. II Corinthians 7: 5b-6

The sacrifices of God are a broken spirit: a broken and contrite heart, O God, thou wilt not despise. Psalm 51:17

***Godly sorrow—A sorrow God must give that lets us see our sin as He sees it. This kind of sorrow has lasting change but cannot be worked up in the flesh. God must give it.***

Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner....For godly sorrow worketh repentance to salvation. II Corinthians 7:9, 10

***Godly sorrow brings a carefulness not to sin again, a fear of sin, and a desire to move forward for Christ.***

For behold this selfsame thing, that ye sorrowed after a godly sort, what carefulness it wrought in you, yea, what clearing of yourselves, yea, what indignation, yea, what fear, yea, what vehement desire, yea what zeal, yea, what revenge! In all things ye have approved yourselves to be clear in this matter. II Corinthians 7:11

***Don't let your guard down or flirt with sin even once! Don't give Satan an inch!***

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof. Romans 13:14

Neither give place [ground] to the devil. Ephesians 4:27

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith. I Peter 5:8-9a



***You must actively seek purity. If you are passive, you will fail. It is a battle!***

For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light. . . . And have no fellowship with the unfruitful works of darkness, but rather reprove them. Ephesians 5:8, 11

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. Galatians 5:16

***Set up safeguards.***

Watch and pray that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. Matthew 26:41

***Take strong measures to deny yourself and crucify the flesh.***

And they that are Christ's have crucified the flesh with the affections and lusts. Galatians 5:24

Mortify [put to death] therefore your members [body parts] which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: For which things' sake the wrath of God cometh on the children of disobedience: In the which ye also walked some time, when ye lived in them. Colossians 3:5-7

***Don't keep looking behind. Focus on what is ahead. Remember the "BUT GOD." Your identity does not have to be written by your past. God has a wonderful future ahead for you! You are a new man. Live like it!***

Among whom also we all had our conversation [lifestyle] in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature the children of wrath, even as others. BUT GOD, who is rich in mercy, for his

great love wherewith he loved us. Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;). Ephesians 2:3-5

Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts, And be renewed in the spirit of your mind: And that ye put on the new man, which after God is created in righteousness and true holiness. Ephesians 4:18-24

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new. II Corinthians 5:17

And have put on the new man, which is renewed in knowledge after the image of him that created him. Colossians 3:10

Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Romans 6:11

***No masks allowed! Be who you really are.***

That ye may have somewhat to answer them which glory in appearance, and not in heart. II Corinthians 5:12

But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. II Corinthians 3:18

***Don't have a secret life.***

But have renounced the hidden things of dishonesty, not walking in craftiness...but by manifestation of the truth, commending ourselves to every man's conscience in the sight of God. II Corinthians 4:2

***You have lived a lie. Now you must commit to complete truthfulness.***

Lie not one to another, seeing that ye have put off the old man with his deeds. Colossians 3:9

***When temptation comes, keep your eyes on the Lord.***

For we have no might against this great company that cometh against us; neither know we what to do; but our eyes are upon thee. II Chronicles 20:12

***Be thrilled that God continues to deal with you and find you out.***

And ye have forgotten the exhortation which speaketh unto you as unto children. My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of Him: For whom the Lord loveth he chasteneth, and scourgeth every son whom He receiveth....for our profit, that we might be partakers of his holiness. Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Hebrews 12:5-11

Be sure your sin will find you out. Numbers 32:23

***When your cover is blown, you might despair of life, but God will use this to get you to trust in Him alone.***

[T]hat we were pressed out of measure, above strength, insomuch that we despaired even of life: But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead: Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us. II Corinthians 1:8b-10

I was almost in all evil in the midst of the congregation and assembly. Proverbs 5:14

For a just man falleth seven times, and riseth up again. Proverbs 24:16

***God gives us the Holy Spirit to help us see when we sin. He will convict, but you can grieve and quench Him.***

And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption. Ephesians 4:30

Quench not the Spirit. I Thessalonians 5:19

***God can use your sin or the sin of those who have hurt you for you to come to a fuller spiritual maturity.***

...perfect [mature] through sufferings. Hebrews 2:10

***With each temptation, look for God's plan of deliverance.***

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. I Corinthians 10:13

***Fear Him and have confidence in His mercy.***

Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy. Psalm 33:18

***Depend on His grace.***

My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. II Corinthians 12:9

***After true confession, if your heart condemns or shames you, it is not of God. You need to discern the voices in your head. God's voice is always one of hope and restoration as you look forward. Satan's voice is always condemning and accusing and has a focus on looking back to your sin.***

For if our heart condemn us, God is greater than our heart, and knoweth all things. I John 3:20

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Philippians 3:13,14

***Get as much counsel, instruction, and accountability as you can.***

He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding. Proverbs 15:32

Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Ecclesiastes 4:9, 10

***Being transparent with others.***

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. James 5:16

***Prayer invites divine intervention on our behalf.***

Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not. Jeremiah 33:3

***God's Spirit can show you what to pray so that you can pray in the will of God.***

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. Romans 8:26, 27

***God's will is for marriages to be restored, relationships to be mended, and addictions to be ended, so when you pray for these, you know you are praying in God's will.***

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him. I John 5:14, 15

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Hebrews 4:16

***Healing comes with total surrender and mind renewal.***

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God which is your reasonable service. And be not conformed to this world: but be ye transformed by

the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:1, 2

***Mind renewal comes from meditation.***

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1:8

***Let God's Word be your delight.***

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord, and in his law doth he meditate day and night. Psalm 1:1, 2

***After you have confessed and changed direction, don't let Satan still make you think you are condemned and thus keep you in defeat, when you are actually free!***

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. Romans 8:1

***God will continue to disciple you until the day you die.***

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ. Philippians 1:6

And the very God of peace sanctify you wholly [body, soul, and spirit]; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it. I Thessalonians 5:23,24

***Seek the Lord until you find Him.***

But if from thence thou shalt seek the Lord thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul. Deuteronomy 4:29

**GOD LOVES AND HEALS**

When my father and my mother forsake me, then the Lord will take me up. Psalm 27:10

And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. II Corinthians 6:18

Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise. Jeremiah 17:14

He healeth the broken in heart, and bindeth up their wounds. Psalm 147:3

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings. Malachi 4:2

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end [hope]. Jeremiah 29:11

How precious also are thy thoughts unto me, O God! How great is the sum of them. If I should count them, they are more in number than the sand: when I awake, I am still with thee. Psalm 139:17

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way [way of pain] in me, and lead me in the way everlasting. Psalm 139:23, 24



He revealeth the deep and secret things [your wounds]:  
He knoweth what is in the darkness, and the light dwelleth  
with Him. Daniel 2:22

***Grasping God's love is the first step towards healing from  
an addiction. Even when you were in sin, God's love for  
you was abundant.***

Or despisest thou the riches of his goodness and  
forbearance and longsuffering; not knowing that the  
goodness of God leadeth thee to repentance? Romans 2:4

For I am persuaded, that neither death, nor life, nor angels,  
nor principalities, nor powers, nor things present, nor things  
to come. Nor height nor depth, nor any other creature, shall  
be able to separate us from the love of God, which is in  
Christ Jesus our Lord. Romans 8:38-39

...because the love of God is shed abroad in our hearts by  
the Holy Ghost which is given unto us. Romans 5:5b

He that loveth not knoweth not God; for God is love. I John  
4:8

Yea, I have loved thee with an everlasting love: therefore  
with lovingkindness have I drawn thee. Jeremiah 31:3

Behold, what manner of love the Father hath bestowed  
upon us, that we should be called the sons of God. I John  
3:1

But God, who is rich in mercy, for His great love wherewith  
He loved us, Even when we were dead in sins. Ephesians  
2:4, 5a

It is of the Lord's mercies that we are not consumed, because his compassions fail not. Lamentations 3:22

As the Father loved me, so have I loved you: continue ye in my love. John 15:9

***You are loved and accepted, not according to your performance, but because of who you are in Christ.***

To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. Ephesians 1:6

***God made you perfectly for what He has designed for your life.***

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. My substance was not hid from thee; when I was made in secret, and curiously wrought in the lowest parts of the earth. Psalm 139: 14, 15

For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves and comparing themselves among themselves, are not wise. II Corinthians 10:12

### **GOD'S GRACE ("UNDESERVED FAVOR") RESTORES AND ENABLES FOR OBEDIENCE.**

By whom we have received grace and apostleship, for obedience to the faith among all nations, for his name. Romans 1:5

But where sin abounded, grace did much more abound. Romans 5:20b

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Hebrews 4:16

Being justified freely by His grace through the redemption that is in Christ Jesus. Romans 3:24

***There is always enough grace.***

And God is able to make all grace abound towards you; that ye, always having all sufficiency in all things, may abound to every good work. II Corinthians 9:8

But unto every one of us is given grace according to the measure of the gift of Christ. Ephesians 4:7

***Jesus pleads your cause.***

And if any man sin, we have an advocate with the Father, Jesus Christ the righteous...because the darkness is past, and the true light now shineth....I write unto you, young men, because ye have overcome the wicked one. I John 2:1b, 8b, 13b

***God delivers and comforts those who run to Him rather than to a coping mechanism.***

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. II Corinthians 1:4

The Lord knoweth how to deliver the godly out of temptations. II Peter 2:9a

Who hath delivered us from the power of darkness. Colossians 1:13a

If my people, which are called by my name, shall humble themselves and pray, and seek my face, and turn from their wicked ways: then will I hear from heaven, and will forgive their sin, and will heal their land. II Chronicles 7:14

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. Isaiah 43:2

Cast thy burden upon the Lord, and he shall sustain thee; he shall never suffer the righteous to be moved. Psalm 55:22

***God will use this trial to bring maturity.***

But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect [mature], stablish, strengthen, settle you. I Peter 5:10

**PRACTICAL APPLICATIONS TO EMBRACE**

***Women are to be protected, not to be an object of lust.***

Paul said to treat “[older] women as mothers; [and] younger [women] as sisters, with [absolute] purity.” I Timothy 5:2

***Sin often begins with the eyes.***

Lust not after her beauty in thine heart; neither let her take thee with her eyelids. Proverbs 6:25

I made a covenant with mine eyes: why then should I think upon a maid? Job 31:1

Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That

whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. Matthew 5:27, 28

The light of the body is the eye: if therefore thine eye be single [singleminded], thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness! Matthew 6:22

***Immediately cast down wrong thoughts or images. Don't push the replay button to bring up temptations of the past!***

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. II Corinthians 10:5

***Turn from evil viewing and look up to heaven to connect with the Lord.***

Turn away mine eyes from beholding vanity; and quicken thou me in thy way. Psalm 119:37

Be not wise in thine own eyes: fear the Lord, and depart from evil. Proverbs 3:7

***Instead of concentrating on not thinking wrong thoughts or fantasizing, think on God's cause and purity.***

Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

***Instead of using fleshly determination, fight with God's Word in dependence on His Spirit.***

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.). II Corinthians 10:3, 4

***Start claiming promises of who you are in Christ and do not be shamed by lust.***

Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. II Peter 1:4

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. II Corinthians 7:1

***God's will is that you possess your body with purity.***

For this is the will of God, even your sanctification, that ye should abstain from fornication: that every one of you should know how to possess his vessel in sanctification and honour. I Thessalonians 4:3, 4

***Physical intimacy is applauded in the right time and in the right place.***

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge. Hebrews 13:4

***Porn is bonding with an harlot.***

Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of an harlot? God forbid. What? Know ye not that

he which is joined to an harlot is one body? For two, saith he, shall be one flesh. I Corinthians 6:15,16

And why wilt thou, my son, be ravished with a strange woman, and embrace the bosom of a stranger? For the ways of man are before the eyes of the Lord, and he pondereth all his goings. His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins. He shall die without instruction; and in the greatness of his folly he shall go astray. Proverbs 5:20-23

***Give your heart to God, your parents and your spouse; not to strangers!***

Keep your heart with all diligence; for out of it are the issues of life. Proverbs 4:23

That no man should go beyond and defraud [cheat] his brother [wife/husband] in any matter; because that the Lord is the avenger of all such, as we also have forewarned you and testified. I Thessalonians 4:6

***Rather than practicing self-indulgence or self-gratification, be the most concerned about your spouse or future spouse and what will bring them the most delight and security.***

Love worketh no ill to his neighbor. Romans 13:10

...in lowliness of mind let each esteem others better than themselves. Philippians 2:3b

Look not every man on his own things, but every man also on the things of others. Philippians 2:4

[Love] seeketh not her own. I Corinthians 13:5

Thou shalt love thy neighbor as thyself. Galatians 5:14b

***Forgiveness should not be taken for granted. Fearing God is the end goal. It should be enough of a deterrent to know that God sees all you do.***

But there is forgiveness with thee, that thou mayest be feared. Psalm 130:4

The eyes of the Lord are in every place, beholding the evil and the good. Proverbs 15:3

***You have to HATE sin, even when it is pleasurable! You must reject instant gratification for a higher cause!***

But what things were gain to me, those I counted loss for Christ. Philippians 3:7

There is a way which seemeth right unto a man, but the end thereof are the ways of death. Even in laughter the heart is sorrowful; and the end of that mirth is heaviness. Proverbs 14:12, 13

Hate the evil, and love the good. Amos 5:15

He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered. Proverbs 28:26

***Have a humble, teachable spirit and not a stubborn heart of stone.***

A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. Ezekiel 36:26

***Desire the eternal, the unseen, and a relationship with God more than fleeting pleasure.***



While we look not at the things which are seen, but at the things that are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. II Corinthians 4:18

***Those in the ministry need to be blameless.***

Giving no offence in any thing, that the ministry be not blamed. II Corinthians 6:3

And let these also first be proved; then let them use the office of a deacon, being found blameless. I Timothy 3:10

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. I Corinthians 9:27

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. I Thessalonians 5:23

But fornication, and all uncleanness, or covetousness, let it not be once named among you as becometh saints. Ephesians 5:3

***There is something soul-destroying about porn, which is mental adultery.***

Abstain from fleshy lusts, which war against the soul. I Peter 2:11

Whoso commiteth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul. Proverbs 6:32

***You must follow God's rules to get His prize.***

And if a man also strive for the masteries, yet is he not crowned, except he strive lawfully. II Timothy 2:5

## **DESTRUCTION FROM CONTINUING IN THE FLESH**

The thoughts of the wicked are an abomination to the Lord.  
Proverbs 15:26

But every man is tempted when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. James 1:14, 15

What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? Romans 6:1, 2

***You cannot think that your sin can be compartmentalized. Selfishness and deceitfulness are woven into every area of your life.***

A little leaven leaveneth the whole lump. Galatians 5:9

***Don't live a double life.***

A double-minded man is unstable in all his ways. James 1:8

But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear. Isaiah 59:2

***There are consequences for your actions. You cannot sin and get away with it!***

Be not deceived; God is not mocked: for whatsoever a man soweth that shall he also reap. For he that soweth to his flesh

shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. Galatians 6:7, 8

Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. I Corinthians 6:18-20

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. I Corinthians 3:16, 17

Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. Romans 6:12, 13

Having eyes full of adultery and that cannot cease from sin; beguiling unstable souls...Which have forsaken the right way, and are gone astray...who loved the wages of unrighteousness....While they promise them liberty, they themselves are the servants of corruption; for of whom a man is overcome, of the same is he brought in bondage. II Peter 2:14-19

***Don't return to sin when you have tasted of God's blessing.***

But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly

elements, whereunto ye desire again to be in bondage?  
Galatians 4:9

***Your life will have been in vain if you live for self-fulfillment.***

And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy....Then I looked back on all the works that my hands had wrought, and on the labour that I had laboured to do; and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.  
Ecclesiastes 2:10

For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil. Ecclesiastes 12:14

**POWER OF THE BLOOD OF CHRIST TO FORGIVE YOUR SINS**

And they overcame him by the blood of the Lamb, and by the word of their testimony. Revelation 12:11a

He was wounded for my transgressions, he was bruised for my iniquities, the chastisement of our peace is upon Him and with His stripes we are healed. Isaiah 53:5

Who gave Himself for us, that He might redeem us from all iniquity. Titus 2:14a

And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses: Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross.  
Colossians 2:13, 14

In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.  
Ephesians 1:7

And you, that were sometimes alienated and enemies in your mind by wicked works, yet now hath he reconciled in the body of his flesh through death, to present you holy and unblameable and unreprieveable in his sight. Colossians 1:21, 22

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?  
Hebrews 9:14

And the blood of Jesus Christ his Son cleanseth us from all sin. I John 1:7b

And if any man sin, we have an advocate with the Father, Jesus Christ the righteous. I John 2:1b

And all things are of God, who hath reconciled us [repaired our relationship] to himself by Jesus Christ, and hath given to us the ministry of reconciliation [to others]... not imputing their trespasses unto them. II Corinthians 5:18,19

## **FORGIVENESS OF THOSE WHO HAVE OFFENDED YOU**

### ***God is our example of forgiving.***

As far as the east is from the west, so far hath he removed our transgressions from us. Psalm 103:12

I will cleanse them from all their iniquity, whereby they have sinned against me, and I will pardon all their iniquities,

whereby they have sinned, and whereby they have transgressed against me. Jeremiah 33:8

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. I John 1:9

***Instructions are given on how to respond to those who offend you.***

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you. Matthew 5:44

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Ephesians 4:32

Be ye angry and sin not; let not the sun go down upon your wrath: neither give place [ground] to the devil. Ephesians 4:26

A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle. Proverbs 18:19

Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof. Proverbs 18:21

See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. I Thessalonians 5:15

Vengeance is mine; I will repay, saith the Lord. Romans 12:19

Seeing it is a righteous thing with God to recompense tribulation to them that trouble you. II Thessalonians 1:6

Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap

coals of fire on his head. Be not overcome of evil, but overcome evil with good. Romans 12:19-21

See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. I Thessalonians 5:15

Overcome evil with good. Romans 12:21

Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you. Matthew 5:44

Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled. Hebrews 12:15

***Paul gives personal testimony of forgiving an incestuous man who had repented so Satan wouldn't use the lack of forgiveness to cause division.***

To whom ye forgive any thing, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of Christ; Lest Satan should get an advantage of us. II Corinthians 2:10, 11a

***You have the need to be appreciated, valued, loved for who you are. God can meet all those needs when others fail you.***

But my God shall supply all your need according to his riches in Glory by Christ Jesus. Philippians 4:19

For thy Maker is thine husband; the Lord of hosts is His name. Isaiah 54:51a

***God can change you and others.***

Now unto him that is able to do exceeding abundantly above all that we ask or think according to the power that worketh in us. Ephesians 3:20

## **FORGIVENESS**

*(Ron Visser, Precious Stones Counseling)*

Forgiveness **does not** mean forgetting.

Forgiveness **does not** equal healing.

Forgiveness **does not** equal blind trust.

Forgiveness **does not** wait for the offender to acknowledge his wrong.

But ...

Forgiveness **is** recognizing that my offender offended God more than he ever offended me (Luke 23:34).

Forgiveness **is** choosing to accept the consequences for someone else's sin (Matt. 18:23-27)

Forgiveness **is** emotionally releasing my offender on the basis of the justice Jesus satisfied at the Cross (Matthew 18:21-35).

Forgiveness **is** accepting the fact that my offender can never repay his wrong toward me (Matthew 18:21-35).

Forgiveness **is** releasing my offender to God to judge as HE sees fit (Romans 12:18-19).

Forgiveness **is** becoming a channel of healing in the life of my offender by serving, blessing, and praying for him (Matthew 5:44).

Forgiveness **is** a time-sensitive choice I make every time I feel the pain of my offender's wrong (Matthew 18:21-22; Ephesians 4:26,27).



## **Prayer of Release of the Offender**

*(Ron Visser-Precious Stones Counseling)*

Dear Heavenly Father, in the Person of Christ, I choose to emotionally release (Person's Name) for (Offender's Offense), making me to feel (Emotional Pain). Thank You for paying the penalty for my offender's sin at the Cross. I choose to release them to You to make right the wrong as You see fit. With Your enablement, I choose to do my offender good to pray for them, and to bless them. Help me to overcome evil with good. Thank you that where sin abounded, your grace super-abounds to my account to respond rightly. In Jesus' name. Amen.

## **Wounds**

*(Ron Visser-Precious Stones Counseling)*

Romans 8:28—All things work together for good to them that love God, to them who are the called according to His purpose.

- My response to the wounds (not the wounds themselves) determines my destiny.
- Wounds do not define my identity and emotional and mental instability.
- Wounds are my invitation to know Christ's power (2 Corinthians 12:10).
- Wounds are my opportunity to know God more intimately (Job 42:5-6).
- Wounds are my credentials for helping other hurting lives (2 Corinthians 1:4).

"Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."

## **FUTURE LEADING**

### ***Trust***

Trust in the Lord with all thine heart and lean not unto thine own understanding. In all thy ways acknowledge him and he shall direct thy paths. Proverbs 3:5, 6

In thee, O Lord, do I put my trust: let me never be put to confusion. Psalm 71:1

### ***Peace***

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Isaiah 26:3

And let the peace of God rule in your hearts. Colossians 3:15a

Peace I leave you, my peace I give you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:7

### ***Strength***

God is our refuge and strength, a very present help in trouble. Psalm 46:1

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Isaiah 41:10

## **Guidance**

Howbeit when he, the Spirit of truth is come, he will guide you into all truth. John 16:13a

I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Psalm 32:8

[L]ead me in a plain path. Psalm 27:11b

## **Light**

I am the light of the world: he that followeth me shall not walk in darkness but shall have the light of life. John 8:12

[I]n Him is no darkness at all. I John 1:5b

## **Wisdom**

If any of you lack wisdom, let him ask of God that giveth to all men liberally, and upbraideth not; and it shall be given him. James 1:5

***Patience–Waiting for restoration of reputation, loss to be restored, or to know God’s will is one of the most difficult things we do, yet the relationship we can get with the Lord during the process can be more valuable than the request for which we are waiting. Although God does not sanction your sin, He is big enough to use this time to mature your walk with Him to be closer than it might have been without this sin.***

## **You are now desperate for Him!**

Wait on the Lord, and keep his way, and he shall exalt thee. Psalm 37:34a

Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord. Psalm 27:14

But sin abounded, grace did much more abound. Romans 5:20b

### ***Hope ("Confident Expectation")***

And I said, My strength and my hope is perished from the Lord: Remembering mine affliction and my misery, the wormwood and the gall. My soul hath them still in remembrance, and is humbled in me. This I recall to my mind, therefore have I hope. It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. Lamentations 3:18-23

Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life. Proverbs 13:12

Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance. Psalm 42:5

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. Romans 15:13

Ah Lord GOD! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee; Jeremiah 32:17

### ***Answers to Prayer***

Call unto me, and I will answer thee, and shew thee great

and mighty things, which thou knowest not. Jeremiah 33:3

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. Romans 8:26, 27

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. Philippians 4:6, 7

***My weakness=His strength***

God is our refuge and strength, a very present help in trouble. Psalm 46:1

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Isaiah 41:10

Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong. II Corinthians 12:10





