

Proverbs 20:9 (NIV)

*“Who can say, ‘I have kept my heart pure;
I am clean and **without sin**?’”*

Isaiah 64:6 (NIV)

*“All of us have become like one who is unclean,
and all our **righteous acts** are like filthy rags;
we all shrivel up like a leaf, and like
the wind our sins sweep us away.”*

Isaiah 53:6 (NIV)

*“We all, like sheep, have gone astray,
each of us has **turned to his own way**;
and the LORD has laid on him
the iniquity of us all.”*

Romans 8:1 (NIV)

*“There is now **no condemnation**
for those who are in Christ Jesus.”*

Proverbs 28:13 (NIV)

*“He who conceals his sins does not prosper,
but **whoever confesses**
and renounces them finds mercy.”*

Psalms 32:5 (NIV)

*“I acknowledged my sin to you and did not
cover up my iniquity. I said,
‘I will confess my transgressions to **the LORD**’—
and you **forgave the guilt of my sin.**”*

Hebrews 10:17–18 (NIV)

*“‘Their **sins** and lawless acts I will
remember no more.’ And where these
have been forgiven, there is no longer
any sacrifice for sin.”*

2 Corinthians 7:10 (NIV)

*“**Godly sorrow** brings repentance
that leads to salvation and leaves no regret,
but worldly sorrow brings death.”*

Hebrews 10:22 (NIV)

*“Let us draw near to God with a sincere
heart in full assurance of faith, having
our hearts sprinkled to cleanse us
from a **guilty conscience** and having
our bodies washed with pure water.”*

Acts 24:16 (NIV)

*“I strive always to keep **my conscience**
clear before God and man.”*

Can't the good outweigh the bad—
my **right actions** outweigh the wrong?

Guilt



Is everyone a sinner or can
anyone be **without sin**?

Guilt



Will I **be condemned** for the sins I've
committed after becoming a Christian?

Guilt



Since God knows each time we have
gone our own way, what does He do
with our record book of sin?

Guilt



How can I know if the Lord has
forgiven the guilt of my sin?

Guilt



What is the consequence of
not confessing my sin?

Guilt



What is the difference between **godly sorrow**
and being sorry that I got caught?

Guilt



Although I know I've been forgiven, what do
I do if I keep **remembering** my past **sins**?

Guilt



What can I do to **keep my conscience clear**?

Guilt



What should I do if I confess my sin,
but still have a **guilty conscience**?

Guilt



2 Corinthians 13:5 (NIV)

*“Examine yourselves to see whether you are in the **faith**; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?”*

1 John 5:13 (NIV)

*“I write these things to you who believe in the name of the Son of God so that you may **know that you have eternal life.**”*

1 John 1:9 (NIV)

*“If we confess our sins, he is faithful and just and will **forgive us our sins** and purify us from all unrighteousness.”*

1 John 2:19 (NIV)

*“They went out from us, but they did not really belong to us. For if they had belonged to us, they would have **remained with us**; but their going showed that none of them belonged to us.”*

Jude 24 (NIV)

*“[He] is able to keep you from **falling** and to present you before his glorious presence without fault and with great joy.”*

Ephesians 2:8–9 (NIV)

*“It is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by **works**, so that no one can boast.”*

Titus 3:5 (NIV)

*“He saved us, not because of **righteous things we had done**, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit.”*

Philippians 1:6 (NIV)

*“**Being confident** of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*

Romans 8:1 (NIV)

*“There is now no **condemnation** for those who are in Christ Jesus.”*

Ephesians 1:13–14 (NIV)

*“Having believed, you were marked in him [Christ] with a seal, the promised Holy Spirit, who is a deposit **guaranteeing** our inheritance until the redemption of those who are God’s possession—to the praise of his glory.”*

How many good **works** are necessary to keep my salvation?

I'm not sure I have enough **faith** to be accepted by God.

Assurance of Salvation



Assurance of Salvation



What if I've not **done enough** good things to keep my salvation?

Can you actually **know for sure that you have eternal life?**

Assurance of Salvation



Assurance of Salvation



How can I **be confident** that I'll be able to keep God's gift of salvation?

How can I know for sure that God **forgives my sins?**

Assurance of Salvation



Assurance of Salvation



Because I've sinned as a Christian, I'm afraid I'll lose my salvation and God will **condemn me.**

What about those who actively belonged to the church but didn't **remain** in the faith, and their lifestyle is ungodly?

Assurance of Salvation



Assurance of Salvation



As a Christian, is there any **guarantee** that I will go to heaven?

Although I know I'm saved, is it possible for me to **fall from grace?**

Assurance of Salvation



Assurance of Salvation



Psalm 130:5 (NIV)

*“I wait for the LORD, my soul waits,
and in his word I put my hope.”*

Psalm 42:11 (NIV)

*“Why are you **downcast**, O my soul?
Why so **disturbed within me**? Put your hope
in God, for I will yet praise him,
my Savior and my God.”*

Psalm 54:4 (NIV)

*“Surely God is my help;
the Lord is the one **who sustains me**.”*

Proverbs 15:22 (NIV)

*“Plans fail for lack of **counsel**,
but with **many advisers** they succeed.”*

Philippians 4:8 (NIV)

*“Whatever is true, whatever is noble,
whatever is right, whatever is pure,
whatever is lovely, whatever is admirable—
if anything is excellent or praiseworthy—
think about such things.”*

Isaiah 43:2 (NIV)

*“When you **pass through the waters**,
I will be with you; and when you pass
through the rivers, they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.”*

Philippians 4:6–7 (NIV)

*“In everything, by prayer and petition,
with thanksgiving, present your requests to God,
And the peace of God, which transcends
all understanding, will **guard your hearts**
and your minds in Christ Jesus.”*

Job 6:10 (NIV)

*“I would still have this **consolation**—
my **joy in unrelenting pain**—
that I had not denied the words of the Holy One.”*

James 1:12 (NIV)

*“Blessed is the man who **perseveres under trial**,
because when he has stood the test, he will
receive the crown of life that God has
promised to those who love him.”*

Jeremiah 29:11 (NIV)

*“For I know the **plans** I have for you,
declares **the LORD**, ‘**plans** to prosper you
and not to harm you, **plans** to give you
hope and a future.’”*

When I feel **downcast** and **my soul is disturbed within me**, what can I do?

Depression



When I am depressed,
in what can **I put my hope**?

Depression



When I am depressed should I try to
get **counsel** from **many advisers**?

Depression



When I am depressed, **who sustains me**?

Depression



When **you pass through the waters**
of deep depression, what does God say to you?

Depression



When I am depressed what should I
think about and dwell on?

Depression



When I feel depressed with **unrelenting pain**,
can I find any **consolation** or **joy**?

Depression



When I am depressed what will
guard my heart and mind?

Depression



When I've lost all **hope** for the **future**,
does **the Lord** still have any **plans** for me?

Depression



When I feel depressed, what will motivate
me to **persevere under this trial**?

Depression



Luke 16:13 (NIV)

*“No servant can serve **two masters**.
Either he will hate the one and love the other,
or he will **be devoted** to the one and despise the other.
You cannot serve both God and Money.”*

Romans 6:1–2 (NIV)

*“Shall we **go on sinning** so that grace
may increase? By no means!
We died to sin; how can we
live in it any longer?”*

Ecclesiastes 7:18 (NIV)

*“The man who fears God will **avoid all extremes.**”*

Philippians 4:13 (NIV)

*“**I can do everything** through
him who gives me **strength.**”*

1 Corinthians 6:12 (NIV)

*“‘Everything is **permissible for me**’—
but not everything is **beneficial**.
‘Everything is **permissible for me**’—
but I will not be mastered by anything.”*

1 Corinthians 6:19–20 (NIV)

*“Do you not know that **your body** is a temple
of the Holy Spirit, who is in you,
whom you have received from God?
You are **not your own**; you were bought at a price.
Therefore **honor God with your body.**”*

1 Thessalonians 5:24 (NIV)

*“The **one who calls you** is
faithful and he will do it.”*

Galatians 5:16 (NIV)

*“Live by the Spirit, and you
will not **gratify the desires**
of the **sinful nature.**”*

1 Peter 1:13 (NIV)

*“**Prepare your minds for action**;
be self-controlled; set your **hope** fully on the grace
to be given you when Jesus Christ is revealed.”*

Psalms 139:23–24 (NIV)

*“Search me, O God, and **know my heart**;
test me and know my anxious thoughts.
See if there is any **offensive way in me**,
and lead me in the way everlasting.”*

If we're totally forgiven by God's grace,
can we **go on sinning**?

Habits



Is it possible to have **two masters**: to be
devoted to God, yet be **mastered by money**?

Habits



I can do nothing about my habit—
why try if I don't have the **strength**?

Habits



How do I **avoid all extremes** . . .
especially all bad habits?

Habits



As a Christian, **my body** is **my own** responsibility.
Why be obsessed with a lot of talk about
honoring God with my body?

Habits



Should I look at what society says is
permissible for me or what is **beneficial**?

Habits



How can I not **gratify the desires**
of my flesh and break the **sinful habits**
that serve to meet those desires?

Habits



What if I don't have the self-discipline to be
faithful to do what **God calls me** to do?

Habits



How should I pray in order to **know**
if there is **anything offensive in me**?

Habits



Is there real **hope** that I can **prepare**
my mind for a course of **action**
and **be self-controlled** over my habits?

Habits



Galatians 5:1 (NIV)

*“It is for freedom that **Christ has set us free**. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*

Matthew 7:3 (NIV)

*“Why do you **look at** the speck of sawdust in your brother’s eye and **pay no attention** to the plank in your own eye?”*

Ecclesiastes 7:20 (NIV)

*“There is not a **righteous** man on earth who does what is right and never **sins**.”*

Galatians 1:10 (NIV)

*“Am I now **trying to win the approval of men**, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.”*

2 Corinthians 12:9 (NIV)

*“My grace is **sufficient** for you, for my power is made perfect in **weakness**.”*

Galatians 3:3 (NIV)

*“Are you so foolish? After beginning with the **Spirit**, are you now trying to attain your goal by **human effort**?”*

2 Corinthians 10:12 (NIV)

*“We do not dare to classify or **compare ourselves** with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are **not wise**.”*

Ephesians 2:8–9 (NIV)

*“It is by grace you have been **saved**, through faith—and this not from yourselves, it is the gift of God—not by **works**, so that no one can boast.”*

1 Peter 5:5–6 (NIV)

*“Clothe yourselves with humility toward one another, because, ‘God opposes the **proud** but gives grace to the **humble**.’ Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.”*

2 Corinthians 3:5 (NIV)

*“Not that we are **competent** in ourselves to claim anything for ourselves, but our **competence** comes from God.”*

While the **Spirit** of God convicts us of sin and our need for salvation, don't our **human efforts** earn favor with God?

Although **Christ has set us free** from the penalty of sin, don't we still need to try to keep the do's and don'ts of the law perfectly?

Perfectionism



Perfectionism



Is it **wise** to **compare ourselves** with others?

How can I not **look at** the imperfections of others . . . they draw my **attention**?

Perfectionism



Perfectionism



Won't many moral people be **saved** based on having done so many good **works**?

Can you be **righteous** in the eyes of God and still occasionally **sin**?

Perfectionism



Perfectionism



At times my perfectionism leads to pridefulness. How can I be **humble** instead of **proud**?

Does serving Christ include **trying to win the approval of people**?

Perfectionism



Perfectionism



How can I fight being a perfectionist when I know I'm **competent** in many areas?

Although I try to be **self-sufficient**, at times I am weak. What does Jesus think about my **weakness**?

Perfectionism



Perfectionism



Galatians 3:24–25 (NIV)

“The law was put in charge to lead us to Christ that we might be **justified by faith**. Now that faith has come, we are **no longer under the supervision of the law**.”

Romans 3:20 (NIV)

“No one will be declared **righteous** in his sight **by observing the law**; rather, through the law we become conscious of sin.”

Romans 14:5 (NIV)

“One man considers one **day more sacred than another**; another man considers every day alike. Each one should be fully convinced in his own mind.”

Romans 6:14 (NIV)

“**Sin shall not be your master**, because you are not under the law, but under grace.”

Galatians 5:1 (NIV)

“It is for freedom that **Christ has set us free**. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Ephesians 2:8–9 (NIV)

“It is by grace you have been **saved, through faith**—and this **not from yourselves**, it is the gift of God—not by works, so that no one can boast.”

Colossians 2:16–17 (NIV)

“Do not let anyone **judge you by what you eat or drink**, or with regard to a religious festival, a New Moon celebration or a **Sabbath day**. These are a shadow of the things that were to come; the reality, however, is found in Christ.”

Galatians 2:21 (NIV)

“I do not set aside the grace of God, for if **righteousness could be gained through the law**, Christ died for nothing!”

Galatians 1:10 (NIV)

“Am I now **trying to win the approval of men**, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.”

Hebrews 10:16 (NIV)

“**This is the covenant** I will make with them after that time, says the Lord. **I will put my laws** in their hearts, and I will write them on their minds.”

Why does God make salvation a **gift through our faith** and **not through our works**?

If we have been **justified by faith**, are we still **under the law**?

Spiritual Abuse



Spiritual Abuse



Is my spirituality **judged by what I eat or drink** or whether I keep the **Sabbath day**?

Since I can't become **righteous by observing the law**, what is the point of the law?

Spiritual Abuse



Spiritual Abuse



Can I earn **righteousness by keeping the law**?

Is Saturday a day that is **more sacred than another day**?

Spiritual Abuse



Spiritual Abuse



What does the Bible say about **trying to win someone's approval** and not being able to say no?

Why should **sin** no longer **be my master**?

Spiritual Abuse



Spiritual Abuse



After the passing of the Old Testament law, is there **no covenant to live by . . .** are there **no laws**?

From what has **Christ set us free**?

Spiritual Abuse



Spiritual Abuse



Psalm 34:18 (NIV)

*“The **LORD** is close to the **brokenhearted** and saves those who are **crushed** in spirit.”*

Psalm 62:5–6 (NIV)

*“**Find rest**, O my soul, in **God** alone; my **hope** comes from him. He alone is my rock and my **salvation**; he is my fortress, I will not be shaken.”*

Luke 4:18 (NIV)

*“The Spirit of the Lord is on me, because he has anointed me to preach **good news** to the poor. He has sent me to proclaim **freedom** for the **prisoners** and recovery of sight for the blind, to release the **oppressed**.”*

Psalm 107:20 (NIV)

*“He sent forth his **word** and **healed** them; he **rescued** them from the **grave**.”*

Colossians 3:13 (NIV)

*“Bear with each other and **forgive** whatever **grievances** you may have **against** one **another**. Forgive as the Lord forgave you.”*

1 Peter 2:19, 21 (NIV)

*“It is commendable if a man **bears up under the pain of unjust suffering** because he is conscious of God. . . . To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.”*

Proverbs 3:5–6 (NIV)

*“Trust in the **LORD** with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your **paths straight**.”*

Romans 12:2 (NIV)

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you **will be able to test** and approve what **God’s will** is—his **good**, pleasing and perfect **will**.”*

Matthew 18:15 (NIV)

*“If your brother **sins against you**, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over.”*

John 8:36 (NIV)

*“If the Son sets you **free**, you **will be free** indeed.”*

How am I to **bear up under the pain of unjust suffering**? Is there an example for me to follow?

Where was the **Lord** when I was so **brokenhearted** and **crushed**?

Victimization



Victimization



How can I look forward to the future and know that God will make my **path straight** when the path of my past was so devastatingly crooked?

Where can I **find** the **rest** and the **hope** that **God** promises to those who trust in Him for **salvation**?

Victimization



Victimization



After having been terribly hurt by people who should have cared for and protected me, how **will** I ever **be able to trust** that **God's will** for me **is good**?

Is there any **good news** of **freedom** the Lord has for me, an **oppressed prisoner** of a painful past?

Victimization



Victimization



Am I to confront the people in my life who have **sinned against me**?

Can God's **Word** actually **heal** my damaged emotions and **rescue** my life from what seems like a **grave** of hopelessness and insecurity?

Victimization



Victimization



How **will** I ever **be free** from the pain and damage of my past?

Am I to **forgive** the **grievances** I have **against others** who have mistreated me?

Victimization



Victimization



1 Peter 5:7 (NIV)

“Cast all your anxiety on him because he cares for you.”

Matthew 6:34 (NIV)

“Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Jeremiah 17:7–8 (NIV)

“Blessed is the man who trusts in the LORD, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

Psalms 37:7–8 (NIV)

“Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Matthew 7:9–11 (NIV)

“Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

Philippians 4:6–7 (NIV)

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Luke 12:22–24 (NIV)

“I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!”

Psalms 139:23 (NIV)

“Search me, O God, and know my heart; test me and know my anxious thoughts.”

Matthew 13:22 (NIV)

“The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.”

Philippians 4:11–12 (NIV)

“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”

If I am **not anxious about anything**,
will I have **peace**, and will that peace
guard my heart and my mind?

Worry



On whom should I **cast all my anxiety**?

Worry



Is my **life more than food** and my **body**
more than clothes? Does **God see me**
as **more valuable than the birds**?

Worry



Should I **worry about tomorrow**,
or does each **day have enough**
trouble of its own?

Worry



Why does **God search me**,
and why does He **test me**?

Worry



Will I **be blessed** if I **trust the Lord**
and put my **confidence in Him**?

Worry



What do **worrying** and **deceitfulness**
do to the **Word of God**?

Worry



Am I to **refrain from anger** and **turn from wrath**?
What do they **lead to**?

Worry



Am I supposed to **be content in every**
circumstance of my life—in **every situation**?

Worry



To whom will **my Father** in
heaven **give good gifts**?

Worry

