

Intervening and Stopping the Slide

A Plan for Interrupting Negative Thought Progressions

Introduction

For the mind set on the flesh is death, but the mind set on the Spirit is life and peace (Rom. 8:6). Setting our minds on the Spirit rather than sliding into the flesh is a fight. The mind set on the flesh is so easy. One slides so effortlessly into all the ways of the flesh: *anger, wrath, malice, slander, and abusive speech from your mouth* (Col. 3:8). This is one of Paul's shorter lists (cf. Gal. 5:19-21; Eph. 4:25-5:6). We could spend much of the space here just listing all the ways the flesh flaunts its presence in our lives and in our minds. The one I want to focus on is *losing heart*. When we *lose heart* we don't pray (Lu. 18:1). We think and act as though we have not received God's mercy (2 Cor. 4:1). We *lose heart* over health issues, over aging, over our bodily and mental weaknesses, over the pain of getting up each morning (2 Cor. 4:16). We *lose heart* in doing good especially when we can't see any results, sacrifice without fruit, always cost but no gain (Gal. 6:9). We *lose heart* because of our tribulations and the tribulations of others; we weary; we lose hope; despair bleeds the life from us (Eph. 3:13). We *lose heart* when we are exasperated, frustrated, bullied, controlled and dominated, taken advantage of, unappreciated, and abused (Col. 3:21). Finally, we *lose heart* because we are hated, abandoned, reviled, treated cruelly, slandered, gossiped about, and generally maligned and cursed (Heb. 12:3). Under such circumstances, and I'm sure we could personalize so many more adding to the list, it is so easy to slide into fleshly despair and depression, to *lose heart*.

How do we *set our minds on the Spirit* in such circumstances and under the guns of such enemies? "Faith" is the short answer. But we too often think of faith as simply "what I believe," and by doing so we remove it to arm's distance. Then, we quickly say, "but I do believe!" But the specifics to articulate that statement elude us. "Faith" is distant, existing in the nebula netherworld of "what we believe." Further, we don't want to have to think about it. So what we really mean is that we have relegated faith to the shelf of "not today," to the shelf of irrelevance to my daily struggles. We just want to keep trekking down the familiar path of everyday life, and by doing so true faith is further distanced from us. True faith does not increase the distance between me and the object of my faith. It reduces the distance. Faith pulls what I believe to my chest, to my heart. True faith acts in spite of circumstances because it believes, and because it believes, it will not be put off by mere circumstances. Faith, with the crack of the first shot of an attack, reaches for its promises. They are faith's defense and offense. Faith reaches and clings to Christ and will not let go of His promises. Faith attacked by circumstances takes a strangle hold on its promises, and with fire in its eyes screams, "these are mine. I will not give them up," resolutely trusting in the Giver! Jesus is doing and will do exactly what He promised, and faith stakes its life upon it. If Jesus says He will be there, then He is there! Faith believes. Such is the *fight of faith* (1 Tim. 6:12). It is how we *set our minds on the Spirit*.

I have found that I must have a clear method, clear steps, if I am going to succeed in

setting my mind on the Spirit during a fire fight with the flesh and circumstances. The path to *losing heart* is too familiar. It is too well worn. I know the way too well. I don't even have to think to get there. All I have to do is nothing! To not go there means a fight, *the fight of faith*.

Here, I have outlined five steps which I have found to be very helpful in *setting my mind on the Spirit*. To help myself remember them I have used the acrostic **VESPER**. A vesper is an evening prayer. The order of the steps has been somewhat determined by my acrostic. Primarily, they are the simple but fundamental issues which I *must* remember and believe if I'm going to *walk by the Spirit* and *set my mind on the Spirit*. Their order is not nearly as important to me as remembering them all together. They focus my mind upon my hope in Christ. They enable me to take my *thoughts captive to the obedience of Christ* (2 Cor. 10:5), and they share common ground with *God's armor* (Eph. 6:10-21). Because of the limitation of space here, I have simply listed the Scripture verses which teach us these truths, but by simply *listing* them I have done you a disservice because reading them is critical to victory. (If you would like a printed version of the steps with all the Scripture verses printed out ask me.) Repeated reading of these verses is essential. My summary statements are only the shell. The verses are the soul of faith. They are the *sword of the Spirit*.

VESPER

(*V* – Value, *E* – Exult, *S* – Suffering, *P* – Portion, *E* – Example, *R* – Rejoice)

1. Value

This is how I am valued by God. (a) Jesus has made me His bride, has pledged and covenanted His love to me, has crowned me with the riches of His glory, and substituted Himself for me atoning for all my sins and dressed me in His cloak of righteousness making me beautiful beyond words. (b) The Father has cast His love over me and chosen me to stand before Him holy and blameless in Christ, predestined me to be His son and a coheir with Christ of all the riches of His glory, and has pledged Himself to care for me forever. The good work which He has begun in me He has pledged to complete. (c) The Spirit has raised me from death and the grave of my sin, bringing me to life again in Christ, made me His vessel and dwelling place to sanctify me for His glory, and His fellowship is my taste of heaven on earth.

([a] Eph. 5:25-30, 32; 3:14-18; Rom. 8:31-39; 5:17; 2 Cor. 5:21; Rom. 15:7; [b] Eph. 2:1-10; Rom. 5:1-11; Eph. 1:1-14; Rom. 8:15-17; Luke 12:24, 32; Matt. 10:29-31; Ps. 37:1-11, 23-24, 39-40; Phil. 1:6; 1 Thess. 5:23-24; [c] Eph. 2:22; 1 Pet. 1:1-2; Eph. 1:13-14; 1 Cor. 2:12-13; 3:16; 2 Cor. 13:14)

2. Exult

My Lord has surrounded me with causes for rejoicing. I exult (express triumphant joy) in the position I have in Christ: the forgiveness of my sins, my righteousness in Christ, the hope of my calling, my inheritance with all the saints, the power of God at work in me for

my sanctification in Christ, and my glorification ready to be revealed at Christ's return. I am loved with Christ's love which surpasses knowledge. The peace of God is given me which is beyond comprehension. The Holy Spirit helps me in my weakness interceding for me according the will of God. In the grace given to me in Christ I can exult in tribulations, which produces perseverance, which produces proven character, and finally hope. I know that my heavenly Father is working out every event of my life for His glory and my good, providing for my every need, and giving me every opportunity to prove that His will is good, acceptable, and perfect.

(Rom. 5:1-4; Phil. 4:4; Jas. 1:2-4; Eph. 1:3-14; Col. 3:3-4; Rom. 4:6-8; 5:17; 2 Cor. 5:21; Eph. 1:15-23; 1 Pet. 1:3-9; Eph. 3:16; Rom. 8:9-14, 30; Col. 3:3-4; 1 Cor. 15:51-54; Phil. 3:20-21; Eph. 3:17-19; Phil. 4:7; Rom. 8:26-27; Rom. 5:2-4; 8:28; Phil. 4:19; Matt. 10:29-31; Rom. 12:2)

3. Suffering

As my Lord was perfected through suffering, so I too am no less called to walk through God's perfecting process. I must fix my eyes upon Jesus, the author and perfecter of my faith, following closely in His steps, and even as I encounter suffering, I must be perfected by it and not embittered by it. My heavenly Father disciplines those He loves for their good that they might learn endurance, be strengthened, trained to discern between good and evil, share in His holiness, and taste the peaceful fruit of righteousness. Further, all trials serve to refine my faith and will be reason for praise and glory to God at the coming of Christ. They make my faith all the more precious before my Father in heaven demonstrating my love for Him. In fact, when I suffer persecution or reviling for my Lord I can rejoice and be glad all the more for He has counted me worthy to suffer for Him and has promised that my reward in heaven will be great. He comforts me with His presence, with His promises that if I die I go directly to be with Him and that He has prepared a welcome and a place for me, and if He grants me more time of ministry the suffering will give me a greater testimony with which to comfort and encourage others. Therefore, any way I look at suffering it is for my good!

(Heb. 2:10; 5:7-10; 12:2-14; 1 Pet. 1:6-9; Jn. 14:31; Matt. 5:10-12; Acts 5:41; Phil. 1:29-30; Matt. 28:20; Jn. 11:25-26; Phil. 1:21-24; 2 Cor. 5:8; Jn. 14:2-3; 2 Pet. 1:11; 2 Cor. 1:3-7)

4. Portion

My Lord has ordained both days in green pastures and in the shadows of the valley of death. The shadows of afflictions can create such burden, conflict, and pain, that I despair and fall into the pit of depression and the darkness of hopelessness. These I must see as the portion which the Lord has assigned to me. They must be received as readily and with joy as my days in green pastures. The Lord is good, and this is His will for me. Once again, in this I must see reason to exult for God is at work. I must see that such desperation is so that I will not trust in myself but in God who raises the dead. He ordains *thorns in the flesh* to demonstrate His power in weaknesses, insults, distresses, humiliations, failures, and

rejections. For only through such events may I know and show the sufficiency of God's grace for every occasion. In such times I learn to wait on the Lord, to trust Him and pour out my heart to Him, and to make God my refuge.

Knowing that my heavenly Father will care for my every need, so that, I need not be anxious or distressed over my circumstances, this lays the foundation for my contentment. In every circumstance I know that God is willing and working His good pleasure. He has promised me that He is working all things together for the good of those who love Him, so every circumstance is God's portion for me. Therefore regardless of appearances I can be content, I can say, "this is enough!" I can be thankful for all things, and rejoice always, whether I have green pastures or must walk through the valley of the shadow.

(Ps. 23:2, 4; 119:75; 42-43; 16:5-6; 2 Cor. 1:8-11; Ps. 18:4-5; 69:1-15; Lam. 3:1-58; Ps. 16:4-11; 17:9-18:19; Job 2:10; Jas. 1:2-4; Ps. 107:1-2; 1 Pet. 3:17, 14; 2:19-20; Rom. 8:28; 2 Cor. 1:9; 12:7, 9-10; Heb. 11:19; 2 Cor. 4:7-10; Rom. 5:1-4; Ps. 62:1-2, 8; 37:1-18; 27:11-14; 73:23-28; Matt. 6:32-33; 1 Pet. 5:6-7; Phil. 4:19, 6-7, 10-13; Heb. 13:5; 1 Tim. 6:6, 8; Phil. 2:12-13; Eph. 1:11; Rom. 8:28; 1 Thess. 5:16-18; Col. 3:15-17; Phil. 4:4)

5. Example

I am not left to my own inadequate resources, but I have been given the greatest, the most perfect of examples, my Lord Jesus Christ. I must fix my eyes upon Him – how He pursued the joy set before Him like a runner delighting in the race, how He endured the pain and the humiliation of the cross, how, having finished the course and won the race, He then was given the reward of all power and all authority, all of His original glory in heaven, the joyous approval of the Father. He did this, so I would have an example and not lose heart when the course would become perilous and hard. But at all times I am to arm myself with His same purpose - complete obedience to the Father's will. Though He was reviled He did not revile in return, but rather He kept entrusting Himself to the righteous judgment of His Father. This, He did, so that I might die to sin and live to righteousness, that I might do so with great perseverance, and that I might be conformed to His example.

With the example of Christ also comes the power of God through His Spirit to transform me from one degree of glory to another, into the image of my Lord. This is the very same power by which God raised Jesus from the dead, and it is now focused upon the sanctification of my soul by the willing and working of His Spirit. It comes as an enlightening, as a *still small voice*, as a way of escape, as a boldness and strengthening of soul, as a burning passion and a quiet perseverance, as an open or closed door, as a good word offered in providential timing, as an enabling to rise yet one more time, as a conviction of conscience, as a glimmering hope for which my soul ever longs, as a startling realization that things have changed which I had not realized in their changing, and in a thousand other ways. So, it is by following His example and filled with His Spirit's transforming power that I will be conformed to His image!

(Heb. 12:1-3; 1 Pet. 2:21-25; 4:1-2; Phil. 2:5-11; Jn. 13:12-17; 17:4-5, 24; 2 Cor. 3:17-18;

Col. 3:10; Rom. 8:29; 1 Jn. 3:2-3; Phil. 3:20-21; 1 Cor. 6:17; Eph. 1:13-23; Col. 1:27-29; 1 Kgs. 19:12-13; 1 Cor. 10:13; Acts 4:8, 13; 17:16; 26:24-25, 27-29; 2 Tim. 4:7-8, 16-18; Rev. 3:7; Acts 16:6-10; 8:26-30; 14:19-20; Prov. 24:16; Rom. 14:5; Eph. 1:18; 4:13; 2 Cor. 3:18)

6. Rejoice

I must rejoice again, even as I am commanded, *again I say, Rejoice!* Rejoicing must be my constant theme. Tribulation or blessing must be counted joy and joy must be the first thought to my mind. *For the kingdom of God is...joy in the Holy Spirit.* I am an *overwhelming conqueror through Him who loved me.* Joy grabs my nose and turns my eyes to my victory in Christ which surpasses all comprehension. This side of glory eye has not seen, ear has not heard, nor can the heart even conceive of what My Lord has prepared for those who love Him. What can compare? What momentary, light affliction, what thorn in the flesh, can compare with the eternal weight of glory with which Christ has adorned me. He has given me every reason to rejoice continually!

(Phil. 4:4; 1 Thess. 5:16; Jas. 1:2-4; Rom. 5:1-5; 14:17; 8:37, 31-39; Phil. 4:7; 2 Cor. 4:17; Rom. 8:16-18; 1 Cor. 2:9; 1:30; Col. 2:1-3)

Read through these summaries and several of the Scriptures each day until they come readily to mind. Practice recalling the acrostic, **VESPER**. Recount specific ways each summary expresses its truth. Do not think that reading through this article will be enough. It won't be! You will have to drill yourself and practice it when you feel as though things are going great. Only by such practice will it come readily to mind when *the evil day* comes. Then you must *fight the fight of faith* and *set your mind on the Spirit!*

Scripture References

1. Value

([a] Eph. 5:25-30, 32; 3:14-18; Rom. 8:31-39; 5:17; 2 Cor. 5:21; Rom. 15:7; [b] Eph. 2:1-10; Rom. 5:1-11; Eph. 1:1-14; Rom. 8:15-17; Luke 12:24, 32; Matt. 10:29-31; Ps. 37:1-11, 23-24, 39-40; Phil. 1:6; 1 Thess. 5:23-24; [c] Eph. 2:22; 1 Pet. 1:1-2; Eph. 1:13-14; 1 Cor. 2:12-13; 3:16; 2 Cor. 13:14)

Ephesians 5:25-32

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, 26 so that He might sanctify her, having cleansed her by the washing of water with the word, 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also [does] the church, 30 because we are members of His body. 31 For this reason a man shall leave his father and mother and shall be joined to his wife, and the two

shall become one flesh. 32 This mystery is great; but I am speaking with reference to Christ and the church.

Ephesians 3:14-19

14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth derives its name, 16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; [and] that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Romans 8:31-39

31 What then shall we say to these things? If God [is] for us, who [is] against us? 32 He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? 33 Who will bring a charge against God's elect? God is the one who justifies; 34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. 35 Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 Just as it is written, "For Your sake we are being put to death all day long; We were considered as sheep to be slaughtered." 37 But in all these things we overwhelmingly conquer through Him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord

Romans 5:17

17 For if by the transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

2 Corinthians 5:21

21 He made Him who knew no sin [to be] sin on our behalf, so that we might become the righteousness of God in Him.

Romans 15:7

7 Therefore, accept one another, just as Christ also accepted us to the glory of God.

Ephesians 2:1-10

2:1 And you were dead in your trespasses and sins, 2 in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. 3 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. 4 But God, being rich in mercy, because of

His great love with which He loved us, 5 even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), 6 and raised us up with Him, and seated us with Him in the heavenly [places] in Christ Jesus, 7 so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith; and that not of yourselves, [it is] the gift of God; 9 not as a result of works, so that no one may boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Romans 5:1-11

5:1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. 3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4 and perseverance, proven character; and proven character, hope; 5 and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. 6 For while we were still helpless, at the right time Christ died for the ungodly. 7 For one will hardly die for a righteous man; though perhaps for the good man someone would dare even to die. 8 But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. 9 Much more then, having now been justified by His blood, we shall be saved from the wrath [of God] through Him. 10 For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. 11 And not only this, but we also exult in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

Ephesians 1:3-14

3 Blessed [be] the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly [places] in Christ, 4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love 5 He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, 6 to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. 7 In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace 8 which He lavished on us. In all wisdom and insight 9 He made known to us the mystery of His will, according to His kind intention which He purposed in Him 10 with a view to an administration suitable to the fullness of the times, [that is], the summing up of all things in Christ, things in the heavens and things on the earth. In Him 11 also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, 12 to the end that we who were the first to hope in Christ would be to the praise of His glory. 13 In Him, you also, after listening to the message of truth, the gospel of your salvation--having also believed, you were sealed in Him with the Holy Spirit of promise, 14 who is given as a pledge of our inheritance, with a view to the redemption of [God's own] possession, to the praise of His glory.

Romans 8:15-17

15 For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" 16 The Spirit Himself testifies with our spirit that we are children of God, 17 and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with [Him] so that we may also be glorified with [Him].

Luke 12:24, 32

24 "Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and [yet] God feeds them; how much more valuable you are than the birds!

32 "Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.

Matthew 10:29-31

29 "Are not two sparrows sold for a cent? And [yet] not one of them will fall to the ground apart from your Father. 30 "But the very hairs of your head are all numbered. 31 "So do not fear; you are more valuable than many sparrows.

Psalms 37:1-11, 23-24, 39-40

37:1 Do not fret because of evildoers, Be not envious toward wrongdoers. 2 For they will wither quickly like the grass And fade like the green herb. 3 Trust in the Lord and do good; Dwell in the land and cultivate faithfulness. 4 Delight yourself in the Lord; And He will give you the desires of your heart. 5 Commit your way to the Lord, Trust also in Him, and He will do it. 6 He will bring forth your righteousness as the light And your judgment as the noonday. 7 Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes. 8 Cease from anger and forsake wrath; Do not fret; [it leads] only to evildoing. 9 For evildoers will be cut off, But those who wait for the Lord, they will inherit the land. 10 Yet a little while and the wicked man will be no more; And you will look carefully for his place and he will not be [there]. 11 But the humble will inherit the land And will delight themselves in abundant prosperity.

23 The steps of a man are established by the Lord, And He delights in his way. 24 When he falls, he will not be hurled headlong, Because the Lord is the One who holds his hand.

39 But the salvation of the righteous is from the Lord; He is their strength in time of trouble. 40 The Lord helps them and delivers them; He delivers them from the wicked and saves them, Because they take refuge in Him.

Philippians 1:6

6 [For I am] confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

1 Thessalonians 5:23-24

23 Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

24 Faithful is He who calls you, and He also will bring it to pass.

Ephesians 2:22

22 in whom you also are being built together into a dwelling of God in the Spirit.

1 Peter 1:1-2

1:1 Peter, an apostle of Jesus Christ, to those who reside as aliens, scattered throughout Pontus, Galatia, Cappadocia, Asia, and Bithynia, who are chosen 2 according to the foreknowledge of God the Father, by the sanctifying work of the Spirit, to obey Jesus Christ and be sprinkled with His blood: May grace and peace be yours in the fullest measure.

Ephesians 1:13-14

13 In Him, you also, after listening to the message of truth, the gospel of your salvation-- having also believed, you were sealed in Him with the Holy Spirit of promise, 14 who is given as a pledge of our inheritance, with a view to the redemption of [God's own] possession, to the praise of His glory.

1 Corinthians 2:12-13

12 Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, 13 which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual [thoughts] with spiritual [words].

1 Corinthians 3:16

16 Do you not know that you are a temple of God and [that] the Spirit of God dwells in you?

2 Corinthians 13:14

14 The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

2. Exult

(Rom. 5:1-4; Phil. 4:4; Jas. 1:2-4; Eph. 1:3-14; Col. 3:3-4; Rom. 4:6-8; 5:17; 2 Cor. 5:21; Eph. 1:15-23; 1 Pet. 1:3-9; Eph. 3:16; Rom. 8:9-14, 30; Col. 3:3-4; 1 Cor. 15:51-54; Phil. 3:20-21; Eph. 3:17-19; Phil. 4:7; Rom. 8:26-27; Rom. 5:2-4; 8:28; Phil. 4:19; Matt. 10:29-31; Rom. 12:2)

Romans 5:1-4

5:1 Therefore , having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained our introduction by faith into this

grace in which we stand; and we exult in hope of the glory of God. 3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4 and perseverance, proven character; and proven character, hope; 5 and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Philippians 4:4

4 Rejoice in the Lord always; again I will say, rejoice!

James 1:2-4

2 Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have [its] perfect result, so that you may be perfect and complete, lacking in nothing.

Ephesians 1:3-14

3 Blessed [be] the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly [places] in Christ, 4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love 5 He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, 6 to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. 7 In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace 8 which He lavished on us. In all wisdom and insight 9 He made known to us the mystery of His will, according to His kind intention which He purposed in Him 10 with a view to an administration suitable to the fullness of the times, [that is], the summing up of all things in Christ, things in the heavens and things on the earth. In Him 11 also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, 12 to the end that we who were the first to hope in Christ would be to the praise of His glory. 13 In Him, you also, after listening to the message of truth, the gospel of your salvation--having also believed, you were sealed in Him with the Holy Spirit of promise, 14 who is given as a pledge of our inheritance, with a view to the redemption of [God's own] possession, to the praise of His glory.

Colossians 3:3-4

3 For you have died and your life is hidden with Christ in God. 4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

Romans 4:6-8

6 just as David also speaks of the blessing on the man to whom God credits righteousness apart from works: 7 "Blessed are those whose lawless deeds have been forgiven, And whose sins have been covered. 8 "Blessed is the man whose sin the Lord will not take into account."

Romans 5:17

17 For if by the transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

2 Corinthians 5:21

21 He made Him who knew no sin [to be] sin on our behalf, so that we might become the righteousness of God in Him.

Ephesians 1:15-23

15 For this reason I too, having heard of the faith in the Lord Jesus which [exists] among you and your love for all the saints, 16 do not cease giving thanks for you, while making mention [of you] in my prayers; 17 that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. 18 [I pray that] the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19 and what is the surpassing greatness of His power toward us who believe. [These are] in accordance with the working of the strength of His might 20 which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly [places], 21 far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come. 22 And He put all things in subjection under His feet, and gave Him as head over all things to the church, 23 which is His body, the fullness of Him who fills all in all.

1 Peter 1:3-9

3 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to [obtain] an inheritance [which is] imperishable and undefiled and will not fade away, reserved in heaven for you, 5 who are protected by the power of God through faith for a salvation ready to be revealed in the last time. 6 In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, 7 so that the proof of your faith, [being] more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; 8 and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, 9 obtaining as the outcome of your faith the salvation of your souls.

Ephesians 3:16

16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man,

Romans 8:9-14, 30

9 However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. 10 If

Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. 11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. 12 So then, brethren, we are under obligation, not to the flesh, to live according to the flesh-- 13 for if 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. 14 For all who are being led by the Spirit of God, these are sons of God 30 and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

Colossians 3:3-4

3 For you have died and your life is hidden with Christ in God. 4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

1 Corinthians 15:51-54

51 Behold, I tell you a mystery; we will not all sleep, but we will all be changed, 52 in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed. 53 For this perishable must put on the imperishable, and this mortal must put on immortality. 54 But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, "Death is swallowed up in victory.

Philippians 3:20-21

20 For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; 21 who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.

Ephesians 3:17-19

17 so that Christ may dwell in your hearts through faith; [and] that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Philippians 4:7

And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Romans 8:26-27

26 In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for [us] with groanings too deep for words; 27 and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to [the will of] God.

Romans 5:2-4

2 through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. 3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4 and perseverance, proven character; and proven character, hope; 5 and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Romans 8:28

28 And we know that God causes all things to work together for good to those who love God, to those who are called according to [His] purpose.

Philippians 4:19

19 And my God will supply all your needs according to His riches in glory in Christ Jesus

Matthew 10:29-31

29 "Are not two sparrows sold for a cent? And [yet] not one of them will fall to the ground apart from your Father. 30 "But the very hairs of your head are all numbered. 31 "So do not fear; you are more valuable than many sparrows.

Romans 12:2

2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

3. Suffering

(Heb. 2:10; 5:7-10; 12:2-14; 1 Pet. 1:6-9; Jn. 14:31; Matt. 5:10-12; Acts 5:41; Phil. 1:29-30; Matt. 28:20; Jn. 11:25-26; Phil. 1:21-24; 2 Cor. 5:8; Jn. 14:2-3; 2 Pet. 1:11; 2 Cor. 1:3-7)

Hebrews 2:10

10 For it was fitting for Him, for whom are all things, and through whom are all things, in bringing many sons to glory, to perfect the author of their salvation through sufferings.

Hebrews 5:7-10

7 In the days of His flesh, He offered up both prayers and supplications with loud crying and tears to the One able to save Him from death, and He was heard because of His piety. 8 Although He was a Son, He learned obedience from the things which He suffered. 9 And having been made perfect, He became to all those who obey Him the source of eternal salvation, 10 being designated by God as a high priest according to the order of Melchizedek.

Hebrews 12:2-14

2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart. 4 You have not yet resisted to the point of shedding blood in your striving against sin; 5 and you have forgotten the exhortation which is addressed to you as sons, "My son, do not regard lightly the discipline of the Lord, Nor faint when you are reprov'd by Him; 6 For those whom the Lord loves He disciplines, And He scourges every son whom He receives." 7 It is for discipline that you endure; God deals with you as with sons; for what son is there whom [his] father does not discipline? 8 But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons. 9 Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live? 10 For they disciplined us for a short time as seemed best to them, but He [disciplines us] for [our] good, so that we may share His holiness. 11 All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness. 12 Therefore, strengthen the hands that are weak and the knees that are feeble, 13 and make straight paths for your feet, so that [the limb] which is lame may not be put out of joint, but rather be healed. 14 Pursue peace with all men, and the sanctification without which no one will see the Lord.

1 Peter 1:6-9

6 In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, 7 so that the proof of your faith, [being] more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; 8 and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, 9 obtaining as the outcome of your faith the salvation of your souls.

John 14:31

31 but so that the world may know that I love the Father, I do exactly as the Father commanded Me. Get up, let us go from here.

Matthew 5:10-12

10 "Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. 11 "Blessed are you when [people] insult you and persecute you, and falsely say all kinds of evil against you because of Me. 12 "Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you.

Acts 5:41

41 So they went on their way from the presence of the Council, rejoicing that they had been considered worthy to suffer shame for [His] name.

Philippians 1:29-30

29 For to you it has been granted for Christ's sake, not only to believe in Him, but also to suffer for His sake, 30 experiencing the same conflict which you saw in me, and now hear [to be] in me.

Matthew 28:20

20 teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

John 11:25-26

25 Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies, 26 and everyone who lives and believes in Me will never die. Do you believe this?"

Philippians 1:21-24

21 For to me, to live is Christ and to die is gain. 22 But if [I am] to live [on] in the flesh, this [will mean] fruitful labor for me; and I do not know which to choose. 23 But I am hard-pressed from both [directions], having the desire to depart and be with Christ, for [that] is very much better; 24 yet to remain on in the flesh is more necessary for your sake.

2 Corinthians 5:8

8 we are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord.

John 14:2-3

2 "In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. 3 "If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, [there] you may be also.

2 Peter 1:11

11 for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.

2 Corinthians 1:3-7

3 Blessed [be] the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. 5 For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ. 6 But if we are afflicted, it is for your comfort and salvation; or if we are comforted, it is for your comfort, which is effective in the patient enduring of the same sufferings which we also suffer; 7 and our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are [sharers] of our comfort.

4. Portion

(Ps. 23:2, 4; 119:75; 42-43; 16:5-6; 2 Cor. 1:8-11; Ps. 18:4-5; 69:1-15; Lam. 3:1-58; Ps. 16:4-11; 17:9-18:19; Job 2:10; Jas. 1:2-4; Ps. 107:1-2; 1 Pet. 3:17, 14; 2:19-20; Rom. 8:28; 2 Cor. 1:9; 12:7, 9-10; Heb. 11:19; 2 Cor. 4:7-10; Rom. 5:1-4; Ps. 62:1-2, 8; 37:1-18; 27:11-14; 73:23-28; Matt. 6:32-33; 1 Pet. 5:6-7; Phil. 4:19, 6-7, 10-13; Heb. 13:5; 1 Tim. 6:6, 8; Phil. 2:12-13; Eph. 1:11; Rom. 8:28; 1 Thess. 5:16-18; Col. 3:15-17; Phil. 4:4)

Psalm 23:2, 4

2 He makes me lie down in green pastures; He leads me beside quiet waters

4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

Psalm 119:75

75 I know, O Lord, that Your judgments are righteous, And that in faithfulness You have afflicted me.

Psalm 42:3, 5-11

3 My tears have been my food day and night, While [they] say to me all day long, "Where is your God?"

5 Why are you in despair, O my soul? And [why] have you become disturbed within me? Hope in God, for I shall again praise Him [For] the help of His presence. 6 O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. 7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me. 8 The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life. 9 I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?" 10 As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your God?" 11 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.

Psalm 43:1-11

43:1 Vindicate me, O God, and plead my case against an ungodly nation; O deliver me from the deceitful and unjust man! 2 For You are the God of my strength; why have You rejected me? Why do I go mourning because of the oppression of the enemy? 3 O send out Your light and Your truth, let them lead me; Let them bring me to Your holy hill And to Your dwelling places. 4 Then I will go to the altar of God, To God my exceeding joy; And upon the lyre I shall praise You, O God, my God. 5 Why are you in despair, O my soul? And why are you disturbed within me? Hope in God, for I shall again praise Him, The help of my countenance and my God

5 The Lord is the portion of my inheritance and my cup; You support my lot. 6 The lines have fallen to me in pleasant places; Indeed, my heritage is beautiful to me.

8 For we do not want you to be unaware, brethren, of our affliction which came [to us] in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; 9 indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead; 10 who delivered us from so great a [peril of] death, and will deliver [us], He on whom we have set our hope. And He will yet deliver us, 11 you also joining in helping us through your prayers, so that thanks may be given by many persons on our behalf for the favor bestowed on us through [the prayers of] many.

Psalm 16:4-6

4 The cords of death encompassed me, And the torrents of ungodliness terrified me. 5 The cords of Sheol surrounded me; The snares of death confronted me. 6 The lines have fallen to me in pleasant places; Indeed, my heritage is beautiful to me.

Psalm 69:1-15

69:1 Save me, O God, For the waters have threatened my life. 2 I have sunk in deep mire, and there is no foothold; I have come into deep waters, and a flood overflows me. 3 I am weary with my crying; my throat is parched; My eyes fail while I wait for my God. 4 Those who hate me without a cause are more than the hairs of my head; Those who would destroy me are powerful, being wrongfully my enemies; What I did not steal, I then have to restore. 5 O God, it is You who knows my folly, And my wrongs are not hidden from You. 6 May those who wait for You not be ashamed through me, O Lord God of hosts; May those who seek You not be dishonored through me, O God of Israel, 7 Because for Your sake I have borne reproach; Dishonor has covered my face. 8 I have become estranged from my brothers And an alien to my mother's sons. 9 For zeal for Your house has consumed me, And the reproaches of those who reproach You have fallen on me. 10 When I wept in my soul with fasting, It became my reproach. 11 When I made sackcloth my clothing, I became a byword to them. 12 Those who sit in the gate talk about me, And I [am] the song of the drunkards. 13 But as for me, my prayer is to You, O Lord, at an acceptable time; O God, in the greatness of Your lovingkindness, Answer me with Your saving truth. 14 Deliver me from the mire and do not let me sink; May I be delivered from my foes and from the deep waters. 15 May the flood of water not overflow me Nor the deep swallow me up, Nor the pit shut its mouth on me.

Lamentations 3:1-58

3:1 I am the man who has seen affliction Because of the rod of His wrath. 2 He has driven me and made me walk In darkness and not in light. 3 Surely against me He has turned His hand Repeatedly all the day. 4 He has caused my flesh and my skin to waste away, He has broken my bones. 5 He has besieged and encompassed me with bitterness and hardship. 6 In dark places He has made me dwell, Like those who have long been dead. 7 He has walled me in so that I cannot go out; He has made my chain heavy. 8 Even when I cry out and call for help, He shuts out my prayer. 9 He has blocked my

ways with hewn stone; He has made my paths crooked. 10 He is to me like a bear lying in wait, [Like] a lion in secret places. 11 He has turned aside my ways and torn me to pieces; He has made me desolate.

12 He bent His bow And set me as a target for the arrow. 13 He made the arrows of His quiver To enter into my inward parts. 14 I have become a laughingstock to all my people, Their [mocking] song all the day. 15 He has filled me with bitterness, He has made me drunk with wormwood. 16 He has broken my teeth with gravel; He has made me cower in the dust. 17 My soul has been rejected from peace; I have forgotten happiness. 18 So I say, "My strength has perished, And [so has] my hope from the Lord." 19 Remember my affliction and my wandering, the wormwood and bitterness. 20 Surely my soul remembers And is bowed down within me. 21 This I recall to my mind, Therefore I have hope. 22 The Lord's lovingkindnesses indeed never cease, For His compassions never fail. 22 The Lord's lovingkindnesses indeed never cease, For His compassions never fail. 23 [They] are new every morning; Great is Your faithfulness. 24 "The Lord is my portion," says my soul, "Therefore I have hope in Him." 25 The Lord is good to those who wait for Him, To the person who seeks Him. 26 [It is] good that he waits silently For the salvation of the Lord. 27 [It is] good for a man that he should bear The yoke in his youth. 28 Let him sit alone and be silent Since He has laid [it] on him. 29 Let him put his mouth in the dust, Perhaps there is hope. 30 Let him give his cheek to the smiter, Let him be filled with reproach. 31 For the Lord will not reject forever, 32 For if He causes grief, Then He will have compassion According to His abundant lovingkindness. 33 For He does not afflict willingly Or grieve the sons of men. 34 To crush under His feet All the prisoners of the land, 35 To deprive a man of justice In the presence of the Most High, 36 To defraud a man in his lawsuit-- Of these things the Lord does not approve. 37 Who is there who speaks and it comes to pass, Unless the Lord has commanded [it]? 38 [Is it] not from the mouth of the Most High That both good and ill go forth? 39 Why should [any] living mortal, or [any] man, Offer complaint in view of his sins? 40 Let us examine and probe our ways, And let us return to the Lord. 41 We lift up our heart and hands Toward God in heaven; 42 We have transgressed and rebelled, You have not pardoned. 43 You have covered [Yourself] with anger And pursued us; You have slain [and] have not spared. 44 You have covered Yourself with a cloud So that no prayer can pass through. 45 [You have made us mere] offscouring and refuse In the midst of the peoples. 46 All our enemies have opened their mouths against us. 47 Panic and pitfall have befallen us, Devastation and destruction; 48 My eyes run down with streams of water Because of the destruction of the daughter of my people. 49 My eyes pour down unceasingly, Without stopping, 50 Until the Lord looks down And sees from heaven. 51 My eyes bring pain to my soul Because of all the daughters of my city. 52 My enemies without cause Hunted me down like a bird; 53 They have silenced me in the pit And have placed a stone on me. 54 Waters flowed over my head; I said, "I am cut off!" 55 I called on Your name, O Lord, Out of the lowest pit. 56 You have heard my voice, "Do not hide Your ear from my [prayer for] relief, From my cry for help." 57 You drew near when I called on You; You said, "Do not fear!" 58 O Lord, You have pleaded my soul's cause; You have redeemed my life.

Psalm 16:4-11

4 The sorrows of those who have bartered for another [god] will be multiplied; I shall not pour out their drink offerings of blood, Nor will I take their names upon my lips. 5 The Lord is the portion of my inheritance and my cup; You support my lot. 6 The lines have fallen to me in pleasant places; Indeed, my heritage is beautiful to me. 7 I will bless the Lord who has counseled me; Indeed, my mind instructs me in the night. 8 I have set the Lord continually before me; Because He is at my right hand, I will not be shaken. 9 Therefore my heart is glad and my glory rejoices; My flesh also will dwell securely. 10 For You will not abandon my soul to Sheol; Nor will You allow Your Holy One to undergo decay. 11 You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.

Psalm 17:9-18:19

9 From the wicked who despoil me, My deadly enemies who surround me. 10 They have closed their unfeeling [heart], With their mouth they speak proudly. 11 They have now surrounded us in our steps; They set their eyes to cast [us] down to the ground. 12 He is like a lion that is eager to tear, And as a young lion lurking in hiding places. 13 Arise, O Lord, confront him, bring him low; Deliver my soul from the wicked with Your sword, 14 From men with Your hand, O Lord, From men of the world, whose portion is in [this] life, And whose belly You fill with Your treasure; They are satisfied with children, And leave their abundance to their babes. 15 As for me, I shall behold Your face in righteousness; I will be satisfied with Your likeness when I awake. 18:1 "I love You, O Lord, my strength." 2 The Lord is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. 3 I call upon the Lord, who is worthy to be praised, And I am saved from my enemies. 4 The cords of death encompassed me, And the torrents of ungodliness terrified me. 5 The cords of Sheol surrounded me; The snares of death confronted me. 6 In my distress I called upon the Lord, And cried to my God for help; He heard my voice out of His temple, And my cry for help before Him came into His ears. 7 Then the earth shook and quaked; And the foundations of the mountains were trembling And were shaken, because He was angry. 8 Smoke went up out of His nostrils, And fire from His mouth devoured; Coals were kindled by it. 9 He bowed the heavens also, and came down With thick darkness under His feet. 10 He rode upon a cherub and flew; And He sped upon the wings of the wind. 11 He made darkness His hiding place, His canopy around Him, Darkness of waters, thick clouds of the skies. 12 From the brightness before Him passed His thick clouds, Hailstones and coals of fire. 13 The Lord also thundered in the heavens, And the Most High uttered His voice, Hailstones and coals of fire. 14 He sent out His arrows, and scattered them, And lightning flashes in abundance, and routed them. 15 Then the channels of water appeared, And the foundations of the world were laid bare At Your rebuke, O Lord, At the blast of the breath of Your nostrils. 16 He sent from on high, He took me; He drew me out of many waters. 17 He delivered me from my strong enemy, And from those who hated me, for they were too mighty for me. 18 They confronted me in the day of my calamity, But the Lord was my stay. 19 He brought me forth also into a broad place; He rescued me, because He delighted in me.

Job 2:10

10 But he said to her, "You speak as one of the foolish women speaks. Shall we indeed accept good from God and not accept adversity?" In all this Job did not sin with his lips.

James 1:2-4

2 Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have [its] perfect result, so that you may be perfect and complete, lacking in nothing.

Psalm 107:1-2

107:1 Oh give thanks to the Lord, for He is good, For His lovingkindness is everlasting.
2 Let the redeemed of the Lord say [so], Whom He has redeemed from the hand of the adversary

1 Peter 3:17, 14

17 For it is better, if God should will it so, that you suffer for doing what is right rather than for doing what is wrong.

14 But even if you should suffer for the sake of righteousness, [you are] blessed. And do not fear their intimidation, and do not be troubled,

1 Peter 2:19-20

19 For this [finds] favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. 20 For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer [for it] you patiently endure it, this [finds] favor with God.

Romans 8:28

28 And we know that God causes all things to work together for good to those who love God, to those who are called according to [His] purpose.

2 Corinthians 1:9

9 indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead;

2 Corinthians 2:7, 9-10

7 Because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to torment me--to keep me from exalting myself!

9 And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. 10 Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

Hebrews 11:19

19 He considered that God is able to raise [people] even from the dead, from which he also received him back as a type.

2 Corinthians 4:7-10

7 But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves; 8 [we are] afflicted in every way, but not crushed; perplexed, but not despairing; 9 persecuted, but not forsaken; struck down, but not destroyed; 10 always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body.

Romans 5:1-4

5:1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. 3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4 and perseverance, proven character; and proven character, hope; 5 and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Psalms 62:1-2, 8

62:1 My soul [waits] in silence for God only; From Him is my salvation. 2 He only is my rock and my salvation, My stronghold; I shall not be greatly shaken. 8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.

Psalms 37:1-18

37:1 Do not fret because of evildoers, Be not envious toward wrongdoers. 2 For they will wither quickly like the grass And fade like the green herb. 3 Trust in the Lord and do good; Dwell in the land and cultivate faithfulness. 4 Delight yourself in the Lord; And He will give you the desires of your heart. 5 Commit your way to the Lord, Trust also in Him, and He will do it. 6 He will bring forth your righteousness as the light And your judgment as the noonday. 7 Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes. 8 Cease from anger and forsake wrath; Do not fret; [it leads] only to evildoing. 9 For evildoers will be cut off, But those who wait for the Lord, they will inherit the land. 10 Yet a little while and the wicked man will be no more; And you will look carefully for his place and he will not be [there]. 11 But the humble will inherit the land And will delight themselves in abundant prosperity. 12 The wicked plots against the righteous And gnashes at him with his teeth. 13 The Lord laughs at him, For He sees his day is coming. 14 The wicked have drawn the sword and bent their bow To cast down the afflicted and the needy, To slay those who are upright in conduct. 15 Their sword will enter their own heart, And their bows will be broken. 16 Better is the little of the

righteous Than the abundance of many wicked. 17 For the arms of the wicked will be broken, But the Lord sustains the righteous. 18 The Lord knows the days of the blameless, And their inheritance will be forever.

Psalm 27:11-14

11 Teach me Your way, O Lord, And lead me in a level path Because of my foes. 12 Do not deliver me over to the desire of my adversaries, For false witnesses have risen against me, And such as breathe out violence. 13 [I would have despaired] unless I had believed that I would see the goodness of the Lord In the land of the living. 14 Wait for the Lord; Be strong and let your heart take courage; Yes, wait for the Lord.

Psalm 73:23-28

23 Nevertheless I am continually with You; You have taken hold of my right hand. 24 With Your counsel You will guide me, And afterward receive me to glory. 25 Whom have I in heaven [but You]? And besides You, I desire nothing on earth. 26 My flesh and my heart may fail, But God is the strength of my heart and my portion forever. 27 For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. 28 But as for me, the nearness of God is my good; I have made the Lord God my refuge, That I may tell of all Your works.

Matthew 6:32-33

32 "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 "But seek first His kingdom and His righteousness, and all these things will be added to you.

1 Peter 5:6-7

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, 7 casting all your anxiety on Him, because He cares for you.

Philippians 4:19, 6-7, 10-13

19 And my God will supply all your needs according to His riches in glory in Christ Jesus.

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

and received and heard and seen in me, practice these things, and the God of peace will be with you. 10 But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned [before], but you lacked opportunity. 11 Not that I speak from want, for I have learned to be content in whatever circumstances I am. 12 I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me.

1 Timothy 6:6, 8

[Make sure that] your character is free from the love of money, being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you,"

6 But godliness [actually] is a means of great gain when accompanied by contentment.

8 If we have food and covering, with these we shall be content.

Philippians 2:12-13

12 So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; 13 for it is God who is at work in you, both to will and to work for [His] good pleasure.

Ephesians 1:11

11 also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will,

Romans 8:28

28 And we know that God causes all things to work together for good to those who love God, to those who are called according to [His] purpose.

1 Thessalonians 5:16-18

16 Rejoice always; 17 pray without ceasing; 18 in everything give thanks; for this is God's will for you in Christ Jesus.

Colossians 3:15-17

15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms [and] hymns [and] spiritual songs, singing with thankfulness in your hearts to God. 17 Whatever you do in word or deed, [do] all in the name of the Lord Jesus, giving thanks through Him to God the Father.

Philippians 4:4

4 Rejoice in the Lord always; again I will say, rejoice!

5. Example

(Heb. 12:1-3; 1 Pet. 2:21-25; 4:1-2; Phil. 2:5-11; Jn. 13:12-17; 17:4-5, 24; 2 Cor. 3:17-18; Col. 3:10; Rom. 8:29; 1 Jn. 3:2-3; Phil. 3:20-21; 1 Cor. 6:17; Eph. 1:13-23; Col. 1:27-29; 1 Kgs. 19:12-13; 1 Cor. 10:13; Acts 4:8, 13; 17:16; 26:24-25, 27-29; 2 Tim. 4:7-8, 16-18; Rev. 3:7; Acts 16:6-10; 8:26-30; 14:19-20; Prov. 24:16; Rom. 14:5; Eph. 1:18; 4:13; 2 Cor. 3:18)

Hebrews 12:1-3

12:1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with

endurance the race that is set before us, 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

1 Peter 2:21-25

21 For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, 22 who committed no sin, nor was any deceit found in His mouth; 23 and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting [Himself] to Him who judges righteously; 24 and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. 25 For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

1 Peter 4:1-2

4:1 Therefore, since Christ has suffered in the flesh, arm yourselves also with the same purpose, because he who has suffered in the flesh has ceased from sin, 2 so as to live the rest of the time in the flesh no longer for the lusts of men, but for the will of God.

Philippians 2:5-11

5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped, 7 but emptied Himself, taking the form of a bond-servant, [and] being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. 9 For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, 10 so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

John 13:12-17

12 So when He had washed their feet, and taken His garments and reclined [at the table] again, He said to them, "Do you know what I have done to you? 13 "You call Me Teacher and Lord; and you are right, for [so] I am. 14 "If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. 15 "For I gave you an example that you also should do as I did to you. 16 "Truly, truly, I say to you, a slave is not greater than his master, nor [is] one who is sent greater than the one who sent him. 17 "If you know these things, you are blessed if you do them.

John 17:4-5, 24

4 "I glorified You on the earth, having accomplished the work which You have given Me to do. 5 "Now, Father, glorify Me together with Yourself, with the glory which I had with You before the world was.

24 "Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world.

2 Corinthians 3:17-18

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, [there] is liberty. 18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.

Colossians 3:10

10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him—

Romans 8:29

29 For those whom He foreknew, He also predestined [to become] conformed to the image of His Son, so that He would be the firstborn among many brethren;

1 John 3:2-3

2 Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. 3 And everyone who has this hope [fixed] on Him purifies himself, just as He is pure.

Philippians 3:20-21

20 For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; 21 who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.

1 Corinthians 6:17

17 But the one who joins himself to the Lord is one spirit [with Him].

Ephesians 1:13-23

13 In Him, you also, after listening to the message of truth, the gospel of your salvation-- having also believed, you were sealed in Him with the Holy Spirit of promise, 14 who is given as a pledge of our inheritance, with a view to the redemption of [God's own] possession, to the praise of His glory. 15 For this reason I too, having heard of the faith in the Lord Jesus which [exists] among you and your love for all the saints, 16 do not cease giving thanks for you, while making mention [of you] in my prayers; 17 that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. 18 [I pray that] the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of

the glory of His inheritance in the saints, 19 and what is the surpassing greatness of His power toward us who believe. [These are] in accordance with the working of the strength of His might 20 which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly [places], 21 far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come. 22 And He put all things in subjection under His feet, and gave Him as head over all things to the church, 23 which is His body, the fullness of Him who fills all in all.

Colossians 1:27-29

27 to whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory. 28 We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. 29 For this purpose also I labor, striving according to His power, which mightily works within me.

1 Kings 19:12-13

12 After the earthquake a fire, [but] the Lord [was] not in the fire; and after the fire a sound of a gentle blowing. 13 When Elijah heard [it], he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice [came] to him and said, "What are you doing here, Elijah?"

1 Corinthians 10:13

13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Acts 4:8, 13

8 Then Peter, filled with the Holy Spirit, said to them, "Rulers and elders of the people, 13 Now as they observed the confidence of Peter and John and understood that they were uneducated and untrained men, they were amazed, and [began] to recognize them as having been with Jesus.

Acts 17:16

16 Now while Paul was waiting for them at Athens, his spirit was being provoked within him as he was observing the city full of idols.

Acts 26:24-25, 27-29

24 While [Paul] was saying this in his defense, Festus ^said in a loud voice, "Paul, you are out of your mind! [Your] great learning is driving you mad." 25 But Paul ^said, "I am not out of my mind, most excellent Festus, but I utter words of sober truth.

27 "King Agrippa, do you believe the Prophets? I know that you do." 28 Agrippa [replied] to Paul, "In a short time you will persuade me to become a Christian." 29 And

Paul [said], "I would wish to God, that whether in a short or long time, not only you, but also all who hear me this day, might become such as I am, except for these chains."

2 Timothy 4:7-8, 16-18

7 I have fought the good fight, I have finished the course, I have kept the faith; 8 in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.

16 At my first defense no one supported me, but all deserted me; may it not be counted against them. 17 But the Lord stood with me and strengthened me, so that through me the proclamation might be fully accomplished, and that all the Gentiles might hear; and I was rescued out of the lion's mouth. 18 The Lord will rescue me from every evil deed, and will bring me safely to His heavenly kingdom; to Him [be] the glory forever and ever. Amen.

Revelation 3:7

7 "And to the angel of the church in Philadelphia write: He who is holy, who is true, who has the key of David, who opens and no one will shut, and who shuts and no one opens, says this:

Acts 16:6-10

6 They passed through the Phrygian and Galatian region, having been forbidden by the Holy Spirit to speak the word in Asia; 7 and after they came to Mysia, they were trying to go into Bithynia, and the Spirit of Jesus did not permit them; 8 and passing by Mysia, they came down to Troas. 9 A vision appeared to Paul in the night: a man of Macedonia was standing and appealing to him, and saying, "Come over to Macedonia and help us." 10 When he had seen the vision, immediately we sought to go into Macedonia, concluding that God had called us to preach the gospel to them.

Acts 8:26-30

26 But an angel of the Lord spoke to Philip saying, "Get up and go south to the road that descends from Jerusalem to Gaza." (This is a desert [road].) 27 So he got up and went; and there was an Ethiopian eunuch, a court official of Candace, queen of the Ethiopians, who was in charge of all her treasure; and he had come to Jerusalem to worship, 28 and he was returning and sitting in his chariot, and was reading the prophet Isaiah. 29 Then the Spirit said to Philip, "Go up and join this chariot." 30 Philip ran up and heard him reading Isaiah the prophet, and said, "Do you understand what you are reading?"

Acts 14:19-20

19 But Jews came from Antioch and Iconium, and having won over the crowds, they stoned Paul and dragged him out of the city, supposing him to be dead. 20 But while the disciples stood around him, he got up and entered the city. The next day he went away with Barnabas to Derbe.

Proverbs 24:16

16 For a righteous man falls seven times, and rises again, But the wicked stumble in [time of] calamity.

Romans 14:5

5 One person regards one day above another, another regards every day [alike]. Each person must be fully convinced in his own mind.

Ephesians 1:18

18 [I pray that] the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

Ephesians 4:13

13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

2 Corinthians 3:18

18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.

6. Rejoice

(Phil. 4:4; 1 Thess. 5:16; Jas. 1:2-4; Rom. 5:1-5; 14:17; 8:37, 31-39; Phil. 4:7; 2 Cor. 4:17; Rom. 8:16-18; 1 Cor. 2:9; 1: 30; Col. 2:1-3)

Philippians 4:4

4 Rejoice in the Lord always; again I will say, rejoice!

1 Thessalonians 5:16

16 Rejoice always

James 1 :2-4

2 Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have [its] perfect result, so that you may be perfect and complete, lacking in nothing.

Romans 5:1-5

5:1 Therefore , having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. 3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4 and perseverance, proven character; and proven character, hope; 5 and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Romans 14:17

17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

Romans 8:37, 31-39

37 But in all these things we overwhelmingly conquer through Him who loved us.

31 What then shall we say to these things? If God [is] for us, who [is] against us? 32 He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? 33 Who will bring a charge against God's elect? God is the one who justifies; 34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. 35 Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 Just as it is written, "For Your sake we are being put to death all day long; We were considered as sheep to be slaughtered." 37 But in all these things we overwhelmingly conquer through Him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Philippians 4:7

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

2 Corinthians 4:17

17 For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison,

Romans 8:16-18

16 The Spirit Himself testifies with our spirit that we are children of God, 17 and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with [Him] so that we may also be glorified with [Him]. 18 For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

1 Corinthians 2:9

9 but just as it is written, "Things which eye has not seen and ear has not heard, And [which have not entered the heart of man,]All that God has prepared for those who love Him."

1 Corinthians 1:30

30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption,

Colossians 2 1-3

2:1 For I want you to know how great a struggle I have on your behalf and for those who are at Laodicea, and for all those who have not personally seen my face, 2 that their hearts may be encouraged, having been knit together in love, and [attaining] to all the wealth that comes from the full assurance of understanding, [resulting] in a true knowledge of God's mystery, [that is], Christ [Himself], 3 in whom are hidden all the treasures of wisdom and knowledge.