

Freedom for Fathers

Welcome to this FatherWise Freedom For Fathers Bible study!

You can use this material in one of three ways. You can get some men together at a church or in a home, and work through the material with a Mentor/Bible Study Leader. You will begin your session with Bible study teaching and discussing your answers to the Bible study questions in the book, and then pray together using the suggestions given. You'll close your session discussing the Parenting Tips using the discussion guide in this book.

Or you may do this study on your own while your wife studies my wife's book, "Freedom for Mothers." The two of you can use the weekly Discussion Guides to work on your marriage and parenting skills together.

The third way to use this book is to do it alone. If you are a single dad or a man still waiting on your wife to respond to God, this may be your only option. Let me just tell you that I am available via email at david@fatherwise.org anytime you need another man to "talk" to.

If you are participating in a group study, the first meeting will be a time to get acquainted with the men in your small discussion group by answering "Questions For Group Discussion," to familiarize yourself with the course and how it works and to study the first lesson. When you go home, you'll read through the daily devotionals in preparation for the next meeting. Please note there are five days of devotionals for the first five days of the week, then a "Sabbath Day" study lesson to be completed on either Saturday or Sunday. It will take an investment of time on your part, but the rewards of daily study time to listen and learn as the Word and the Spirit teach you are worth it!

Overview of the Next Eight Weeks:

Fullness and Freedom For Men

In the next eight weeks, we are going to be taking a journey in God's Word to discover the freedom we can experience as men to be all we can be. This journey begins with a look inside and ends at the foot of the cross. You may have never experienced Jesus the way you will during the next few weeks. During this study you will learn:

- The Principle of the Vine: Filling Your Life from THE Power Source

To function completely, you've got to be empowered for the tasks at hand. In Unit 1, we'll discover that the power source for getting your personal needs met is Jesus, the only one who can truly meet those needs. This is the vital first step to being a successful man, husband and father.

- The Principle of the Branch: Running Out of Steam

Most of us go to all the wrong places to try to get our needs met for significance and security. We end up discouraged, depressed and distraught. In Units 2 and 3 of this book, we will identify what the Bible has to say about the roadblocks we face in becoming empowered to be godly husbands and fathers.

- The Principle of the Shears: The Ultimate Solution

The answer to our deepest need is simpler than most of us think. God's plan for our freedom and fulfillment is not complicated, but it is costly. Units 4 and 5 will take us on a journey to the cross—the only place where troubles can end and life can begin.

- The Principle of the Bud: The Transformed Life

We may want to be a man who exhibits love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control in every situation. But in reality we sometimes disappoint ourselves. We can't do it on our own. It requires someone to do it for us...someone whose love is always pure and whose thoughts are always wise. In Unit 6, we will discover how to begin the process of allowing Christ to renew our hearts and minds and to live His life *in* us, *through* us and *for* us. This is how fulfillment and freedom can finally be ours.

- The Principle of the Fruit: Keeping the Bucket Full

Now that I know where to plug into Christ's power source, I want to stay connected. I want to continuously express peace and patience and self-control. That's a tall order. It requires setting our minds on Christ and being equipped to engage in spiritual warfare. Those are the topics of Units 7 and 8—the powerful conclusion to our study.

Are you ready to have true meaning in your life? Are you ready to experience freedom in your work and wholeness in your family relationships? Are you ready to be fully whole and clean and pure? I must tell you there is a cost. The process is simple, but expensive. In fact, it will cost you your very life. But in return, you will experience life as it was meant to be lived—with all the joy, peace, and patience you can possibly contain. You will “run and not grow weary, you will walk and not grow faint.”

If you come to God hungry and ready to be filled up with what He can give you, you will be amazed at what He will do. He will do more for you than you can imagine. I cannot promise that your work situation will immediately resolve and that your marriage and parenting will be perfectly in tune after this study. But I can tell you that if you allow God access to your heart during the next eight weeks and ask Him to fill you with all that you need for your circumstances, He will do more than you can imagine.

I’m praying for you as you read this book. I’m praying that your life will be intersected with God’s life in a powerful and meaningful way and that you will know the truth that will make you free.

David Glenn

FatherWise Group List

Mentor/Bible Study Teacher

Name: _____

Wife's name: _____

Children's names and ages: _____

Address: _____

Phone: (____) _____

Prayer/Discussion Group

Name: _____

Wife's name: _____

Children's names and ages: _____

Address: _____

Phone: (____) _____

Name: _____

Wife's name: _____

Children's names and ages: _____

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Wife's name: _____
Children's names and ages: _____

Address: _____

Phone: (____) ____-_____

FATHERWISE GROUP PRAYER GUIDELINES

1. If your FatherWise ministry has many age groups of men, break into small groups of 5-6 for prayer time each week.
2. We recommend that prayer time be observed before the Parenting Skills discussion time. Experience has taught us that it is difficult to stop discussion and begin prayer time. Please keep prayer requests limited to yourself and your immediate family [wife and children]. While we realize that prayer for our extended family and friends is very important, FatherWise time should be focused on your immediate family.
3. Please remember that what you discuss in prayer time is very personal. We ask that the requests lifted up in class be kept confidential within the group.
4. When you pray as a group, pray conversationally. Let one man share a request for his family and then all the men in the group should pray over that one request. Then the next man can share his request for the group to pray over until all the men in the group have had an opportunity to share a request.
5. Prayer time together is a vital part of FatherWise. We look forward to all that God will do in it and through it!

Week 1
The Principle of the Vine:
The Life

Day 1
Power Source

Day 2
Power Supply

Day 3
Who Powers The “Real” You?

Day 4
The Power of Significant Truths

Day 5
Power Living

For a man to be able to give love to his wife and children, first he must have his own needs met. Many men try to get those needs met from achievements. Is that the answer?

FATHERWISE GROUP PRAYER REQUESTS

The first person in the group will share a one sentence prayer request about his wife or his children. Each person in the group will pray a one sentence prayer over that request before moving on to the next person's request. The group will continue in this way until everyone has prayed over each request.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Discussion Questions for Unit 1

1. During FatherWise, I hope to
2. The thing I like best about parenthood is
3. My greatest problem with parenting is
4. My personal experiences with God and spiritual things so far have been

Day 1 – Power Source: Life in the Vine

Begin with prayer. Ask God to show you His heart for being a godly father. Be still and quiet before Him.

You probably looked forward to becoming a father, but perhaps the pressures of providing for a growing family's needs are beginning to mount up. Children require major adjustments in your life, especially in your marriage. Issues of the children's discipline and character development arise. It is expensive both in time and money to raise good kids. Thankfully, you and your wife don't have to tackle the job alone. There is someone to come alongside you. His name is Jesus.

But Jesus did not come to just *help* you be a man, husband and father. He didn't come to just put His arm around you like the Big Guy in the Sky and give you a little pep talk. He came to do the work *for* you, *in* you and *through* you. That is totally different than pulling yourself up by the bootstraps, trying very hard and then asking Jesus to bless you. Jesus wants to bless you by filling your life with His life so He can accomplish His purposes on the earth through you.

In the next eight weeks, we will journey with God, asking Him to remove roadblocks in our lives so we can be free to be the men He designed us to be. God wants us to be godly men even more than we want it for ourselves.

Probably every man reading this has fantasized about being a Superman or Macho Man or hero of some sort. That's not all bad, Guys. God made us to be strong and independent – to be the providers and protectors for our homes. The problem comes when we think we can do it all on our own.

In John 15:5, Jesus tells His disciples, *“I am the vine, you are the branches; he who abides in me, and I in him, he bears much fruit; for apart from me you can do nothing.”*

Nothing? As we say in Texas, “That's a zero with the rim knocked off.” I cannot truly do my job as a husband, father, or at my workplace apart from His vine-life in me.

Life is in the sap of the vine. Grapes form when sap so fills the vine and branches that it pops out of the branch as fruit. That's how your life is when you abide in Christ. The fruit of His Spirit (peace, patience, and all the rest) will simply flow out of you when you're really connected to Christ. It won't require self-effort; it will happen naturally as a result of abiding in the Vine life of Jesus.

But first we must ask a basic question. Are you connected to Christ? Have you made a personal commitment to Jesus, making Him Lord of your life? If not, this is where to begin. Turn to Sabbath Study at the end of this week's study and read the passages there.

If you have already made this crucial first step in receiving God's love and power, then you may be asking: “How do I stay connected to Christ by “abiding in the Vine”? What does that look like? How does attachment to Christ affect my parenting? My marriage?”

The Empty Bucket: We all have a place inside ourselves that I call an “empty bucket.” It is the place that needs to be filled with security and significance. What would fill your inner

bucket? What would make you feel satisfied, secure, and happy right now?

Life Saver: In our “empty buckets,” we need to know we are secure and “safe.” Many men may hate to admit it, but we all want love and acceptance and the feeling of security. While financial security probably tops our lists, we also want secure relationships in a wife we can count on, kids we are proud of, and friends we can turn to.

Medal of Worth: We need to know that we have value, that we are significant. We need to receive a “medal” in something important to us. We want to know our lives count for something.

These basic needs of security and significance are not optional. They are needs that *must* be met. Philippians 4:19 says, “*And my God will meet all your **needs** according to his glorious riches in Christ Jesus.*” All life is in Jesus, and He alone is able to meet ALL our needs without ever letting us down or disappointing us.

So today, spend a few moments asking God to meet every need for security and significance you can think of. Just lay them out before Him honestly. Then, wait and watch Him begin to work!

Lord Jesus, I want Your Vine-life to flow through me. I trust You to meet every true need I have for security and significance. I pray this in the name of Jesus. Amen.

Tips for Dad

Make sure the kids know that (after the Lord) their mom is first in your life. Take her on dates without the kids as often as possible. Continue to “win her over” as you did before marriage. By loving her sacrificially as we are commanded (Ephesians 5), your children will see how important she is and will respect her authority over them.

Day 2 – Power Supply

Begin by reading Psalm 81:10: “I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.” In prayer, ask God to fill you today.

The word “fill” in Psalm 81:10 is the Hebrew word *mala*. One of the meanings of that word is “to satisfy.” If we open our hearts to the Lord, He promises to satisfy our longings. As men, we often have lofty aspirations and intense desires. We also carry heavy responsibilities that can weigh us down.

You may have started your career or family with high hopes, only to become discouraged. No matter how wonderful (or horrible) your job, wife, or kids may be, they are not God. They simply cannot meet all the needs of your heart.

Read John 15:1-5. The first lesson I must learn is that Christ is the Vine, I am not. He is God, and I am not. Let that sink in. Are you tempted to play God in your own life?

Jesus did not come to help you with your life. He came to *BE* your life, and that is very

different. He did not just come to be your Savior and Lord. He came to be your life!

Jesus told us the secret to bearing fruit: we must abide in Him and He must abide in us. That means being grafted into His Vine-life. Grafting involves cutting both the vine and the new branch. The life-giving centers of each (the *cambium*) are matched perfectly and tied together securely. The vine sends up shoots into the new branch, and the new branch sends down shoots into the vine. Life begins to flow. Fruit is formed. The vine and the branch have become one.¹

Read Romans 11:16-18 in your Bible. Here, Paul describes the grafting in of the Gentiles, the “wild olive branch,” into the rich root of the olive tree, the life of the Lord Jesus. We partake of His life because He has mercifully grafted us in.

The cambium of our hearts, our inmost self, must become one with His heart. We must be tied together firmly. And in the growth process, I must remain still in Him so that my roots can go deep into Him and He can abide deeply in me.

How do you abide? You begin by reaching up to Him in prayer, and He pours His life into you through His Word dwelling in you. As you take in more of His Word and obey it, you will begin to see His fruit borne out in you. Acknowledging that you can’t do everything and only He can is the first step to really being free.

Father, I offer my emptiness to You, asking You to fill it with Yourself. I truly desire to abide in You and want You to abide in me. Enable me to receive Your life in all its fullness. I admit I have used other things and people to try to get my needs met, but today I am turning to You. I love you, Lord. In Jesus’ name. Amen.

Tip for Dads

Let Jesus use your hands and feet to bless someone today. Offer to help your wife with the kids or the dishes. For adolescents, put a note on their bed or mirror reminding them that you love them and are praying for them today. Then go to their bed when they aren’t home and kneel down and pray for them.

Day 3 – Who Powers The “Real” You

Begin with prayer. Enter into God’s presence with thanksgiving. Thank Him for being in control of the universe and in control of your life. Acknowledge to Him that He alone is your source of life. Ask God to prepare your heart and mind for what He wants to teach you today and to remove any barriers that would prevent you from understanding these great truths He has given us as believers.

Living “In” Him

Read I John 3:23-24. John explains what it means to “abide in Christ” when he gives us these two commandments to follow – to believe in the name of Jesus and to love one another. Obedience is critical to abiding. We can’t go our own way and still be connected to Christ’s life. We can’t have it both ways. We must connect to the Vine. And what are we to obey? The law of love. We are to love the Lord with all our hearts and minds and

souls and love our neighbors the same as we love ourselves.

Read II Peter 1:2-3 in your Bible. It tells us that Jesus has called us by His own glory and excellence to have everything we need to live this life and to live it in a godly lifestyle. It is through the true knowledge of Him that we will have His life operating in us.

Now let's make this very practical. Could Jesus manage your job? Could He discipline your children firmly and fairly with perfect consistency? Could He relate to your wife with unconditional love and acceptance, without being demanding or selfish? Yes, of course He could. Can you do all those things all the time? No, of course you can't.

If you are a believer, you have the life of the resurrected Lord Jesus Christ operating on the inside of you. He is able to do whatever He has called you to do. He has not asked you to do it. He knows you can't. What He wants is to accomplish His purpose and His will in you and through you. That is very different from "helping" you do it. Do you see?

The task of being a godly husband and father is over your head. I don't care how many degrees in rocket science or engineering you have. Being a father is bigger than you are. If you don't know that, you probably haven't been a dad for very long.

The only person who is accomplished at the awesome task of fatherhood is Jesus Christ Himself. He can do it. He can do it all for you.

Lord, I want You to take over the controls of my life. I can't do it. It is too hard and too complicated for me to do well. I know that You are able to accomplish every task for me and through me. I now trust You to do that. I pray this in the name of Jesus Christ. Amen.

Tip for Dads

When our children get frustrated and direct that anger at us, it's very easy to lash out and escalate the situation. Begin practicing what you learned today about Jesus being your life. When you find yourself in the middle of turmoil with your child, call a "time out." Let him know you need to collect your thoughts and pray before you talk to him, because you don't want to say something you will regret. Take a few moments to ask Jesus to be your wisdom and discernment in that circumstance. Ask Him to direct your attitudes and your actions toward your child. Then, if it's time to mete out firm discipline, you'll know it. If it's time to sit on the couch and listen to your child express all of what's on his mind, you'll know that too. I've been amazed at the insight I receive "on the spot" when I've allowed Christ to do it.

Day 4 – The Power of Significant Truths

Begin with prayer. Ask the Father to speak to you clearly through His Word today, and to bind your mind to His will and purposes.

Growing up, I was an over-achiever to make up for a low self image. But even when I was "achieving" all on my list, I *still* felt I wasn't quite good enough. I feared failure; I feared rejection; I feared FEAR! As the challenges grew greater through the years, so did my fear. I felt more pressure to perform at work, and the pressure to be the "all-around great husband and dad" was just too much. The more I tried, the more powerless I felt. That's when God

began showing me that He created me with these needs so that He could fill them through His life in me.

Read Ephesians 3:14-21 in your Bible.

Verses 14-15. By calling God “Father,” Paul establishes that before we can receive Christ’s love, we must be part of God’s family. I don’t have to rely on my achievements to know the truth about myself. I can ask the Source that’s always true, my Heavenly Father.

Verse 16. My inner man may feel so weak and full of fear that I’m incapable of receiving Christ’s life and love. So the first thing Jesus does is to strengthen my inner man. The word *power* in verse 16 is the Greek word *dunamis*, which means “miraculous power, strength, violence, mighty (wonderful) work.”³ Jesus strengthens me with His mighty, dynamic, dynamite-like power so that He may dwell—or live permanently in residence—in my heart, to fill up all the holes and gaps.

Verse 17. Christ enables me to be “rooted and grounded” in His empowering love. *Rooted* means “made stable.”⁴ Think back to John 15:4. We need abiding roots going deep into His love to hold us steady in life’s circumstances, as well as the constant feeding from that same Source. *Grounded* means “to lay a foundation.”⁵ When our Houston home needed foundation repair, men put it on pillars on solid rock far beneath the surface. That’s what Jesus intends for your life: to be rooted in His love and founded on the solid, never-shifting rock of His love. This is the purpose for His “dwelling in your heart by faith” – to supply your every need. His message to you is LOVE and SIGNIFICANCE.

Verses 18-20. Jesus comes to dwell in your heart so that you will *comprehend* and *know* His love. *Comprehend* means “to take eagerly, seize and possess.”⁶ *Know* means “to be sure, to understand to be resolved.”⁷ These verses could be rewritten: “[That you] may be able to eagerly grasp with all Christians the breadth, length, height and depth and to know for sure the love of Christ...” This is the love message Jesus is sending you: you are loved, accepted and secure. Even better, this love surpasses knowledge. It is so vast your brain can’t take it all in. If that weren’t enough, this big love of God is for a specific purpose: to top off your love tank. The Greek word for *filled up* means “crammed full, leveled off, satisfied.”⁸ That’s enough love to fill every crevice of your heart. You have no burden, failure, or fear that Christ’s love can’t fill beyond your wildest dreams, above all you could even ask.

You cannot give away what you do not possess. Your wife and children need your unconditional love. But to give it, you must first receive love yourself. You need a full bucket of His empowering love to be a dad. And it is available to you.

Lord, please open my capacity to receive Your love and acceptance. I want to know that Your love is enough even when others let me down. Teach me all this in my inner man. In Jesus’ name. Amen.

Tips for Dad

A father is to imitate his Heavenly Father’s love for his kids. Find practical ways to show love to your kids. Rock small tykes. If they’re older, have a date with girls or take sons to a

game. If your kids are already out of the nest, give them a call or an email just to say, "How's it going?" and "I love you." Making time for them shows they're special to you.

Day 5- Power Living

Begin with prayer. Ask the Lord Jesus to root and ground you in His life, and to allow you to comprehend and know His love that goes beyond what you can understand with your mind.

Let me give you a word picture of what it's like for Christ to live His life in you. Imagine you are a scarecrow standing in a field. The "birds of prey" are after your family and you can do nothing about it. You are lifeless and powerless to protect them. But the farmer comes along and removes all the old straw, puts on your scarecrow's clothes and goes out into the field for you. The birds of prey don't stand a chance of getting to your family, because now the scarecrow has come to life!

Read John 14:20 in your Bible and draw a diagram of four concentric circles in the margin. Label the largest circle "God," the next "Jesus," the next "me," and the smallest "Jesus." Do you see the liberating truth of this verse? Jesus is on the inside of you and He is on the outside of you and that's the only two sides you have!

Jesus is filling the inside of us so He can handle our lives for us! And nothing can get to us that hasn't been filtered by His love. So if He allows a circumstance to come to us, He will then handle it. It is our job is to trust Him with it. His job is to do the work. There is nothing He cannot do (Luke 1:37).

Have you noticed that you can't keep God's laws all on your own? If you're trying hard, you might do well for a while, but you don't have any real staying power. God never intended for you to keep His commands apart from Him. That's why Jesus came to earth. You couldn't keep His covenant, so He came, died and rose again to live in you... to do it for you.

Read John 11:25 and Colossians 3:4 in your Bible. *Jesus did not come to help you with your life. He came to be your life.* Let that sink in. There is a radical difference between the two. Without His life flowing through you, you're incapable of being the man you know you should be (John 15:5).

In your Bible, circle the word "fullness" in the following verses. John 1:16; Ephesians 1:22-23; and Ephesians 3:19. Even when I don't *feel* His power, I must base my faith on the truth of God's Word that His power fills me up and is present and available to me.

Lord, I want You to be my power source, my life. Reveal Yourself to me day by day so I can fully understand the truth. Amen.

Tips for Dads

One of the strongest messages *Promise Keepers* has given men is the message of Proverbs 27:17, "As iron sharpens iron, so one man sharpens another." Having at least one other man to share your struggles and victories with is one of the greatest gifts a man can have.

My prayer partners have been one of my greatest sources of encouragement and strength. They've prayed me through some tough times. If you don't have an accountability/prayer group, begin asking God to provide one for you.

Sabbath Study

Getting Connected To the Vine

If you want to connect yourself to Jesus for the first time in your life, start by reading Acts 16:31: *"Believe in the Lord Jesus, and you will be saved – you and your household."* To trust God fully you must trust Him through Jesus Christ, His Son. In John 14:6, Jesus says of Himself, *"I am the way and the truth and the life. No one comes to the Father except through me."* Turning your life over to Jesus is the only way to have a relationship with God. You must go through Jesus.

Ask God to speak to you as you explore this truth in the book of Romans.

The Roman Road to Salvation:

Romans 3:23 *"For all have sinned and fall short of the glory of God."*

Romans 6:23 *"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."*

Romans 5:8 *"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us."*

Romans 10:9-10 *"That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved; ...for with the heart man believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation."*

Romans 10:13 *"For whoever will call on the name of the Lord will be saved."*

To have a relationship with God – to become "born again" – you must:

First, admit that you are a sinner and that you need a relationship with Jesus Christ to save you from everlasting condemnation. Second, admit and confess your sins to God. Repent, or make an about face, turning from sin to God. Third, ask Jesus to save you by His grace, to come in to your life and become Lord of your life. By that I mean He is to rule your life...His agenda is your agenda.

If you are ready, pray a prayer like this:

"Lord Jesus, I am a sinner and I admit it. I am confessing this to You today. Forgive me of my sins. I want your death on the cross to pay the penalty for my sins. I turn now from my

sin, and I turn to You. Save me and have mercy on me, Lord. Be my Master and my Lord. You alone are my God. In Jesus' name I pray. Amen."

If you prayed that prayer from your heart, the angels are rejoicing! You are now God's child! You've just been born into a new family! NOW you have the power source to become the kind of father that will bless your children.

Write today's date or the date of your own experience with trusting God for the first time.

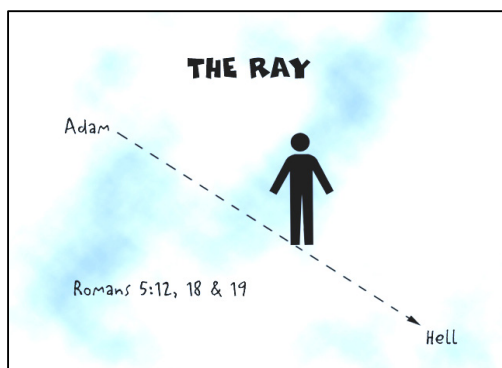
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Call on your pastor or a Christian friend and share this important decision. You need to tell someone about your new faith!

"Whoever acknowledges me before men, I will also acknowledge him before my Father in heaven"(Matthew 10:32).

My Position In Christ

One of the most influential books in helping me understand the vine life of Jesus is Handbook to Happiness, by Dr. Charles Solomon.² In this book, he uses mathematical illustrations that really opened my eyes to this great truth of Jesus' vine-life in me. The Lord used this book to literally transform my thinking about my new identity in Him. It enabled me to see how Jesus could undertake for me and through me, the mission of my life, my marriage and my responsibility as a father. I want to share it with you.



The ray represents Adam's life. God created Adam at a definite point in time. Adam sinned, so his life's "ray" is pointing down toward hell. All people born on the earth are born into his family, the family of man. Before I became a Christian, I was like a dot on that ray.

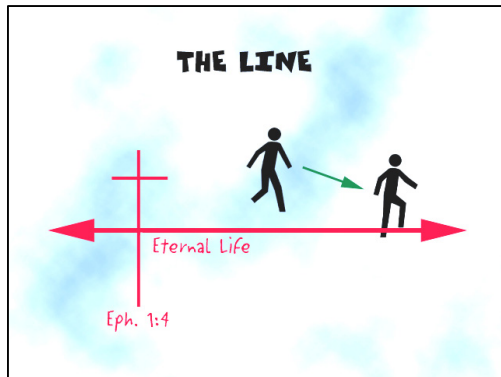
Taken from Handbook To Happiness, by Charles R. Solomon c 1971. Used by permission of Tyndale House Publisher, Inc. All rights reserved.

I Corinthians 15:21-22 says: "For since by a man came death, by a man also came the resurrection of the dead. For as in Adam all die, so also in Christ all shall be made alive."

As a member of Adam's family, we are doomed to hell. We will all die eternally. But there is good news.

A Line

Now think about a line. A line in math is a string of points along a plane that go for infinity in both directions. This line represents the lifeline of Jesus Christ. His life goes forever in the past and forever in the future.

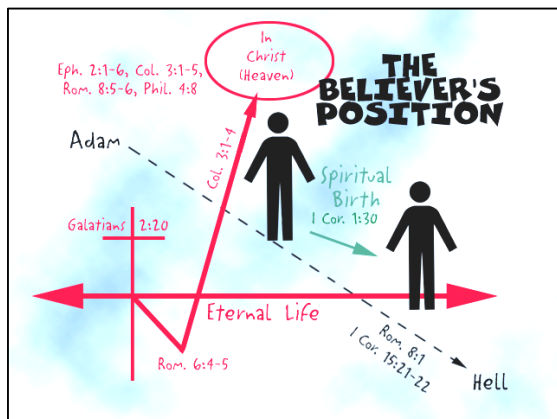


Taken from Handbook To Happiness, by Charles R. Solomon c 1971. Used by permission of Tyndale House Publisher, Inc. All rights reserved.

Read Hebrews 1:6-12 and John 17:24 in your Bible. The lifeline of Jesus intersects the line of Adam. When we recognize that we are doomed to hell because our sins deserve it, choose to repent of our sins, and ask Jesus Christ to be our indwelling Lord and Master, we “jump” from the line of Adam to the life line of the Lord Jesus. We have a new identity – we now share His life! His life is our life!

Read Ephesians 1:3-13. Do you see all the incredible riches that belong to you when you are “in Him” on that eternal life line? You share His life. You are in covenant relationship with Him, so that all He has, He gives to you. He has given you every spiritual blessing in the heavenly places, adoption as His child, redemption through His blood, the forgiveness of your sins, has made known to you the mystery of His will, an inheritance to be the praise of His glory, and you’ve been sealed with the Holy Spirit. All this and more we receive because our lives are “in” Him. Wow!

You have absolutely everything you need. This is the truth! It does not depend on how you feel about it to be the truth. It is true because God said it. I may feel empty or stressed in my “feeler.” But with my “chooser,” I choose to believe the truth from God’s Word that I have everything I need for this day. I have every spiritual blessing. I have enough love because I have God and He is love. I have joy because His life is in me and His life is joyous in all circumstances. I have peace because He is my peace. My peace does not depend on my circumstances. My peace depends on His life flowing through me. I can choose as an act of my will to live by His life in me, not by the swirling circumstances around me.



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Your “feeler” takes input from the circumstances and panics. Your “thinker” takes input from the circumstances and begins to try to solve the problem—even if it’s unsolvable! Your “chooser” must decide whether life will be lived from the input of the “feeler” or the “thinker” or it may take the third option. It can decide to submit to the life of Jesus operating within (Colossians 3:3-4).