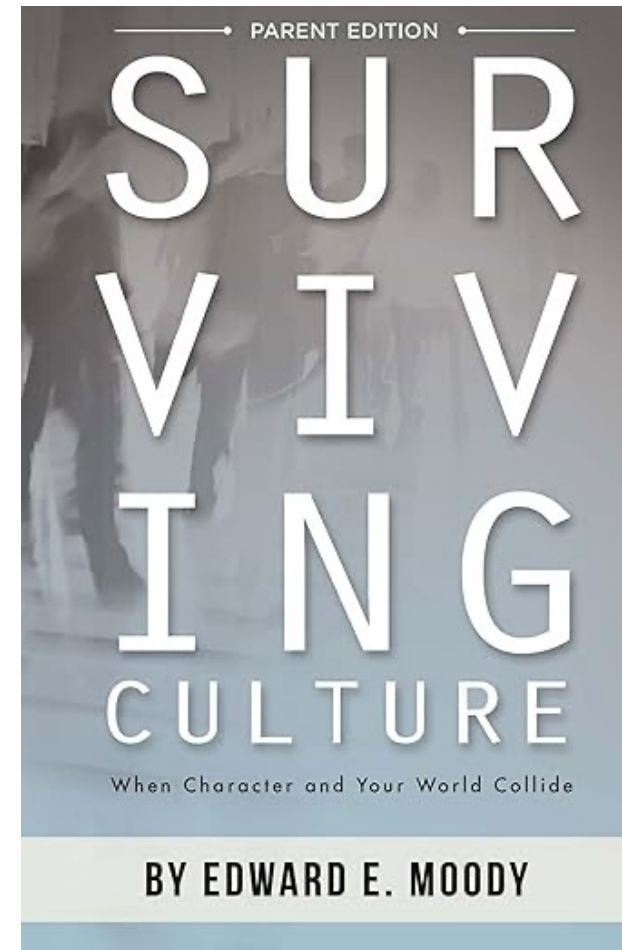
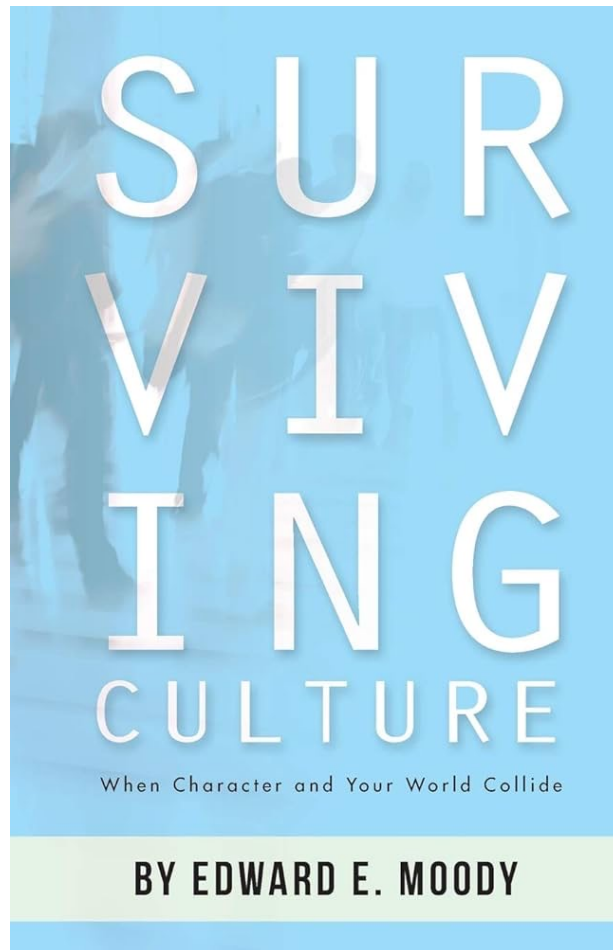


Victorious Christian Living: Our Identity in Christ

emoody@nafwb.org



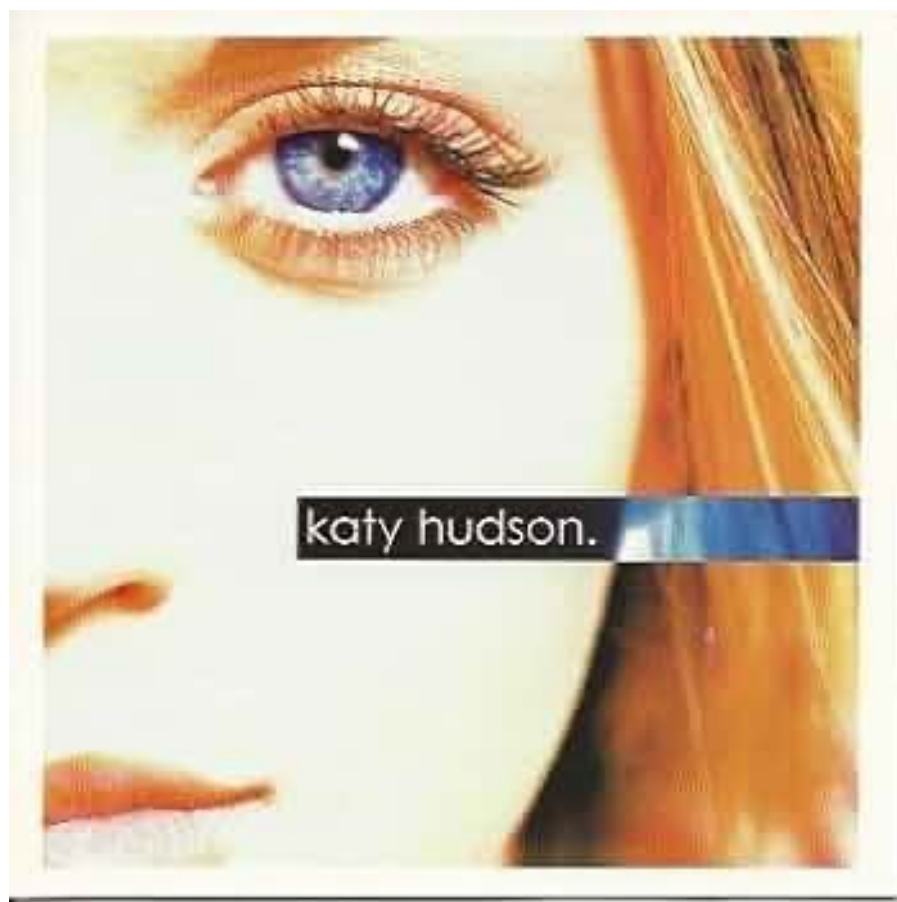


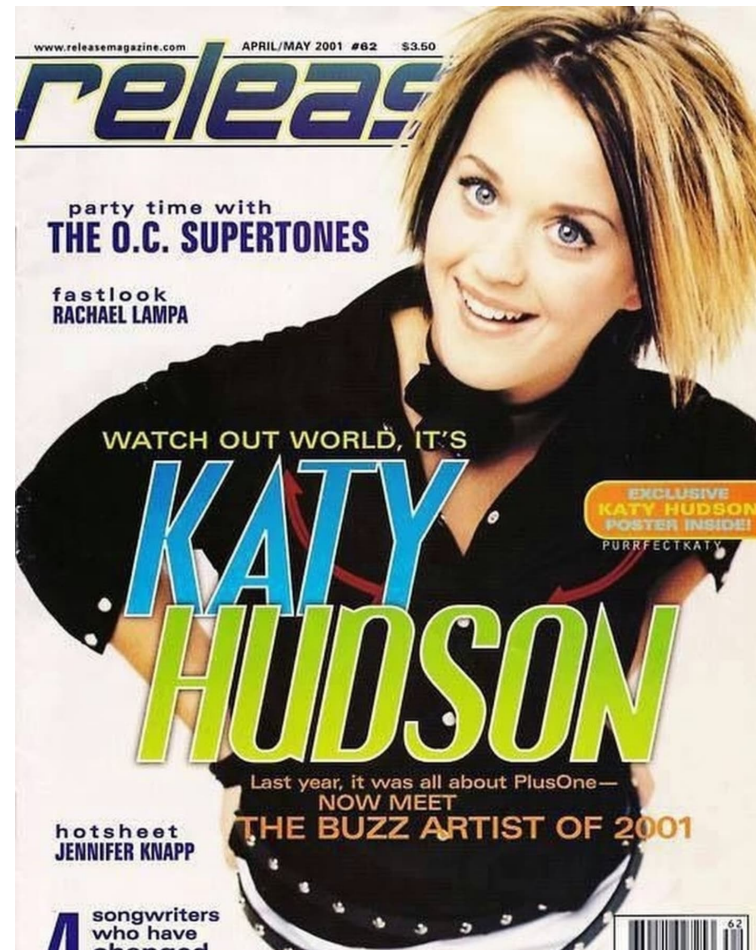


Our Identity in Christ



Session 1





Today's Christian Music

POWERED BY CCM MAGAZINE

LISTEN
LIVE



NOW PLAYING
DO SOMETHING
Matthew West

LAST 15 SONGS

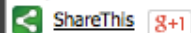
HOME TCM RADIO ARTISTS ALBUMS NEWS VIDEOS EXCLUSIVES FREE DOWNLOADS CCM

Features

PageTurners

Katy Hudson

Katy Hudson



I like reading fiction or fantasy, but right now I am getting into some books that will enlighten my brain a little, such as *Experiencing God: How to Live the Full Adventure of Knowing and Doing the Will of God* by Henry T. Blackaby and Claude V. King (Broadman & Holman). To be honest, I have never finished a "Christian" book, probably because, growing up, Christian books were all over my house, and I wanted to stretch beyond what I could reach. But I hear this book changes lives, and I trust the people who recommended it. As I am reading *Experiencing God*, I feel like I am coming to know Christ more fully. I understand things that I never understood before.

Another book that I'm reading is called *All You Need to Know About the Music Business* by Donald S. Passman (Simon & Schuster). I'm reading this book in hopes of challenging someone who thinks I have no idea about the business I'm in. It's funny how us "kids" are viewed as not knowing about much more than pre-algebra or after-school craziness. I believe this book has allowed me to improve my conversations with others in the music business. If anyone is considering the music industry, strap this book to your back!



'I'm Not Christian': Pop Star Rejects Her Childhood Faith

Dec. 31, 2013 8:50am | Billy Hallowell

10.1K
SHARES

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Pop singer Katy Perry opened up about her views on God and theology in a recent interview with Marie Claire, telling the magazine that she's no longer Christian and that she doesn't believe in heaven, hell or "an old man sitting on a throne."

Perry did tell the outlet, though, that she believes in a higher power — a paradigm that holds her accountable.

"Accountability is rare to find, especially with people like myself, because nobody wants to tell you something you don't want to hear," the singer said. "I actually don't trust people who start to turn on me because they get scared of telling me the truth."



'American Idol' Judge Katy Perry Mocks Contestant's Christian Parents, Tells Singer to Release Same-Sex Song

TRÉ GOINS-PHILLIPS

03-30-2022

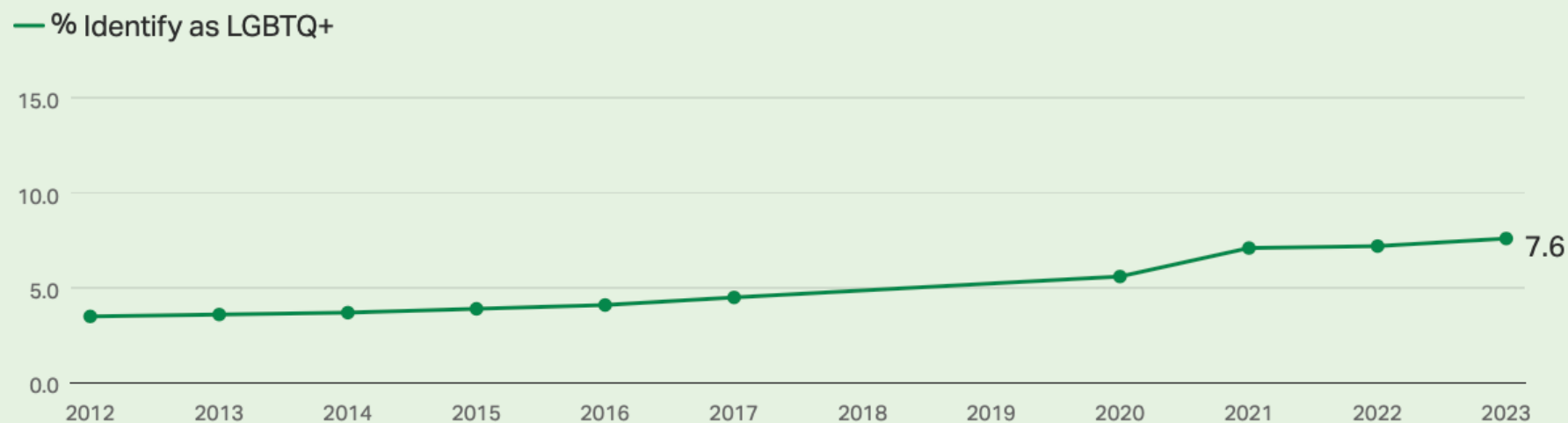
Share This Article



There is a lot of Confusion

Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual, 2012-2023

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender



Respondents who volunteer another identity (e.g., queer; same-gender-loving; pansexual) are recorded as "Other LGBTQ+" by interviewers. These responses are included in the LGBTQ+ estimate.

Data were not collected in 2018 and 2019.

2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

[Get the data](#) • [Download image](#)

GALLUP®

U.S. Adults' Self-Identification as LGBTQ+, by Generation, 2023

Figures are the percentage who consider themselves to be Lesbian; Gay; Bisexual; Transgender or something other than heterosexual.

Generation

%

Generation Z (born 1997-2012)

22.3

Millennials (born 1981-1996)

9.8

Generation X (born 1965-1980)

4.5

Baby boomers (born 1946-1964)

2.3

Silent Generation (born 1945 or earlier)

1.1

Based on aggregated data from 2023 Gallup telephone polls.

[Get the data](#) • [Download image](#)

GALLUP®

LGBTQ+ Identity, by Gender and Generation, 2023

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender

	Generation Z	Millennial	Generation X	Baby Boomers	Silent Generation
	%	%	%	%	%
Women					
Total LGBTQ+	28.5	12.4	4.7	1.9	0.8
Lesbian	5.4	2.5	1.4	1.2	0.3
Gay	0.9	0.5	0.1	0.2	0.0
Bisexual	20.7	9.0	2.8	0.4	0.1
Transgender	2.1	0.4	0.1	0.0	0.4
Other LGBTQ+	0.8	0.4	0.2	0.1	0.0
Men					
Total LGBTQ+	10.6	5.4	3.5	2.7	1.2
Lesbian	0.1	0.1	0.0	0.1	0.0
Gay	2.8	2.3	2.3	1.8	0.9
Bisexual	6.9	2.5	0.7	0.7	0.2
Transgender	0.9	0.3	0.3	0.2	0.0
Other LGBTQ+	0.3	0.3	0.1	0.0	0.0

Sum of categories may exceed the total because respondents can choose multiple identities.

Birth years for each generation: Generation Z (1997-2005), millennials (1981-1996), Generation X (1965-1980), baby boomers (1946-1964), Silent Generation (1945 and earlier).

Based on aggregated data from 2023 Gallup telephone polls.

Results for nonbinary respondents are not shown due to insufficient sample sizes.

[Get the data](#) • [Download image](#)

GALLUP

Who are we? Philippians 2

2 If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, **2** Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. **3** Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. **4** Look not every man on his own things, but every man also on the things of others.

Who are we? Philippians 2

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⁵ Let this mind be in you, which was also in Christ Jesus:
⁶ Who, being in the form of God, thought it not robbery to be equal with God: ⁷ But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: ⁸ And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.
⁹ Wherefore God also hath highly exalted him, and given him a name which is above every name:
¹⁰ That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth;
¹¹ And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2

¹² Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

¹³ For it is God which worketh in you both to will and to do of his good pleasure.

¹⁴ Do all things without murmurings and disputings:

¹⁵ That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

¹⁶ Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain.

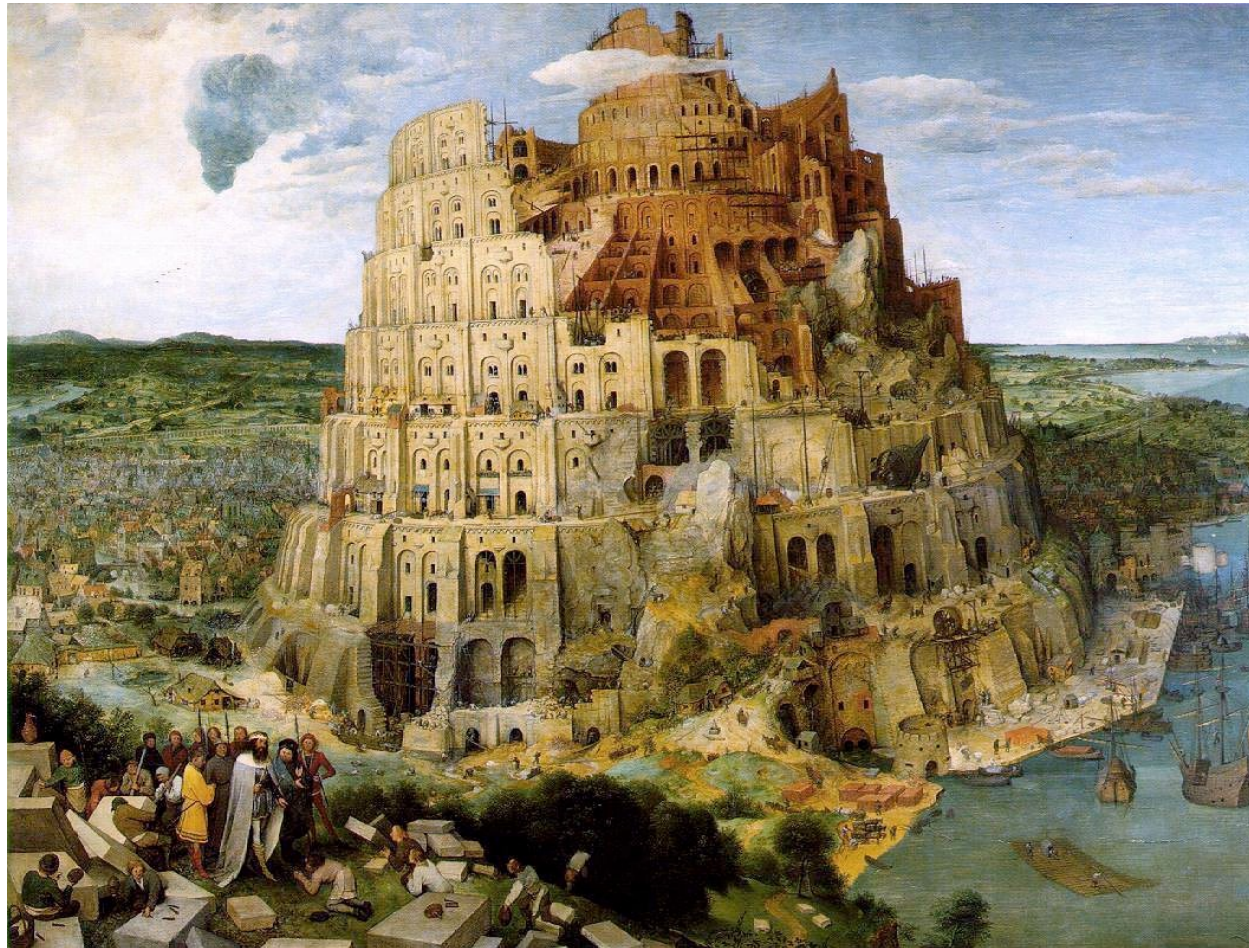
Philippians 2

An Example



James Tissot "The Flight of the Prisoners"

***... Which he carried into the land of Shinar to the house of his god; and he brought the vessels into the treasure house of his god.
Daniel 1:2b***



Tower of Babel by Pieter Bruegel



***And upon her forehead was a name
written, Mystery, Babylon The Great,
The Mother Of Harlots And
Abominations Of The Earth.
Revelation 17:5***

Daniel: God is Judge.

Judge me, O LORD; for I have walked in mine integrity: I have trusted also in the LORD; therefore I shall not slide.

Psalm 26:1

²⁰ And when he came to the den, he cried with a lamentable voice unto Daniel: and the king spake and said to **Daniel**, O **Daniel**, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?

Daniel 1:20

²¹ Then said Daniel unto the king, O king, live for ever. ²² My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before him **innocency was found in me**; and also before thee, O king, have I done no hurt.

Daniel 1:21-22

Hananiah: God has been gracious.

The LORD is merciful and gracious, slow to anger, and plenteous in mercy.

Psalm 103:8

Mishael: Who is what God is?

Who is like unto the LORD our God, who dwelleth on high.

Psalm 113:5

Azariah: God is my Helper.

Behold, God is mine helper:
the Lord is with them that uphold my soul.
Psalm 54:4

¹⁷ If it be so, **our God** whom we serve **is able** to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king.

¹⁸ But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.

Daniel 3:21-22

We are united with Christ.

If there be therefore any consolation in Christ, if
any comfort of love, if any fellowship of the
Spirit, if any bowels and mercies,

Philippians 2:1

What does this look like?

But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.
Daniel 1:8

We are united with *other believers*.

² Fulfil ye my joy, that ye be likeminded,
having the same love, being of one
accord, of one mind.

Philippians 2:2

What does this look like?

Now among these were of the children of Judah, **Daniel, Hananiah, Mishael, and Azariah:**
Daniel 1:6

We are servants like Christ.

³ Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

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

Philippians 2:3-4

What does this look like?



By Rembrandt - Codart, Public Domain

We are ambassadors for Christ.

Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

2 Corinthians 5:20

What does this look like?



AokiShigeru-1906-Nebuchadnezzar and Daniel

We are workers for Christ.

⁵ Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, **as unto Christ**; ⁶ Not with eyeservice, as menpleasers; but **as the servants of Christ**, doing the will of God from the heart; ⁷ With good will doing service, **as to the Lord**, and not to men: ⁸ Knowing that whatsoever good thing any man doeth, the same shall he receive **of the Lord**, whether he be bond or free.

Ephesians 6:5-8

What does this look like?

² And over these three presidents; of whom Daniel was first: that the princes might give accounts unto them, and the king should have no damage. ³ Then this Daniel was preferred above the presidents and princes, because an **excellent spirit** was in him; and the king thought to set him over the whole realm.

Daniel 6:2-3

- ¹⁴ Do all things without murmurings and disputings:
¹⁵ That ye may be blameless and harmless, the sons of God,
without rebuke, in the midst of a crooked and perverse nation,
among whom ye shine as lights in the world;
¹⁶ Holding forth the word of life; that I may rejoice in the day of
Christ, that I have not run in vain, neither laboured in vain.

Philippians 2

Susa, Iran



Mala Amir, Iran



Samarkand, Uzbekistan



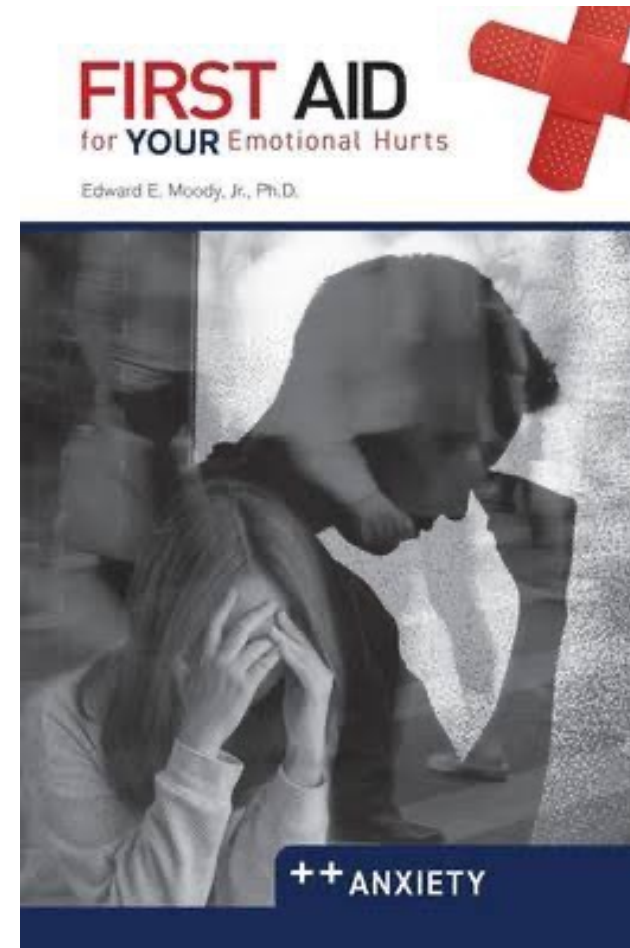
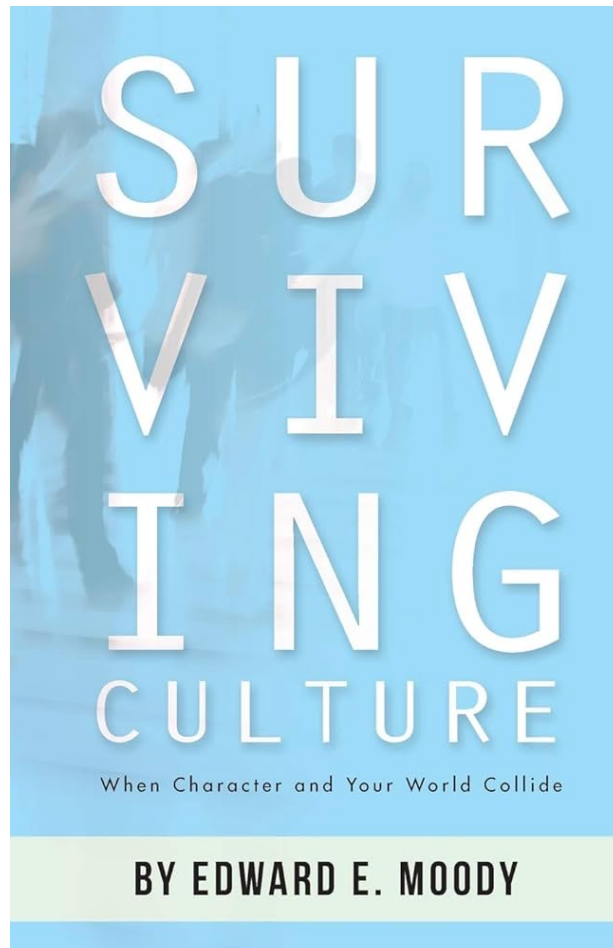
How do we develop our identity in Christ?



Victorious Christian Living: Our Identity in Christ

emoody@nafwb.org







An Overview of Spiritual Disciplines



Session 2

But refuse profane and old
wives' fables, and **exercise**
thyself rather unto godliness.


1 Timothy 4:7

¹⁵ But as he which hath called you is holy,
so be ye holy in all manner of conversation;
¹⁶ Because it is written, Be ye holy; for I am
holy.

1 Peter 1:15-16

Apply thine heart unto
instruction, and thine ears to
the words of knowledge.

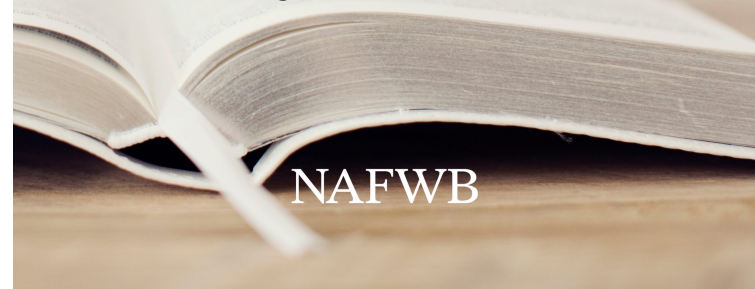
Proverbs 23:12



1. Bible reading, meditation, memorization, and journaling.

MAKING THE MOST OF QUIET TIME

- + **Stop everything and be still** (Psalm 46:10).
- + **Expect to hear from the Lord** (Psalm 119:18) and be changed (Acts 4:13).
- + **Have quiet time at the same time & place** (Mark 1:35).
- + **Note the character and characteristics of God** (Psalm 25:4; 29:2) as you read the Word and delight in it (Psalm 37:4).
- + **Examine your life in light of Scripture** (Proverbs 4:26; 2 Corinthians 3:18) and make needed changes (Proverbs 3:6; John 13:17).






Daily



And it shall be with him, and he shall read therein **all the days of his life**: that he may learn to fear the Lord his God, to keep all the words of this law and these statutes, to do them:

Deuteronomy 17:19



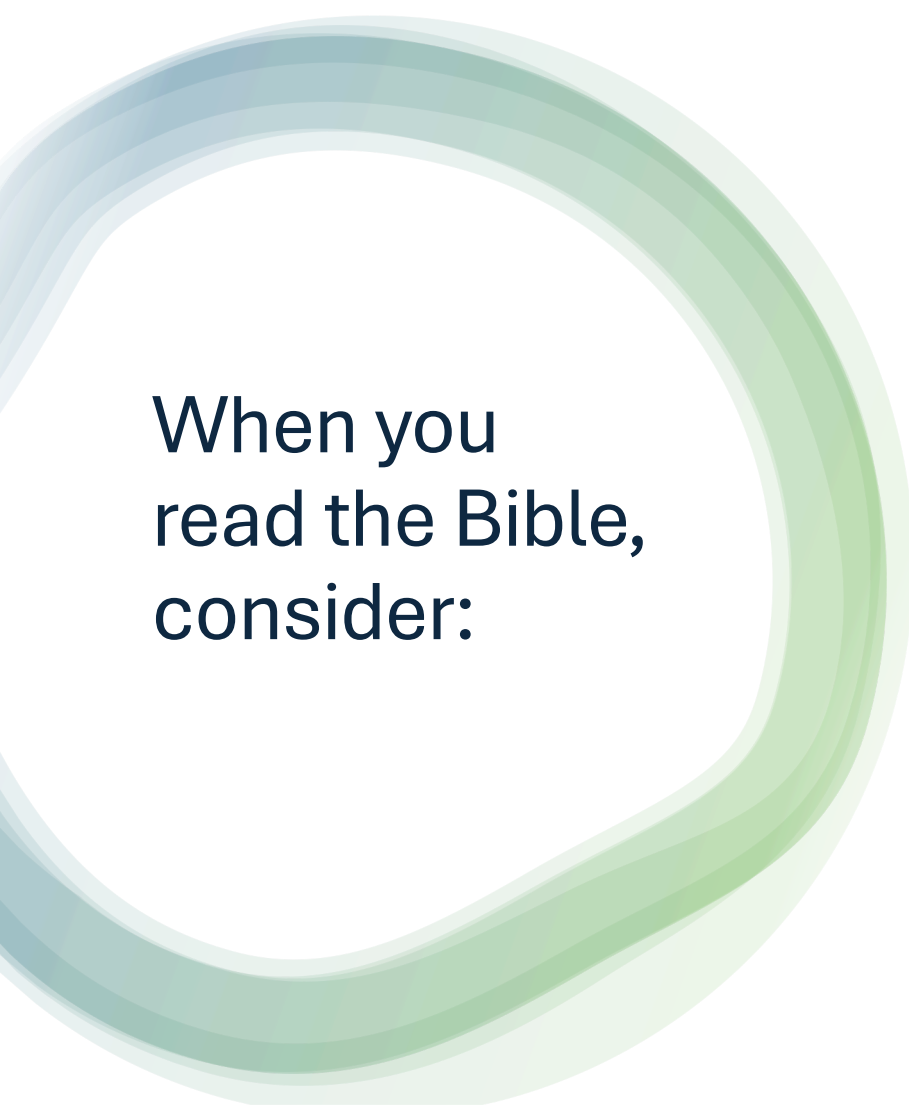
If you read the Bible 15 minutes a day you will read it in
one year.

If you read the Bible 5 minutes a day you will read it in
three years.

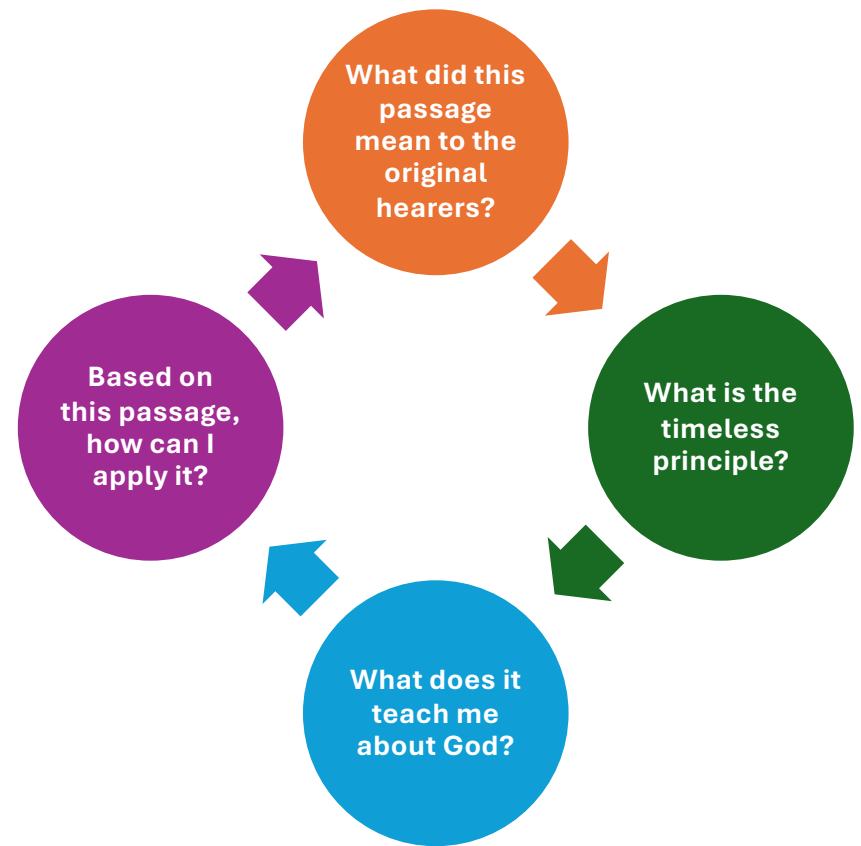


Some suggestions

- Read the Bible systematically: Genesis (the Law), Joshua (History), Job (Poetry), Isaiah (the Prophets), and Matthew (the New Testament). Donald Whitney
- Read an actual Bible and mark it up.
- Read the Bible in multiple versions.
- Choose a plan and stick to it.



When you
read the Bible,
consider:





Meditation

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

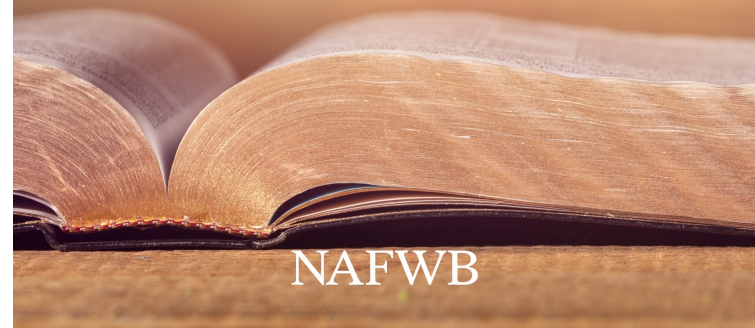
Psalm 1:1-2



Meditation

MEDITATE ON THE SCRIPTURES

- + **Meditation on the Scriptures is the key to a blessed life** (Joshua 1:8; Psalm 1:1).
- + **Meditation is focused thinking about a particular Scripture** throughout the day and night (Psalm 1:2).
- + **Meditation brings fruit in the way we treat others**, the way we do our work, and the decisions we make (Psalm 1:3).
- + **Meditation is the key to keeping our heart on track** (Proverbs 4:23) and our lives in sync with the Lord (John 15:7).



Devotional Meditation³⁵

1. Sit quietly and pray. (2 minutes)
2. Read a Scripture passage. (2–5 minutes)
3. Answer these questions:
 - ☐ What is the meaning of this passage? (2 minutes)
 - ☐ What does this passage mean for me? (2 minutes)
 - ☐ What does this passage promise? (2 minutes)
 - ☐ How can I apply this passage to my life today? (2 minutes)
4. Pray. (5 minutes)
5. Sit quietly and reflect. (5 minutes)

Some suggestions

- Read the passage in 3 Bible versions (Discovery Bible study).
- Paraphrase the passage.
- Emphasize different words from the passage.
- Personalize the passage.
- Pray it.
- Probe the passage: any sin to confessed, promise to claim, example to be followed?
- Apply it throughout the day.



Memorization

Thy word have I hid in mine heart, that I might
not sin against thee.

Psalms 119:11



Memorization

HIDE THE WORD IN YOUR HEART

+To resist temptation (Psalm 119:9-11; 29-31).

+To remember the characteristics of God (Psalm 119:15-16).

+To make wise decisions (Psalm 119:24, 105).

+To receive real hope, comfort and strength (Psalm 119:28; 43-44; 49-50; 52; 93; 153).

+To live a godly life (Psalm 119:37-38; 66-67; 73; 78; 101-102; 109-110; 173-176).



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Some suggestions

- Write down a verse you want to memorize.
- Memorize while exercising, driving, and waiting.
- Emphasize key words.
- Display the verse in common places.
- Memorize it word-perfect.
- Put the verse to music.
- Repeat it to a partner.

Some suggestions

- Review, review, review.
- Review it in the morning.
- Review it at bedtime.

When I remember thee upon my bed, and meditate on thee in
the night watches.

Psalm 63:6

"I think I can safely say that the Judeo-Christian Bible is a self-help book that probably enabled more people to make more extensive and intensive personality and behavior changes than all professional therapists combined."

Albert Ellis⁶⁷



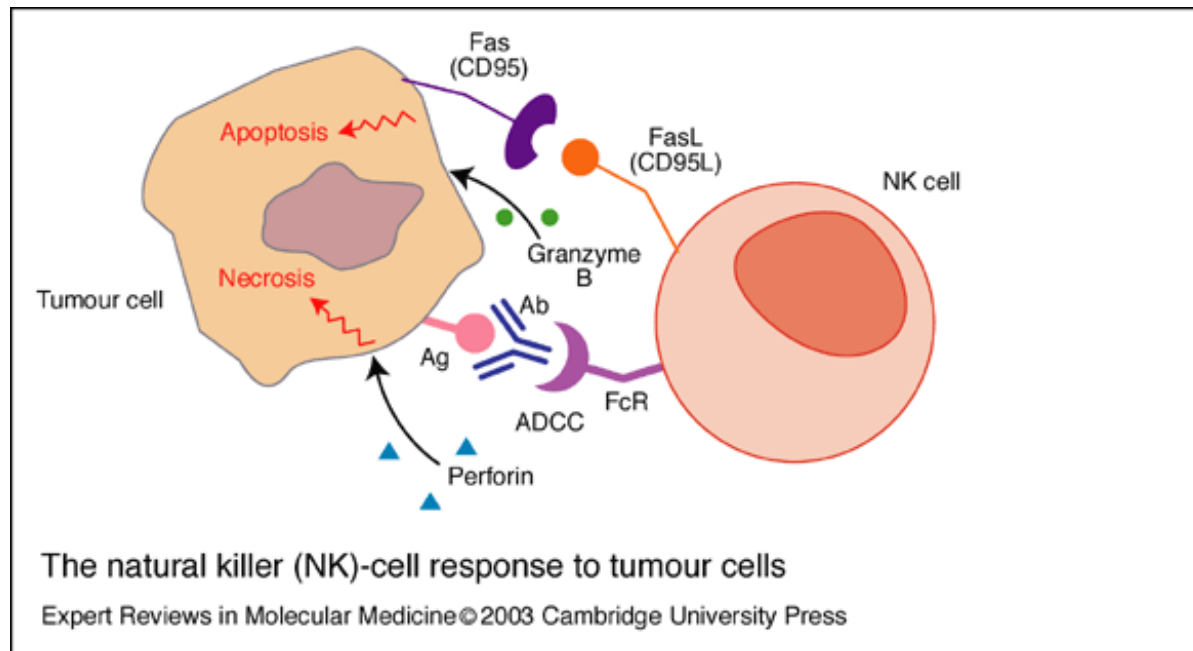
Sense of Coherence

The sense that the world is predictable and comprehensible, that one has the ability to meet the demands of one's environment, and that challenges have meaning and purpose.⁷¹

NK or Natural Killer cells strengthen the immune system in the body. When they are weakened one is at greater risk for cancer and other health problems.

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 4:12



***Which of you by taking thought can add one cubit
unto his stature?
Matthew 6:27***



Journaling

For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Romans 12:3



Journaling helps with meditation.

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

Joshua 1:8



Journaling helps with expressing
feelings to the Lord.

Trust in him at all times; ye people, pour out your
heart before him: God is a refuge for us. Selah.

Psalms 62:8



Journaling helps us remember.

¹¹ I will remember the works of the Lord: surely I will remember thy wonders of old. ¹² I will meditate also of all thy work, and talk of thy doings.

Psalm 77:11-12

Some suggestions


- Have a little journal and a big journal.
- Journal after Bible study, or before bed, or while traveling.



2. Prayer, *fasting*, and *solitude*.

Pray without ceasing.

1 Thessalonians 5:17



The Model Prayer

Matthew 6:9-15


PRAYERS OF ADORATION

The first element of the model prayer is adoration: “Our Father which art in heaven, hallowed be thy name.” How do we pray with adoration?

- + **Focus on God’s titles:** Savior; Jehovah; LORD of hosts; the First and the Last; the true, great and mighty God over all; and the Everlasting Father.
- + **Focus on God’s attributes:** eternal, everywhere, unchangeable, all powerful, holy, and to be worshiped.
- + **Focus on God’s works:** creation, the way He preserves and governs the world, redemption, and promise of final judgment & justice.
- + **Pray the Psalms** (Psalms 24, 65, and others) as your own prayers.

Learn more: nafwb.org/Jeremiah29

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The Model Prayer Matthew 6:9-15

PRAYERS OF CONFESSION

- +Remember we have all sinned (Romans 3:10, 23) and need to repent (Acts 17:30b).
- +Recognize God knows everything about you (Psalm 139:1-6) yet loves you (Psalm 139:17).
- +Ask God to identify sin in your life (Psalm 139:23-24)
- +Specifically acknowledge & confess sins (Psalm 32:3, 5; 51:3) and know evil is done against God (Psalm 51:4,17).
- +Repent (Acts 3:19) and seek God's mercy (Psalm 51:1-2; 7-9), forsaking sins (Ezekiel 18:30b; 36:31).
- +Embrace God's forgiveness (Romans 6:23) and transformation (Psalm 51:12-13).

More resources: nafwb.org/Jeremiah29

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PRAY FOR **ONE ANOTHER**

- + For workers (Matthew 9:35-38).
- + That our unity will testify to the world (John 17:20-26).
- + For fellowship with other believers (Psalm 133).
- + For wisdom through conflicts (Nehemiah 6:1-16).
- + For the sick (James 5:15-16)
- + For wisdom (James 1:1-8).

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PRAY FOR **THE CHURCH**

- For new Christians (Ephesians 3:17).
- For pastors (1 Timothy 2:1-3).
- For ministry families
(Philemon 4-6).
- For struggling churches
(Colossians 1:11).
- For other churches (Ephesians 6:18).
- For church plants & planters.
- For college students.
- For giving & givers.

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PRAYING FOR OTHERS

- + **Pray for those entangled in sin** (Genesis 18:16-33; Exodus 32:9-14).
- + **Pray for other believers to grow spiritually** (Ephesians 1:15-23) and to be unified (John 17:20-26).
- + **Pray for those who are ill** (James 5:13-18).
- + **Pray for leaders** (1 Timothy 2:4).

Learn more: nafwb.org/Jeremiah29

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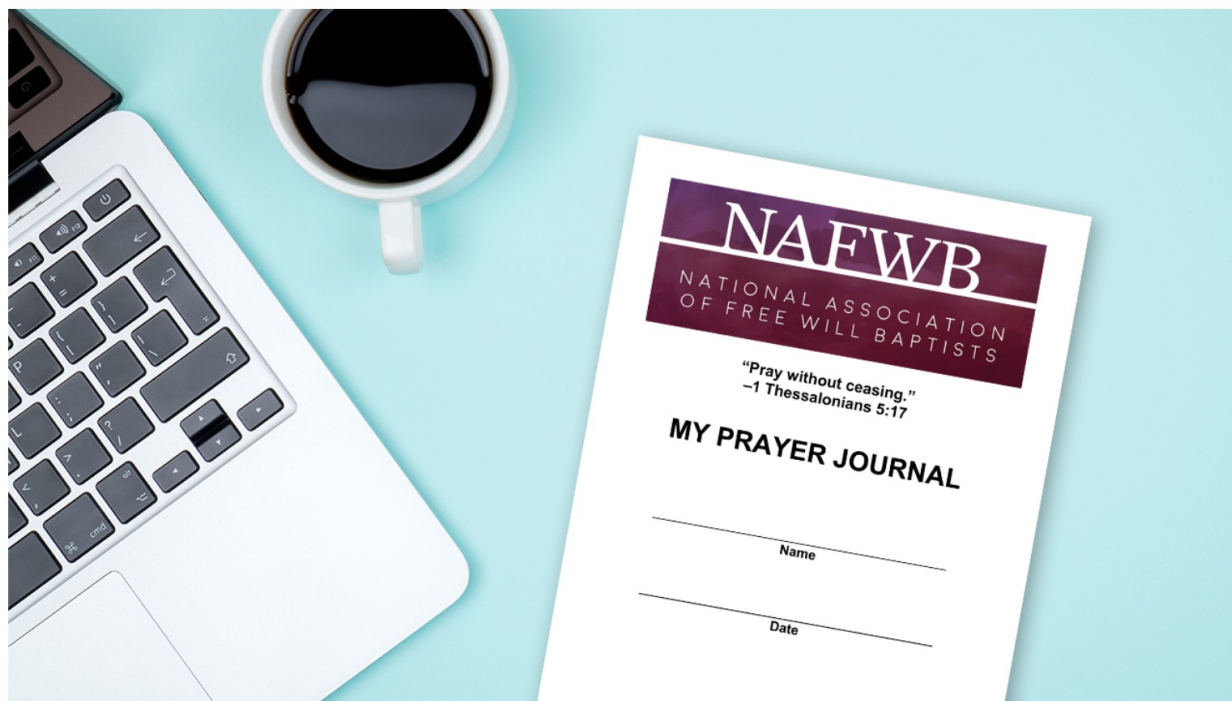
PRAYERS OF THANKSGIVING

- + **Start the day by thanking God** (Psalm 34:1-3; 118:19; Ephesians 5:20; Philippians 4:4; 1 Thessalonians 5:17-18).
- + **Thank God for what He has done for you** (Psalm 40:1-3; Daniel 2:23; Revelation 5:10).
- + **Thank God for who He is** (Psalm 118:1, 29; 138:1-2; Daniel 2:20-22).

Learn more: nafwb.org/Jeremiah29

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PRAYER JOURNAL





**"Pray without ceasing."
—1 Thessalonians 5:17**

MY PRAYER JOURNAL

Name

Date

**"For the kingdom is the Lord's: and he is the governor among the nations."
–Psalm 22:28**

2025 Upcoming Events

Welch College Fund Offering	February 23
Forum25 Conference	March 9-11
D6 Conference Northwest	March 21-22
Easter	April 20
D6 Conference Southeast	April 22-24
Rest of the Family Offering	April 27
Mother's Day	May 11
Father's Day	June 15
Independence Day	July 4
FWB National Convention	July 20-23
World Missions Offering	August 31
Mission North America Offering	November 23
Thanksgiving Day	November 27
Leadership Conference	December 8-9
Christmas Day	December 25

Adoration

**"Our Father which art in heaven, Hallowed be thy name."
–Matthew 6:9b**

**"O come, let us worship and bow down: let us kneel before the Lord our maker."
–Psalm 95:6**

As you read your Bible, record some of the characteristics of God and praise Him for who He is.

Monday

Tuesday

Wednesday

Thursday

Friday

PRAY THE BIBLE

In addition to the model prayer (Matthew 6:9-13), many other prayers in the Bible show us how to pray, or that we can pray ourselves.

- + **Pray Psalms 24 and 65** as prayers of adoration.
- + **Pray Psalms 32 and 51** to confess your sins. Pray **Daniel 9:1-19** and **Nehemiah 1:5-11** to confess sins of your community or nation.
- + **Pray Psalm 40** and **Isaiah 26** to thank God.
- + Prayers of supplication include **Abraham's prayer for Sodom (Genesis 18:16-33)** and **Moses' prayer for Israel (Exodus 32:9-14)**. Pray **Paul's prayers (Ephesians 1:15-23; 3:14-21; Colossians 1:9-18)** for family, friends, coworkers & classmates.
- + **Above all, keep praying** (1 Thessalonians 5:17).

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PRAY TOGETHER

- + Confess personal sins (Psalm 66:18) and national sins (Daniel 9).
- + Ask wisdom for all leaders & those in authority (1 Timothy 2:2).
- + Pray for one another (James 5:16).
- + Ask for unity among believers to serve as an example to an angry world (John 17:21).
- + Pray for the power of the gospel to change culture (Romans 1:16).

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Fasting

WHY FAST?

Fasting is **important to God's people** (Deuteronomy 9:9, 18; 2 Samuel 12:16; Ezra 10:6; Esther 4:16; Daniel 10:2-3; Acts 9:9; 13:2, 14:23) **and His Son** (Matthew 4:2; 6:16-18; Mark 9:29).

Fasting brings a **closer relationship with God** (Psalm 42) and **hunger for heavenly things** (John 6:27) by requiring us to deny self (Mark 8:34).

Fasting can lead to **answered prayers** (Daniel 10; Isaiah 58), and some things are possible only through prayer & fasting (Mark 9:29).

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Ways to FAST

- + A **major fast** abstains from food for 24 hours or more (Matthew 4:2; Acts 9:9; Esther 4:15-16). This type of fasting requires a level of physical health.
- + A **minor fast** abstains from food for a designated period of time, such as 6:00 AM to 3:00 PM.
- + A **soul fast** gives up social media or other forms of media to focus on prayer.

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FASTING WITH **FAMILY**

- + Explain fasting and why we do it.
- + Prepare meals for kids ahead of time to avoid the temptation to eat.
- + Invite children to pray with you and to engage in a soul fast.
- + If kids want to fast with you, start them off by missing a meal or snack.
- + Get out of the house during meal times; go for a walk or find a new setting to pray.



Solitude

And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

Matthew 14:23

Some suggestions

- Retreat moments
- Have a daily goal
- Get away
- Special places

+ Set ground rules for cell phones in family settings.

+ Eliminate phones at meals.

+ Take regular screen breaks throughout the day.

+ Keep a daily log of screen time.



+ Plan events that require taking part without devices.

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Worship

BE A VITAL
WORSHIPER

- + Gladly receive and respond to the Word (Acts 2:40-41).
- + Be devoted to doctrine, fellowship, communion, and prayer (Acts 2:42).
- + Work together and serve others (Acts 2:43-45) while worshiping (Acts 2:46-47).

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Some suggestions

SUGGESTIONS FOR SUNDAY

- + Prepare for worship Saturday; prepare clothes, plan meals, and get to bed early.
- + Attend church faithfully.
- + Rest.
- + Focus on God and His Word Sunday afternoon & evening.
- + Avoid routine work.
- + Carefully consider dining out and entertainment.

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WHY SUNDAY SCHOOL?

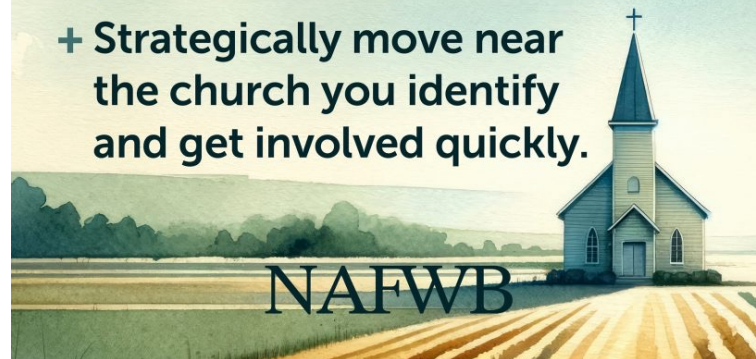
- + Grow in your relationship with God (John 15:5).
- + Grow in your relationship with others (1 Corinthians 14:26).
- + Grow in your relationships at church (Hebrews 10:24-25).
- + Grow in new relationships (Acts 2:46-47).

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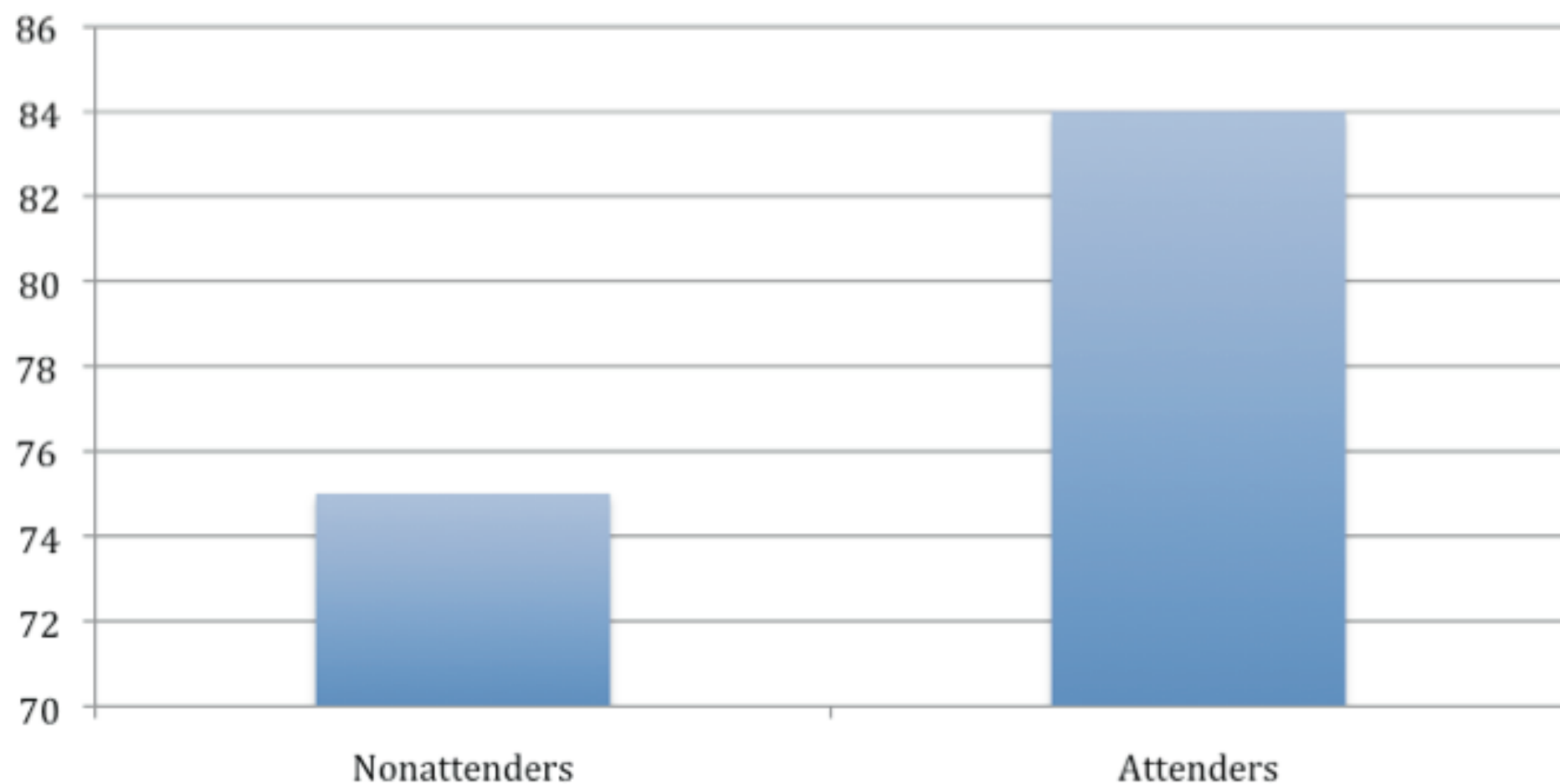


FIND THE **RIGHT CHURCH**

- + When moving, consider places with a good church where your family can grow and minister.
- + Visit churches before your move (while looking for work and housing). Get to know the pastor, leaders, and members.
- + Strategically move near the church you identify and get involved quickly.

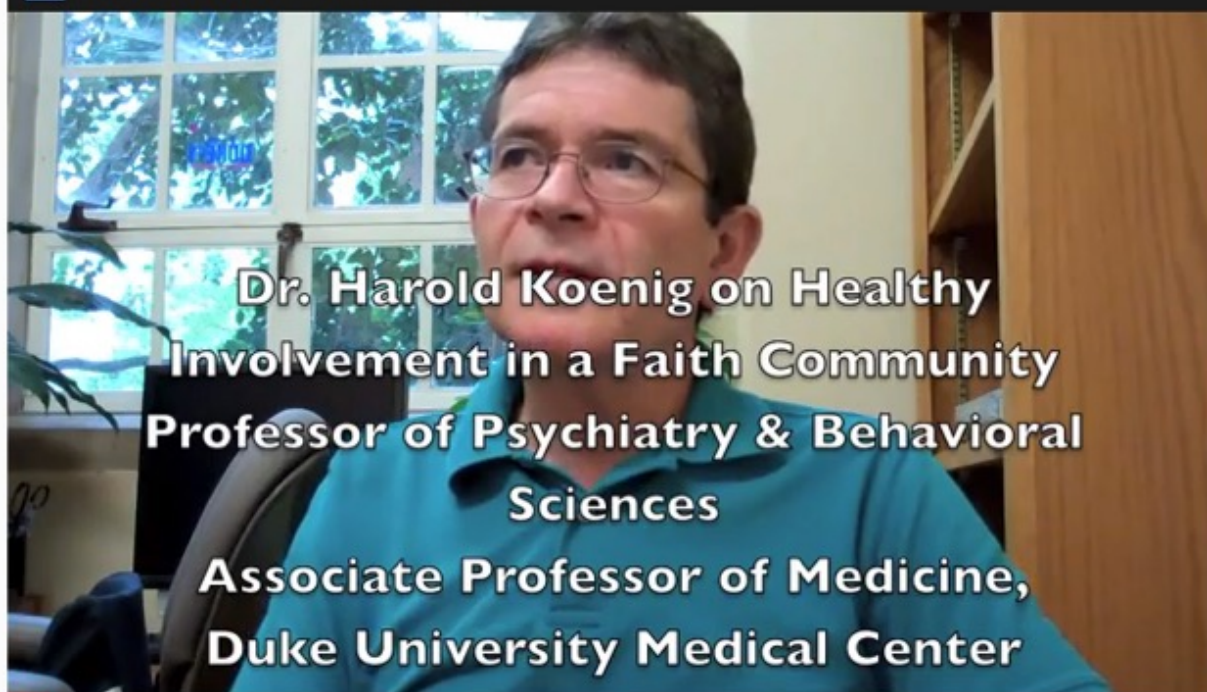


Years Lived Based on Church Attendance⁵⁵





Uploaded videos by Edward Moody



36/46

Koenig on Healthy Involvement in Church
by Edward Moody

37 Harold Koenig on the Health of Pastors
by Edward Moody

38 Melvin Worthington LeadershipP3.m4v
by Edward Moody

39 Melvin WorthingtonP2
by Edward Moody

40 Melvin Worthington LeadershipP1
by Edward Moody

41 Melvin Worthington on Retirement

0:03 / 2:31



Analytics

Video Manager



Fellowship

24 And let us consider one another to provoke unto love and to good works:

25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Hebrews 10:24-25

Friend

Feeling
part of the
church

Better
health

Grateful
to God





Service

SERVE HUMBLY

- + Work together; be on the same page (Philippians 1:1-2).
- + Do not act out of strife but put the needs of others above your own (Philippians 1:3-4).
- + Develop the mindset or attitude of Jesus Christ (Philippians 2:5).
- + Study and imitate the life of Christ (Philippians 2:6-11).



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Evangelism

FISHING FOR MEN & WOMEN

- + Follow Jesus (Matthew 4:19-20) and go to others with the gospel (Mark 16:15; John 15:16).
- + Tell everyone what Jesus has done for you (Acts 1:8).
- + Identify people and invest time in training them in the faith (Titus 2:1-8).
- + Teach them to follow Jesus, obey Him (Matthew 28:19-20), and make disciples (2 Timothy 2:2).

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START SPIRITUAL CONVERSATIONS

- + Let the Lord guide you (Acts 8:36).
- + Look for people with whom the Lord is working (Acts 8:37-39).
- + Engage them by asking questions and gauging interest (Acts 8:30-31).
- + Focus on Scripture and its meaning (Acts 8:32-34).
- + Proclaim the gospel (Acts 8:35).

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REACH THOSE **DIFFERENT** FROM YOU

- + Look for opportunities to serve them (1 Corinthians 9:1, 19).
- + Try to view life from their perspective (1 Corinthians 9:20-22).
- + Do everything for the Gospel's sake (1 Corinthians 9:23).
- + Stay focused on reaching others (1 Corinthians 9:24-27).

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Stewardship

YOU CAN'T OUTGIVE GOD

- + God expects us to give to His work (Malachi 3:8-10; 2 Corinthians 16:2) cheerfully (2 Corinthians 9:6-7).
- + Giving establishes God as the top priority in our lives and reminds us He is the source of all we have (Psalm 116:12; Deuteronomy 14:23).
- + Giving helps me trust the Lord (Proverbs 3:5, 9) and blesses me in return (Proverbs 11:25; 22:9; Psalm 112:5; Acts 20:35).
- + Giving is an eternal investment (1 Timothy 6:17-19).

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DON'T **ROB** GOD

- + We rob God when we fail to give tithes and offerings (Malachi 3:8).
- + As a result, we are cursed (Malachi 3:9).
- + When we bring tithes and offerings to the "storehouse," God blesses us (Malachi 3:10-11).

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BE CHEERFUL **GIVERS**

- + Give generously and reap generously (2 Corinthians 9:6).
- + Give cheerfully, for God loves a cheerful giver (2 Corinthians 9:7).
- + Excel in every area of life, including giving & allowing God's grace to work in you (2 Corinthians 9:8-9).
- + Remember the needs of the ministry (2 Corinthians 9:10-15).

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Victorious Christian Living: Our Identity in Christ

emoody@nafwb.org



FIRST AID

for **YOUR** Emotional Hurts

Edward E. Moody, Jr., Ph.D.



++ ADDICTION

How to Handle Besetting Sin

Session 3

¹⁵ For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.

¹⁶ If then I do that which I would not, I consent unto the law that it is good.

¹⁷ Now then it is no more I that do it, but sin that dwelleth in me.

¹⁸ For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.

¹⁹ For the good that I would I do not: but the evil which I would not, that I do.

²⁰ Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.

Romans 7:15-20

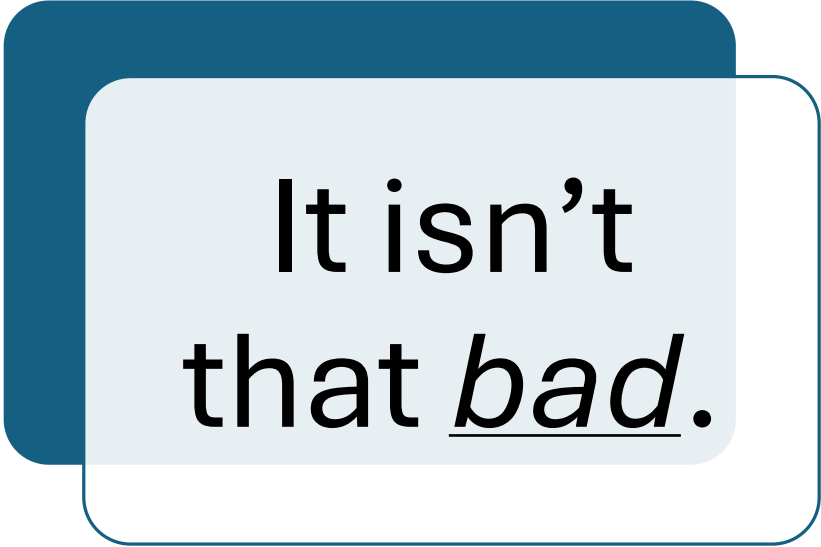


Anyone Can Struggle

Even the great church leader Augustine experienced a continual struggle to keep sexually pure throughout his life.



Don't succumb to myths.



It isn't
that *bad*.

¹¹ The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican.

¹² I fast twice in the week, I give tithes of all that I possess.

Luke 18:11-12



Don't succumb to myths.

It isn't
that bad.

I am
entitled.

And he came up, and told his father and his mother, and said, I have seen a woman in Timnath of the daughters of the Philistines: now therefore get her for me to wife.

Judges 14:2



Don't succumb to myths.

It isn't
that bad.

I am
entitled.

It only
hurts me.

But the children of Israel committed a trespass in the accursed thing: for Achan, the son of Carmi, the son of Zabdi, the son of Zerah, of the tribe of Judah, took of the accursed thing: and the anger of the Lord was kindled against the children of Israel.

Joshua 7:1



Don't succumb to myths.

It isn't
that bad.

I am
entitled.

It only
hurts me.

I can't get
better.

¹⁴ And when he had spent all, there arose a mighty famine in that land; and he began to be in want.

¹⁵ And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

¹⁶ And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him.

Luke 15:14-16

**Stop and
reflect!**

Be still, and know that I am
God: I will be exalted among
the heathen, I will be exalted
in the earth.

Psalm 46:10

Stop and Look in the Mirror

Do you recognize yourself?

Do you like what you have become?

Is this where you want to be?

Where do you want to be?



Addressing the myths.



It is bad.

He, that being often reprov'd hardeneth his neck,
shall suddenly be destroyed, and that without
remedy.

Proverbs 29:1



Addressing the myths.

It is bad.

You are not
better than
anyone else.

Howbeit, because by this deed thou hast given great occasion to the enemies of the Lord to blaspheme, the child also that is born unto thee shall surely die.

2 Samuel 12:14



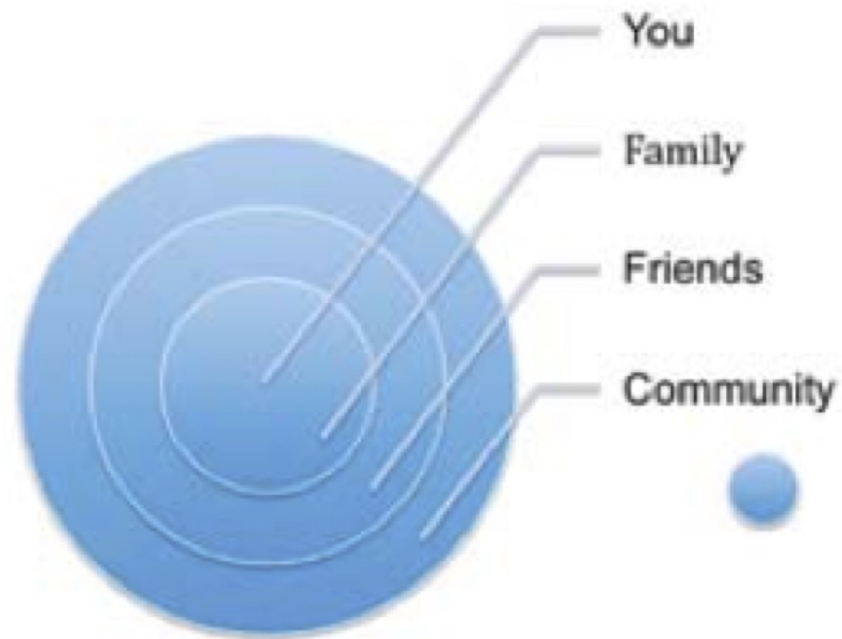
Addressing the myths.

It is bad.

You are not
better than
anyone else.

Your behavior
impacts
everyone.

Who is influenced by my behavior?





Addressing the myths.

It is bad.

You are not
better than
anyone else.

Your behavior
impacts
everyone.

You can get
better.

³ Then I went down to the potter's house, and, behold, he wrought a work on the wheels.

⁴ And the vessel that he made of clay was marred in the hand of the potter: so he made it again another vessel, as seemed good to the potter to make it.

⁵ Then the word of the Lord came to me, saying,

⁶ O house of Israel, cannot I do with you as this potter? saith the Lord. Behold, as the clay is in the potter's hand, so are ye in mine hand, O house of Israel.

Jeremiah 18:3-6

A Roadmap Out

□ Repent

51 Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.

² Wash me thoroughly from mine iniquity, and cleanse me from my sin.

³ For I acknowledge my transgressions: and my sin is ever before me.

Psalm 51:1-3

A Roadmap Out

- ❑ Repent
- ❑ Get clean.

I made a covenant with mine eyes; why then should I think upon a maid?

Job 31:1

A Roadmap Out

- ❑ Repent
- ❑ Get clean.
- ❑ Do whatever it takes.

²⁹ And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

³⁰ And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

Matthew 5:29-30

What
or who
needs to
be cut or
removed
from
your life?

A Roadmap Out

- ☐ Repent
- ☐ Get clean.
- ☐ Do whatever it takes.
- ☐ Know the behavior (2 Samuel 11).

Seemingly Unimportant Decisions

Staying home instead of going to school or work.

Getting on the Internet when no one is around.

Hanging out with someone who may get you off track.





A Roadmap Out

- ☐ Repent
- ☐ Get clean.
- ☐ Do whatever it takes.
- ☐ Know the behavior.
- ☐ Restructure thinking (Romans 6).



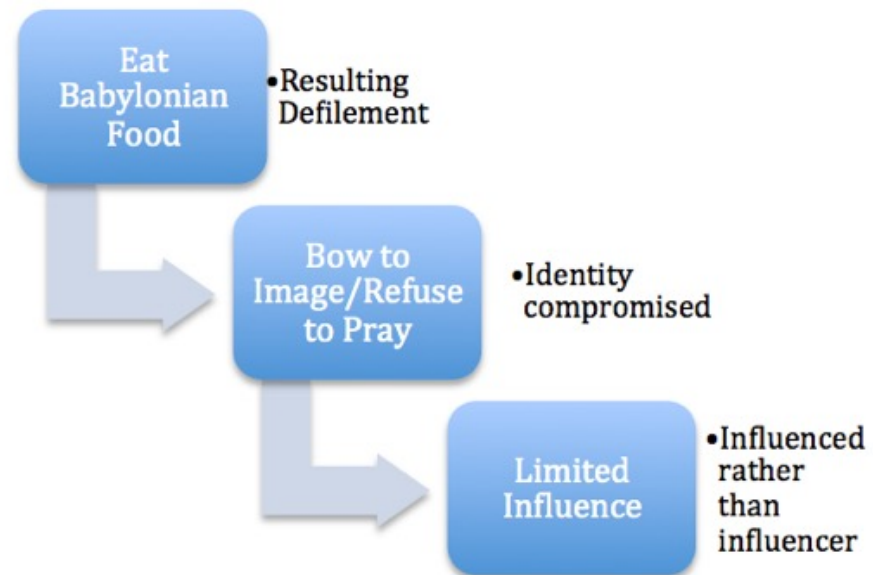
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graph LR; A([Good Decisions]) --> B([Healthy Behavior]);
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Good Decisions

Healthy Behavior

One Decision Leads to Another

What Might Have Been



Drink and Drug Refusal Skills

- Body language*** Make direct eye contact and stand or sit straight rather than slouching or avoiding looking at the person.
- Tone of Voice*** Speak firmly and unhesitatingly rather than appearing shy.
- What to Say*** Say “no thanks” immediately otherwise they will doubt you mean it. Request they stop asking. Change the subject but avoid excuses or vague answers.⁵⁵
-

Dealing Effectively with Negative Emotions

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Proverbs 25:28

Combating Cues

Find a Friend

Types of accountability relationships

Mentor-to-protégé: One person with knowledge teaches another.

Spouse-to-spouse: Commitment involves expectations and responsibilities.

Third party: Two people working on an entanglement agree to meet with a third person for the purpose of review and feedback.

Groups: Groups (often called support groups or a 12 step program) meet together to help each other become sharper and stay on track.

Spiritual leader-to-follower: One person meets with a spiritual leader who instructs them in the Word and helps them stay on track.⁶²



Relapse Prevention Planning

Warning and danger signs:

Going online when no one is home

Flirting with women

Scanning TV channels looking for something exciting or distracting

Unresolved fights with spouse

Lying to others or self

Working more than 45 hours

Not getting enough sleep or exercise

Skipping support group⁶⁴

Healthy activities

Rediscovering romance with wife

More time with loved ones

Return to hobbies

Taking classes perhaps leading to new career

Feeling clean and good

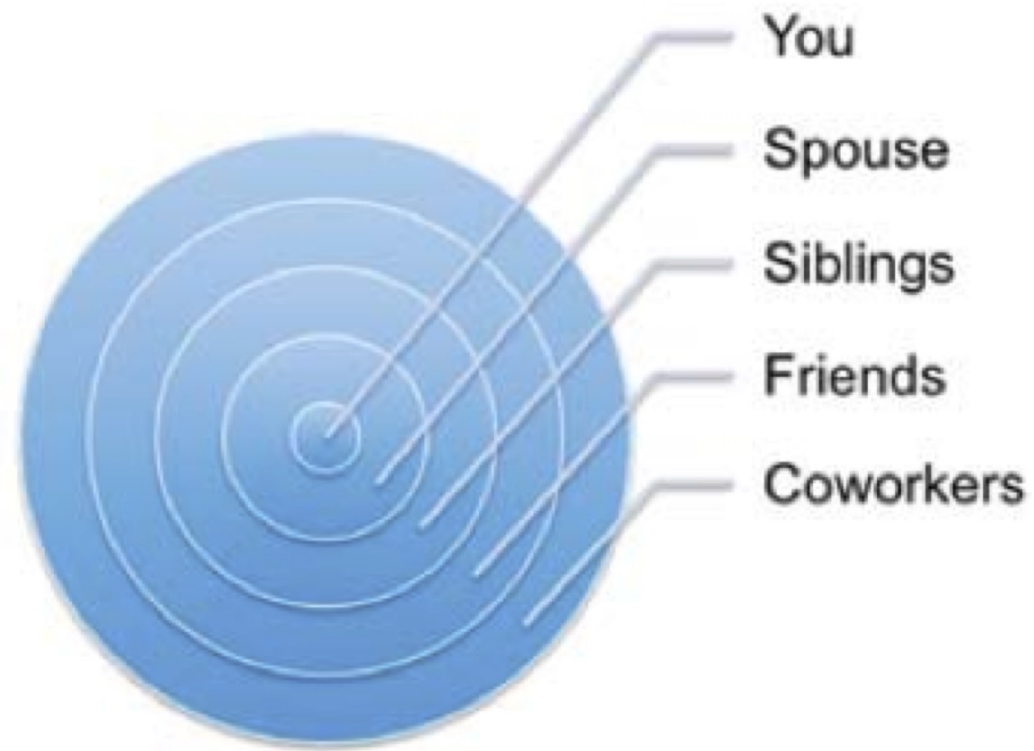
More time for relaxation and fun

Going to movies and ball games

Not having to worry about lying or getting caught⁶⁵



Sphere of Influence



Victorious Christian Living: Our Identity in Christ

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