
a *Grace Notes* course

Ephesians

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Grace Notes

Lesson 9

Ephesians 3:11-16

Depression

Suffering

Union (DAVAQ)

Grace Notes

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Ephesians

Lesson 9: Ephesians 3:11-16

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Instructions for Completing the Lessons

Begin each study session with prayer. It is the Holy Spirit who makes spiritual things discernable to Christians, so it is essential to be in fellowship with the Lord during Bible study.

Read the whole book of Ephesians often. It is a short book, and reading it many times will help you understand the story much better.

Instructions

1. Read the introduction to the study of Ephesians
 2. Study the Ephesians passage for this lesson, by reading the verses and studying the notes. Be sure to read any other Bible passages that are called out in the notes.
 3. **Review** all of the notes in the Ephesians lesson.
 4. Go to the Quiz page and follow the instructions to complete all the questions on the quiz. The quiz is "open book". You may refer to all the notes and to the Bible when you take the test. But you should not get help from another person.
 5. When you have completed the Quiz, be sure to *SAVE* your file. If your quiz file is lost, and that can happen at *Grace Notes* as well, you will want to be able to reproduce your work.
 6. To send the Quiz back to *Grace Notes*, follow the instructions on the Quiz page.
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Ephesians 3:11

According to the eternal purpose which he purposed in Christ Jesus our Lord.

In these verses is one of the Bible's great statements of the Plan of God for every person. We are part of an eternal, comprehensive program which God is accomplishing by means of Jesus Christ.

The Lord wants every individual to accept Christ as Savior.

The Lord's desire is that every Christian believer grows in grace and in the knowledge of Christ, by means of the Word of God and the ministry of the Holy Spirit.

God the Father intends to use growing Christians to demonstrate His Grace to the whole cosmos, including even angelic forces of darkness.

The body of Christ (the church) is a university. Christians are the professors (pun intended). Angels are the students. The curriculum is the "wisdom of God."

"According to the eternal purpose" - (prothesin ton aionon), "the purpose of all the ages."

This verse continues the statement of verses 9 and 10. It brings missionary activity into the perspective of the overall plan of God. This phrase is used to emphasize the long-term historical overview, the far-reaching plan of God that involves both men and angels. And is very encouraging for Christians to realize that the Plan of God is so comprehensive. And God's program is centered in the Lord Jesus Christ.

Luke 2:13,14

"And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

"Glory to God in the highest, and on earth peace, good will toward men."

READ Luke 15:3-10, Joy in heaven over one sinner that repents!

The elect angels rejoice with every convert. It is far more important to win the one lost sinner than to win a theological argument with 99 self-righteous people who are negative to the Word of God.

Elect angels are in constant battle with demon forces; so they rejoice with every battle won, on earth or in heaven.

READ Daniel 10:10-14. Compare "prince of Persia" with "Michael, one of the chief princes...".

This is God's historical perspective. We see in years, or at best, centuries. God the Father has an eternal outlook, an eternal plan. Passages like this give a sense of direction, a focus.

When Christians first begins learning Bible truth, they often have a very self-centered approach.

"How does this doctrine affect ME?" The doctrines of union with Christ, inheritance (Oh, goody!), redemption, edification, are absorbed with the attention focused inwardly. This is not wrong; a person must be informed and stabilized before any ministry can begin.

However, edification causes the vision to widen considerably as a Christian grows. The purpose of Christian growth is to enlarge the vision so that it includes others, so that the larger picture is seen, so that the overall plan of God is recognized, as well as one's place in that plan.

Homework: read the book of Ephesians as though you were the missionary, as though you were the one responsible not only for evangelism and edification but also for being part of the church's witness to angels.

This passage gives us insight into affairs beyond our own noses. It is a passage of production, of outreach, of evangelism, of an eternal viewpoint.

"which he purposed" - (poiēw), "which He made, constructed, created, prepared, executed"

In this context, (poiēw) carries more meaning than the word "purposed". To "purpose" is to have a will to do something. This word refers to actually accomplishing something. God the Father has actually carried out, and He is now accomplishing, His plan.

"in Christ Jesus our Lord"

Jesus Christ is the seat and power of the whole Plan. He is the Victor in the spiritual warfare. And recall, we are seated with Him in heavenly places; that is, we have a position in Christ which is the position of ultimate victory. Eph. 2:5,6.

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READ Rev. 5:9,10; 12:7-12

Ephesians 3:12

In whom we have boldness and access with confidence by the faith of him.

"In whom" - in the Lord Jesus Christ.

Everything that happens in the Plan of God and in the Christian life occurs "in Christ". It is vital to understand the principles of Union with Christ thoroughly.

"we have" - present indicative of (echw), "we continually have", "we possess", "we have power over (something)".

This word was used in Greek as "to grip", as in a wrestler's hold.

"boldness" - (parreisia). In Greek this is (para) + (reisis). (reisis) is "speech". Hence, "freedom of speech".

Acts 4:13, "Now when they saw the boldness (parreisia) of Peter and John ..."

The boldness of Peter and John was in their speech.

READ John 7:10-13,26 referring to making open speech.

Acts 2:29, "Men and brethren, let me freely speak (parreisia) unto you of the patriarch David."

The knowledge of God's plan, plus the power of Christ, gives people the courage to speak out, "boldness".

It is one thing to have knowledge of doctrine, of theology. But it is major progress in a Christian's life when that edification produces the willingness and courage to witness for Christ.

"and access" - (prosagwgei), "admission into someone's presence"

This expression refers to someone who is an "insider", someone who knows the mysteries, someone who is a "member" or "initiate". We Christians are permanently in the Plan of God, therefore we have "access".

"with confidence" - (pepoitheisis).

This word comes from the perfect past participle of (peithw), "to persuade, to convince." It refers to the past process of being completely persuaded with the result that one has confidence, conviction, trust.

2 Cor 1:12-15

"For our rejoicing is this, the testimony of our conscience, that in simplicity and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly toward you.

"For we write none other things unto you, that what you read or acknowledge; and I trust you shall acknowledge even to the end;

"As also you have acknowledged us in part, that we are your rejoicing, even as you also are ours in the day of the Lord Jesus.

"And in this confidence (pepoitheisis) I was minded to come unto you before, that you might have a second benefit;"

Note that here Paul views the Corinthians as in the permanent Plan of God, "ours in the day of the Lord Jesus," and has confidence based on knowledge of God's eternal plan and a vision of the invisible day of the Lord.

"by the faith of Him" - literally, "through faith in Him"

Faith is the means of access into Grace. Union with Christ depends upon a person's faith in Jesus Christ and His substitutionary atonement on the Cross.

It is this confidence which allows Paul to encourage the Ephesians (in verse 13) not to "faint" at the trials he is going through, because he is enduring them with supreme confidence.

Ephesians 3:13

Wherefore I desire that you faint not at my tribulations for you, which is your glory.

There was no need for the Ephesians to be upset at what Paul was going through (his imprisonment). He had a powerful source of strength.

"wherefore" - "for this reason", "on this account"

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Paul keeps us thinking about the source of courage and boldness and our nearness to God ("access"). He explains how he is strengthened, and he passes this confidence along to his readers.

Confidence breeds confidence. A leader can draw attention to the big picture and, especially when times are tough, give his subordinates confidence in the outcome.

"I desire" - present middle indicative of (aitew), "I request", "I ask", even "I demand"

Paul does not flail people with his authority, but he does expect volitional action!

"that ye faint not" - from (egkakew), "to lose spirit; to be faint-hearted or fearful; to be despondent".

There is always every reason to be encouraged in the Christian life.

- We have eternal life.
- We are in union with the Lord Jesus Christ
- We share in Christ's victory over Satan and his forces.
- We have "all blessings in heavenly places in Christ"

So this passage says, "Get your mind up out of your soul's center; stop being introspective; look up! See what God is doing! See how you fit in to His plan!"

READ Rev. 2:1-3

READ especially 2 Cor. 4:1-18

READ Gal. 6:7-10; Isa. 40:29-31; 41:10-13

Topic: DEPRESSION

"at my tribulations for you"

The Ephesians Christians may have had an extra burden because Paul had been arrested the second time in Ephesus, and he was transported from there to his second imprisonment.

"which is your glory"

Paul himself rejoiced in his trials, so he wanted to give the Ephesians a perspective on suffering. The better they understood this, the less they would give way to weakness and discouragement ... hence, the greater would be their reputation (testimony) as unto the Lord.

Topic: SUFFERING

Ephesians 3:14

For this cause I bow my knees unto the Father of our Lord Jesus Christ.

This verse takes up where verse 1 left off in mid-paragraph. Verses 2 through 13 have been parenthetical. Notice that the phrase "for this cause" occurs both in verse 1 and here. Both phrases refer back to the conclusions of chapter 2.

- The Gentiles are no longer strangers and foreigners, but fellow citizens and members of the household of God.
- The whole building (all believers) is built on the foundation of the apostles, with Jesus Christ being the key stone.
- The whole body grows into a holy temple, with the individual Christians who make up the body being built together for a habitation of God, through the Holy Spirit.

Paul's prayer of verses 14 to 19, therefore, is based on these facts and proceeds from these facts. In chapter 2 he lays out the position and condition of Christians, who by the grace of God, have been brought into a position as members of the Father's royal family. In chapter 3, Paul's prayer is that the logical and spiritual next step will be taken, namely that members of the royal family will take advantage of their new position and grow mightily in Christ.

"I bow my knees" - this is another of Paul's great, fervent prayers that believers learn, apply and prosper from the Word of God. Read again his prayer in Eph. 1:17-21. The Apostle wants the best for his beloved friends in Asia. He knows the value of concentrating on the strengthening of the "inner man."

The great need of any Christian is stability, and the wisdom that comes from knowing God's viewpoint on every issue.

When a Christian is "rooted and grounded", he will be stable, supported, and nourished as a believer.

When a Christian is able "to comprehend, with all saints, what is the breadth, and length, and depth,

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and height" and knows "the love of Christ, which passes knowledge", he has the ability to make sound decisions and to solve the problems of everyday life, using the very wisdom of the Creator.

Why does the Apostle Paul pray?

Read all of Paul's prayers in his epistles. Note that he almost never prays for the details of life for his friends. In particular, in his prayers in Ephesians, he does not pray for the health of his friends, that they will get jobs, that their finances will be improved, that their relationships will be straightened out, that they will be safe from harm.

These things are details of life - those things which, by definition, are associated with our physical life on this earth - things like money, relationships, family, health, sex, jobs, social life and position, promotion.

Paul prays that Christians will be so grounded in the Word of God, regardless of the ups and downs of life, whether poor or rich, whether in good health or bad, whether in safety or in jeopardy, whether alone or surrounded by adoring friends, that they will know the will of God, that will be models of stable and courageous thinking, that they will be filled with the fullness of God, knowing the lord of God which passes knowledge.

Application

When we pray, we should give top priority to the known will of God. We are told in the Bible if we pray according to His will, He hears us.

But we usually don't know the will of God concerning details of life. When we pray for someone's health, we don't know if the Lord wants the person to be well, or whether He is providing a spiritual test to the individual. The same is true for any other type of personal suffering, such as job loss or family problem, we really don't know the will of God in a situation.

Personal suffering is a very real and necessary part of the Christian life and is always meant "to work together for good for those who love God." If we pray that the suffering be relieved, we are often praying at cross purposes with God's plan for the individual. We want our friends to be

happy and free of pain, but, in fact, it is not the relief of suffering that brings joy and confidence to the Christian.

Topic: CHRISTIAN SUFFERING

When we are suffering, God's purpose for us is that we walk in the Spirit, stay occupied with Christ, live in His Word, grow in Christ, and live productive Christian lives with "eternity's values in view." So when we pray for others who are suffering or who have need, we should keep God's eternal program in mind. The most important issues are the spiritual ones; and we should give priority in our thinking, and in our actual prayer, to the issues the Scripture shows to be the most important.

If you are in charge of a prayer meeting, try conducting it from this perspective. Remind those who pray of Paul's focus in prayer, and of the overriding spiritual issues in people's lives that are so much more important than the details of life. Your prayer request time will change from mournful litany of people's hard times to an encouraging and joyous discussion of the eternal possibilities which accompany mastery of the details of life.

Ephesians 3:15

Of whom the whole family in heaven and earth is named.

We are members of a family, the family of the Lord Jesus Christ. Because Jesus Christ is "King of kings, Lord of lords, the Bright Morning Star," His family is a royal family. In fact, we are "seated together with Him in the heavenly places" right now (Eph. 2:6), so that our union with Christ gives us a wonderful position as intimate members of Christ's family, the church, the Body of Christ.

Rev 19:16, "He has a royal title written on His robe, `King of kings and Lord of lords.'"

It is because a Christian has permanent position of solid authority as a member of the royal family of Jesus Christ that Paul can speak so confidently in these verses of the value and absolute necessity that believers be thoroughly rooted in the principles of the Christian life.

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At His birth, our Lord was born Jewish royalty, in His humanity. The virgin birth introduced the humanity of Christ into the world, at which point Jesus Christ became Jewish royalty. He is descended from lines of two of the sons of David by Bathsheba.

While Joseph was not the physical father of Jesus, he is the legal father in a human family; and the line of royal descent from Solomon ends with Joseph, as shown in Matthew. The line of royal descent from Nathan, given in Luke, comes down to Mary, our Lord's real mother.

Jesus' royal title is "Son of David," and His royal family is the dynasty of David. As Jewish royalty, our Lord will fulfill the Davidic covenant at the time of His second coming.

The royal family of God, therefore, is made up of every believer, regardless of background, race, classification, etc. All distinctions are erased at the point of salvation and reconciliation.

This is a permanent family relationship that will last forever. Our position is eternal and secure since it is related to our regeneration. This means also all believers are in full time service for Christ as royal priests and royal ambassadors.

Our objectives as members of Christ's family are to glorify God. We do this by:

Advancing in spiritual maturity, according to the plan of God.

Receiving the blessings which have been laid up in escrow for us (Eph. 1:3)

To pass tests of faith as evidence of our growth and progress in the Christian life.

To receive the blessings which are waiting for us in heaven, in eternity.

All these are summed up in the phrase "to glorify God." All the other priorities in life are really not important.

These facts, too, influence where Paul places his emphasis in his prayers.

1 Pet 2:9, "But you are an elect race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim the virtues of Him who has called you out of darkness into His marvelous light."

As an exercise, read Ephesians, Hebrews, Romans, and Colossians with the aim of extracting any comment which deals with your position as a member of the Lord's family.

Ephesians emphasizes the position of the royal family. Hebrews emphasizes the priesthood of the royal family. Romans emphasizes the objectives of the royal family. Colossians emphasizes the lifestyle of the royal family.

The Plan of God for Members of His Royal Family

The first objective for a Christian is to learn the Word of God on a consistent basis until he begins to have a personal love for God. This develops spiritual self-worth and focus.

Next, the believer must continue to grow spiritually by learning and applying Bible truth, until he is spiritually self-sustaining, and has developed impersonal love for other people.

Then, a Christian must pass through testing: people testing, thought testing, system testing, and disaster testing.

Finally a Christian must reach spiritual maturity, where through testing of the evidence of his faith he becomes a witness against Satan.

At maturity, we receive our blessings which were deposited in escrow in Christ in eternity past (Eph 1:3-14). These blessings glorify God to the maximum. Then God may test us concerning these blessings as evidence against Satan. This is the objective of the royal family while on earth.

Ephesians 3:16

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

"**That He would grant you**" - aorist subjunctive active of (didomi), "to give; to grant; to permit; to present."

"**Grant**" is a New Testament Grace word. That for which Paul is praying is available on a grace basis. However, the subjunctive mood of the verb indicates that there is potential here. Whether a Christian receives the benefit of the "grant" depends on personal volition. Paul prays that

Christians will take advantage of that which God has provided. Verses 17 to 19 list the provisions of this grace gift: inner strength, Christ dwelling within, grounding in love, comprehension of the whole realm of Bible truth, knowledge of the love of Christ, and being filled with the fullness of God.

The Lord never provides anything that is not equally available to all people. Salvation, inner strength and growth, great happiness and productivity are available to anyone, regardless of education or situation in life.

"according to the riches of His glory"

The unbeliever can only personally experience grace in salvation. He has little knowledge of God and no appreciation for the character and person of God or the Lord Jesus.

Paul the Apostle knows the source of true riches; and he directs us to that source. The believer learns to know God in His complete character (breadth, length, depth, height), His "glory".

"to be strengthened" - from the Greek, the passive infinitive of (krataiow), "to have an inner ruling power."

The passive voices of the verb indicates that a Christian "receives strength". Since this is by grace, it is on a non-meritorious basis. The infinitive indicates that this is God's purpose for every believer.

"with might" - (dunamis), "inner power".

"by the Spirit" - "by means of the Holy Spirit"

The ministry of the Holy Spirit is to teach us spiritual truth, to make spiritual things understandable. The filling and control of the Holy Spirit is absolutely necessary for this to take place. The Spirit is the agent of perception and understanding.

"in the inner man" - in the human spirit, in the mentality, in the thinking apparatus of the soul.

READ 2 Peter 3:18:

We are commanded to "grow" in grace, and to keep on growing. There are roots to that which grows; then that which is above ground produces fruit. Christian edification is that which is above ground. We must make positive decisions to be

filled with the Spirit (by confessing sin); to expose ourselves daily to Bible teaching; and to believe the doctrine, by faith applying the teaching in our minds.

But the command to grow is accompanied by God's giving us the ability to perform the command. We grow in grace and in knowledge. Our part is receiving the academic instruction of Bible truth. God's part, through the Holy Spirit as our Teacher, is to establish the roots and bring about growth.

Depression

Every Christian suffers from depression from time to time.

Sometimes depression comes through no fault of our own. There may be severe problems which are imposed by outside circumstances. There may be physical exhaustion and a weakening of physical and emotional strength. There may be serious disturbances or distress in life with a feeling of being trapped or a fear of what might happen. If the depression is not caused by a sin problem, confession is not called for. But the techniques of the Christian way of life are equally useful in combating depression in whatever form it comes.

Sometimes depression is self-induced because it is caused by sin. Mental attitude sins will bring on depression. Failure to exercise Faith-Rest principles or failure to claim promises from the Bible can cause depression. If sin is the problem, the first step to the solution is to confess sin Biblically and use the techniques of Faith-Rest, Occupation with Christ, and the Filling of the Holy Spirit to begin a quick recovery.

Depression may include one or more of the following:

- A feeling of dejection or sadness
- An attitude of self-depreciation
- A reduction in quality or force
- A lowering of vitality or functional activity

The Bible deals extensively with the subject of mental anguish, sorrow, and depression. There are many Bible words used to describe the

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thoughts and feelings people have when they are depressed. Studying these definitions, and the Bible passages where they are found, is a very important part of the therapy for many kinds of depression. Almost every Bible verse that has a word related to depression also has part of the cure for that condition somewhere in its context.

As you study the following verses, try to determine in each case the reasons for the state of depression and whether it was caused by personal sin (self-induced), was the result of undeserved suffering, or came from some other source. Then, try to decide on what "cure" is being suggested. In some cases, the cure will show up in the context. In others you will have to decide on a solution from categorical doctrinal principles.

The Bible deals with depression categorically using the following words:

λυπη (**lupei**), meaning "grief, sorrow, distress, suffering, a sad plight". The verb form is λυπεω (**lupeo**), "to cause pain, to grieve, to annoy". In military terminology, the word was used of troops in the sense "to harass; to annoy" the enemy. In the passive voice, where the subject receives the action of the verb, the meaning is "to be sad, to be sorry, to be grieved".

"And while they abode in Galilee, Jesus said unto them, The Son of Man shall be betrayed into the hands of men: And they shall kill him, and the third day he shall be raised again. And they were exceeding sorry." Matt. 17:22,23

"And they were exceeding sorrowful, and began every one of them to say unto him, Lord, is it I?" Matt. 26:22

"But when the young man heard that saying, he went away sorrowful: for he had great possessions." Matt. 19:22

"And he [Jesus] took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me." Matt. 26:37,38

"... I say unto you, that ye shall weep and lament, but the world shall rejoice: and ye

shall be sorrowful, but your sorrow shall be turned into joy." John 16:20

"But if thy brother be grieved with thy meat, now walkest thou not charitably." Romans 14:15

"For out of much affliction and anguish of heart I wrote unto you with many tears; not that ye should be grieved, but that ye might know the love which I have more abundantly unto you." 2 Cor. 2:4

"But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope." 1 Thess. 4:13

"Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through many testings." 1 Peter 1:6

"Now no chastening for the present seems to be joyous, but grievous: nevertheless afterward it yields the peaceable fruit of righteousness unto them which are exercised thereby." Heb. 12:11

"For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully." 1 Peter 2:19

αδημονια (**adeimonia**), noun, "in great distress or anguish"

"My soul is exceeding sorrowful...", Matt. 27:38. See also Mark 14:33,34

"For he longed after you all, and was full of heaviness, because that ye had heard that he had been sick." Phil. 2:26

αναγκη (**anagkei**), noun, "necessity, constraint, natural desire (such as hunger), bodily pain or suffering". When used with θλιψις (**thlipsis**), signifies a condition of necessity arising from some form of outside compulsion.

MATT. 18:7; LUKE 14:18; 21:23; ROM. 13:5; 1 COR. 7:26, 37; 9:16; 2 COR. 6:4; 9:7; 12:10; 1 THESS. 3:7; PHILEMON V. 14; HEB. 7:12,27; 9:16; JUDE V. 3

στενοχωρια (**stenochoria**), noun, "narrowness of place, a trapped feeling."

ROM. 2:9; 8:35; 2 COR. 6:4; 12:10

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συναχνη (**sunochei**), noun, metaphorically for "anguish or distress" caused by a compressing together or narrowing of the way.

2 Cor. 2:4

Luke 21:25

θλιψις (**thlipsis**), noun, "pressure, oppression, affliction."

MATT. 13:21; 24:9; MARK 4:17; 13:19,24; JOHN 16:21,33; ACTS 7:10,11; 11:19; 14:22; 20:23; ROM. 2:9; 5:3; 8:35; 12:12; 1 COR. 7:28; 2 COR. 1:4,8; 2:4; 4:17; 6:4; 7:4; 8:2; EPH. 3:13; PHIL. 1:17; 4:14; COL. 1:24; 1 THESS. 1:6; 3:3,7; 2 THESS. 1:4,6; HEB. 10:33; JAMES 1:27; REV. 1:9; 2:9,10,22; 7:14

καταπονεω (**kataroneo**), verb, "to wear out with toil or suffering"

Acts 7:24 and 2 Peter 2:7

συνεχω (**sunechw**), verb, "to forcibly hold together; to contain; to constrain; to oppress" Used for holding rowers together on galley ships.

Matt. 4:24, 38; 8:37

Luke 8:45; 19:43; 22:63

Acts 28:8; 7:57; 12:50; 18:5

2 Cor. 5:14

Phil. 1:23

οδυναω (**odunao**), verb, "to cause pain". In the passive "to feel pain".

Luke 2:48; 16:24

Acts 20:38

θλιβω (**thlibo**), verb "to press; to distress; to trouble; to gall"

Matt. 7:14

Mark 3:9

2 Cor. 1:6; 4:8; 7:5

1 Thess. 3:4

2 Thess 1:6

1 Tim. 5:10

Heb. 11:37

ταραχη (**tarachei**), noun, "trouble, disorder, confusion"

Mark 13:8

John 5:4

ταρασσω (**tarasso**), verb, "to stir up, disturb, trouble; to trouble the mind; to alarm; to frighten; to throw into disorder"

Matt. 2:3; 14:26

Mark 6:50

Luke 1:12; 24:38

1 Peter 3:14

Principles of Application in Dealing With Depression

The following ten principles are Bible techniques which you can use to deal with depression in your life, regardless of the cause. Each of these topics is discussed in more detail in other notes in this series, but this outline will give you ideas on how you can make specific application of categorical doctrine to help with real world problems.

Confession of Sin

Personal sin leads to depression. You must deal with sin on a daily basis by confessing and moving on. If you don't do this, sin becomes a burden which clouds your joy, drains your spiritual energy, and destroys your productivity and vitality. In short, sin is always depressing.

In privacy, make a list of your mental attitude sins, verbal sins, and behavior sins. Ask the Lord to make you aware of the habits of your own life. Respond immediately to the Holy Spirit when He uses the Word to spotlight your sin. Name the sin to God; then rejoice in forgiveness and cleansing and your renewed fellowship with God. All the promises and provisions of God the Father are now available to you. Make it a spiritual habit to confess sins whenever they show up in your life.

The Filling of the Holy Spirit

The Holy Spirit fills you and controls your life when you have no unconfessed sin in your life. You can trust the Holy Spirit to reveal sin to you when you commit it, or even before. When the Holy Spirit is in control, He produces His fruit (Gal. 5:12). The fruit of the Spirit does not include heaviness, depression, discouragement,

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disillusion, anguish, sadness, dejection, or loss of vitality. Consider these points:

- Impersonal love is free from depression.
- Joy pushes depression out.
- Peace does not coexist with disillusion in the soul of the believer filled with the Holy spirit.
- Longsuffering gives the ability to deal with depression and trouble.
- Gentleness, goodness, faith, meekness, and temperance are fruits of righteousness, which is divine good. Divine good takes the place of depression.

Living in the Word

By Living in the Word you are constantly reminded of God's viewpoint, of His Plan, of His provision, or His awareness of our spirit of heaviness and what He wants to accomplish in us with the testing. Living in the sphere of human viewpoint is a source of depression. Living in the Word gradually transplants you to a new sphere, a new environment for your life, in which there is victory over depression.

Orientation to Grace

Depression is often caused by people, most of the time by people we cannot escape, or people we love, or people we cannot confront, or people we trust. Grace Orientation includes the ability to look at people and see them as God sees them. It includes the ability to let them live their lives as unto the Lord, and trusting God to make His way clear to them. This technique lets people make mistakes without your judging them. It enables you to accept criticism without hurt or bitterness. It enables you to "esteem others better than yourself", to "do nothing through strife or vainglory."

Occupation with Christ

The technique of Occupation with Christ helps to cure depression because it gets your eyes off your spouse, your children, your neighbors, your friends, and yourself. Instead, as you move through the day, you are thinking about the Lord Jesus Christ, His plan for your life, the Father's provision for each incident in your life, and His provision of wisdom for each decision you must

make. Occupation with Christ is a by-product of the Faith-Rest Life. Depression is a by-product of occupation with self, with life, with problems.

The Faith-Rest Life

Faith-Rest is believing the promises of God and then entering into the "rest" phase of Christian living by claiming and enjoying those promises. Therefore, you must search the Scriptures daily to remind yourself of promises, and to learn new ones. You must know who and what God is so that you will not hesitate to believe that He can do what He has promised to do. Study the attributes of God using verses about the Essence of God. Know Him as He reveals Himself in the Bible. Believe Him when He tells you what He will do for you. Count on it. Let your faith rest on it. Cast your burden on the Lord.

Relaxed Mental Attitude

A relaxed mental attitude is based on knowing God and on having the divine production in the soul that comes with the fruit of the Holy Spirit. A relaxed mental attitude is one of the results of Living in the Word, Walking in Fellowship, practicing the Faith-Rest Life, and being occupied with Christ. All of the components of depression melt away when God provides this attribute.

Mastering of the Details of Life

We are all involved with details of life. Either we master them, or they master us! If you are a slave to one or more details of life, your thoughts are devoted to them, and they drive you. They dominate your thoughts, your conversation, your decisions. Slavery to the details of life leads to disillusion, disappointment, and depression.

Mastery of the details of life means that you look to the Lord for every detail. Your happiness does not depend on people, circumstances or things. You have the peace of God that passes understanding. You have learned to be content under any circumstances. You can wait for the Lord's timing in providing the details you want; you can enjoy them when you have them; and you can remain happy when the Lord sees fit Not to provide some detail.

Capacity to Love

There may be many depressing details that surround our relationships with other people or the circumstances of our lives. The fruit of the Spirit love deals with that depression by giving us the capacity to have a Spirit-produced love for God (1 Cor. 16:22); for spouse (Titus 2:4); for others (Rom. 12:13).

Inner Happiness

Inner happiness is not possible for the believer who is occupied with himself and his needs. Inner happiness is a state of rejoicing based on knowing that God is everything He claims to be and that He can do what He has promised. Inner happiness is the joy of living where every provision for physical, emotional, and spiritual well-being is being made by God in the life of a Christian who is walking in daily fellowship with Him.

Suffering

Introduction

This paper is an outline study to give you a start in thinking about the subject of suffering and to provide a catalogue to the many scripture passages relating to suffering. You would think that such a subject would be dreadful to study, but in the wonderful plan of God, the worst things are always the best things. As you read this article, look up the Bible passages that are indicated and ask the Lord to give you insight into His viewpoint on the issues raised.

We don't have to look far to see that there is a lot of suffering going on in the world. The media provide us with endless information on the plight of unfortunate people all over the world. We are certainly aware that in America most people don't suffer as do people in third world countries.

But we are also aware that we are members of the human race, and that some disaster, small or great, can come at any time without warning, something that makes us one of the statistics. Auto accident, cancer, tornado, volcano, falling airplanes...in fact we can suffer a lot just worrying about all the things that could happen to us. The

Fickle Finger of Fate can zero in at any time with some kind of prime suffering - loss of job, loss of money, house burns down, etc.

The Whole Human Race Suffers

It is a startling fact that part of God's plan for every human being includes a certain amount of suffering. All people suffer: rich or poor, smart or dumb, American or African, Christian or non-Christian. Suffering of some kind is part of God's Plan of Grace, if you can imagine that.

Suffering can be defined as the removal or reduction (some curtailment or loss) of one or more of the things that make up the good things of life as we know it, things we call details of life. Details of life are any of dozens of features that make up a person's life, things related to his personal life, family life, social life, or community and national life. Things like loved ones, friends, money, cars, health, marriage, sex, job, house, possessions, social life, etc., are all details of life; and when you lose one of these things that you enjoy, the result is suffering.

We identify two types of happiness in life. The first type is human happiness which is happiness derived from any of the details of life. The other type is divine happiness which is the inner joy produced as part of the fruit of the Holy Spirit in the life of the advancing believer in the Christian Way of Life.

Human happiness is temporary and *dependent*. It lasts only as long as the thing that provides the happiness. It depends on a detail of life to sustain it.

God's happiness is *independent* of anything in this world; it is possible, the Bible says, "to be content in whatsoever state I am", that is, to have a deep inner happiness and contentment that does not depend on other people, material possessions, or circumstances.

One way of describing suffering is to say that suffering comes from the removal of the human happiness. You can see, then, that if a person possesses God's joy (+H), the loss of human happiness is much more tolerable.

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Suffering occurs by several means in human life, both for Christians and unbelievers, including the following:

- Suffering by loss of health - physical pain, illness, accident, loss of function, etc.
- Suffering by privation - the lack of something necessary such as food, shelter, clothing, transportation.
- Suffering from the weather - freezing weather or hot, storms, tornadoes, hurricanes, blizzards, as well as earthquakes, volcanoes.
- Suffering from mental anguish - worry, sorrow, anguish, fears, phobias, bitterness, jealousy, not the least of which is "suffering by anticipation".
- Suffering from justice, the long arm of the law, deserved or undeserved.
- Suffering caused by other people. As long as there are two people in the same location...well, you know what I mean.

What About My Rights?

Many of our cares come from somebody's trampling on our rights, or what we think of as our rights. Don't you feel that you have a right to

Privacy

Possessions

Courteous treatment

Dignity

Consideration

Equal treatment

A fair share

Equal opportunity

etc, etc?

But where does it say that I have any rights at all? Do I have the right to be an American, to be in a good family, to be educated, to have enough food every day, to have a house, to be married to a fine person, to have good children, to have enough money?

It is clear from the Scriptures that we really have no rights whatsoever. The Lord has placed us in an environment with a certain supply of the gifts

of His grace, and we didn't earn any of them. Everything we have, and everything we are able to obtain, comes as a result of the Grace of God; we have deserved nothing!

One of the most useful practices in the Christian way of life is to "cast all care" on God, as He invites us to do. You can think of this as the act of turning all your rights over to God, which amounts to a practical reliance on God for total provision, including giving to us those rights which He sees fit.

We suffer needlessly because we demand our rights. We have no rights. We have only our just deserts, "the wages of sin is death", which, by the grace of God, have been taken care of by the work of Christ. We are aware that one of the best things we can teach children is to be thankful for what they have, and to stop fretting about what they don't have. Children complain about things not being fair or not being divided equally, but when these traits show up in adults, it is a sign that more growth in grace is needed.

PHIL. 2:1-8

COL. 3:12-17

These passages indicate that the more relaxed a person is with regard to the details of life, the less he will experience the ill effects of some types of suffering. Often the amount of suffering can be limited through having a relaxed mental attitude toward a person or situation. Even severe privation or emotional trauma caused by the sin or hatred of another person can be reduced remarkably by the use of principles of Faith Rest, forgiveness, by relying on the Father for all provision, by allowing God to protect your reputation, etc.

The Suffering of the Unbeliever

An unbeliever will have his allotted portion of suffering as a member of the human race as described above. He, of course, has no concept of "all things working together for good." His main goal in life is to reduce his own suffering to a minimum, even if it means making other people suffer to do it.

God intends, as part of His Plan, for suffering to awaken the unbeliever to the reality of the

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existence of God, to motivate positive volition at the point of God consciousness. Whatever the immediate cause of his suffering, the ultimate reason is that of directing his attention to the person of Jesus Christ. Suffering has a tendency to slow people down, to reduce their arrogance, to reduce their self-righteousness, their self-satisfaction, their self-reliance.

Think about it -- where would you be today if everything had always been rosy, and you were unfailingly prosperous in all areas of life? Would you be going to church, taking in the Word, trying to figure out God's answers to life's dilemmas?

What about people who are suffering great deprivation because of locale (Bangladesh or the Sahel), or because of war, or because of cruel ideologies? Are these things part of the grace of God? An important fact is that God knows the spiritual needs of every person in the world, and He knows every person's mental makeup. Only He can decide what combination of blessing and suffering is the best recipe for encouraging a person to become a Christian. He does not force man's volition; but He will allow circumstances to develop around a person which will direct his attention toward Himself.

Why Believers Suffer

Christians suffer for many reasons, sometimes through no fault of their own. A Christian will experience a normal amount of suffering as part of human existence. But if a believer stays in fellowship with God and grows in Christ consistently, this type of suffering can be a great blessing and an opportunity to witness to other believers and to the unsaved.

Suffering that the Christian Can Avoid

To the backslidden Christian who is out of fellowship and already quite miserable, however, suffering never brings blessing, and everything he touches turns to misery. Even the details of life don't make him happy; and he wastes his years in empty living.

ECCL. 2:1-12

A lot of a Christian's suffering can be avoided, however, and God has provided many remedies for reducing the distress a person causes himself.

You can avoid suffering caused by divine discipline.

Heb. 12:1-15

Psalm 38

Chastisement is avoided by staying in fellowship, confessing sin, forsaking sin, laying aside every weight...that is, choosing to obey God.

You can avoid suffering from failure to isolate sin, resulting in "chain sinning". An example is the failure to forgive an offense. This leads to mental attitude sins such as anger, bitterness, desire for revenge, judging. These, in turn, lead to sins of the tongue, maligning, gossip, false accusations. The offended party suffers worse than the original offender. But the whole chain can be broken by forgiving the other party and confessing the sins in the chain.

You can avoid suffering due to a guilt reaction to sin; the maintaining of a guilt complex.

Remember that Christ died for all our sins; He bore the guilt for us. (1 Pet. 3:18; 2:24; 2 Cor. 5:21). One may have confessed sin biblically and be in fellowship and still labor under a heavy load of guilt. But this is unbelief. A guilt complex itself is sinful, because one says by this that the Lord has not forgiven. But, "As far as the east is from the west, so far hath he removed our transgression from us."

You can avoid suffering which comes from maintaining a lifestyle like the unsaved. This is a life of callousness in the soul, emptiness, blindness, as shown in Eph. 4:17-32. The cure - Bible teaching every day while maintaining fellowship with God.

You can avoid suffering due to the rejection of authority, such as parental authority, school authority, civil authority, military authority, etc.

READ Judges 19 and 10, Matt. 7:29 to 8:13, Jer. 7, and Prov. 30

You can avoid suffering caused by making decisions outside of the plan of God.

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- Don't follow a career that takes you away from the Word.
- Don't reject divine principles of marriage (marrying an unbeliever, getting a divorce, etc.)
- Don't follow any "greener pastures" leading or make changes in your circumstances because you think you will be happier in the new situation.
- Don't raise children by human viewpoint instead of doing it God's way.
- In general, don't reject the Word of God, either through neglect or willful disobedience.

You can avoid suffering from failure to have your armor on.

EPH. 6.

The Believer's Undeserved Suffering is Intended for Blessing

The following is a list of reasons why believers in fellowship suffer undeservedly in order to bring blessing to themselves or others.

1. Suffering for the glory of God: Book of Job; Isa. 48:9-11
2. Suffering to comfort others: 2 Cor. 1:3-6
3. Suffering to demonstrate the power of God, the provisions of grace: 2 Cor. 12:8-10
4. Suffering from spiritual growing pains; the testing that strengthens faith: Deut. 8:1-10; James 1:1-6; 1 Pet. 1:7,8; Rom. 5:3
Faster growth means more frequent testing; there is a refining process: Job. 23:10; Isa. 1:18-27; 1 Pet. 1:7
5. Suffering to keep down pride: 2 Cor. 12:6,7; Matt. 26:31-75 (the scattering of the disciples)
6. Suffering to illustrate doctrine (for advanced believers: Book of Hosea)
7. Suffering by association occurs when we have some relationship with someone who is suffering: Rom. 14:7; 1 Cor. 12:26; 1 Chron. 21
8. Suffering to show the fruit of the Spirit and the results of edification: 2 Cor. 4:6-11

9. Suffering to learn the value of doctrine: Psalm 119:65-72
10. Suffering as a witness to Christ: 2 Tim. 2:8-12; John 15:18-21; Acts 5:40-42; 1 Cor. 4:9-16
11. Suffering as a result of exercising a spiritual gift; illustrated by the life of the Apostle Paul
12. Suffering from involvement in spiritual battles, the angelic conflict: Eph. 3:8-13

Promises to Believers Who Suffer

Psalm 34:19,20; Isa. 43:2; 2 Cor. 4:17 and 12:9; 1 Peter 5:10

Union (DAVAQ)

by Dr. Glenn Carnagey

A study of the Hebrew word DAVAQ, "union".

1. DAVAQ - To be glued together so thoroughly that separation is impossible.
2. Concrete literal illustrations
 - a. Fish glued to the scales of a crocodile. Ezek 29:4
 - b. Scales of the Crocodile to one another. Job 41:9 & 15
 - c. Clods of Dirt to each other. Job 38:38
 - d. Forming an alloy of two metals. Isa 41:7
 - e. Soldering the two opposing wings of the Cherubs over the Mercy Seat. II Chron 3:12
 - f. Links of armor on chain mail. II Chron 18:33; I K 22:34
3. DAVAQ is used of various parts of the body being attached to various things.
 - a. The bones are attached to the skin of the body. Job 19:20; Ps 102:6
 - b. The hand of a warrior becomes glued to his sword. II Sam 23:10
 - c. The tongue gets glued to the roof of the mouth (Lam 4:4; Ezek 3:26; Job 29:10; Ps 137:6), or to the Gums as in Christ's case on the cross. Ps 22:16
 - d. Belly of a person sticking to the ground in fear. Ps 44:25
 - e. Soul cleaving to the dust in depression. Ps 119:25

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- f. Loins attached to the girdle. Jer 13:11
4. Carnality is represented by a stain (sin) glued to the hand of the Believer (a la Macbeth), Job 31:7. It also refers to a person being glued to particular sins. II Kings 3:3
5. Being glued to the CHEREM (Devoted Thing) is an idiom for being in monetary reversionism (Dt 13:17), and of religious reversionism as Solomon was glued in love to the Apostate Nations that surrounded Israel (I K 11:2) and as the people of Israel went back to the gods of those nations. Josh 23:12
6. In return God glues discipline on the backsliding believer in order to reclaim him.
- a. Israel was to receive diseases (Dt 28:60), famine (Jer 42:16), and pestilence (Deut 28:21).
 - b. Gehazi had leprosy glued to him for his monetary reversionism. II K 5:27
 - c. Lot was afraid that Evil would attach itself to him even in the mountains. Gen 19:19
7. In the military realm DAVAQ means to give hot pursuit to or to overtake & destroy the enemy.
- a. Used of pursuing an enemy.
 - (1) The Eleven Tribes pursued after the Tribe of Benjamin. Judges 20:42,45
 - (2) Israel pursuing after the Philistines. I Sam 14:22
 - (3) Philistines pursuing Saul. I Chron 10:2; I Sam 31:2
 - (4) David's soldiers pursuing after David. II Sam 1:6

- b. Used of overtaking and destroying the enemy.
 - (1) Laban overtaking Jacob. Gen 31:23
 - (2) Micah's neighbors overtaking the Danites. Judges 18:22
- 8. DAVAQ is used of the attitude a believer should have towards bible truth; he should pursue it doggedly, overtake it and then glue himself to it so that it merges with his soul. Ps 119:31
- 9. Hence the mature believer develops all categories of love, and his attachment in all three is unbreakable.
 - . Love towards God: Deut 11:22; 30:20; Josh 22:5; 23:8; Deut 10:20; 13:4; Ps 63:8; II K 18:6; Jer 13:11
 - b. Love towards spouse. Gen 2:24
 - Note this is a soul love as in Shechem the Hivite prince to Dinah. Gen 34:3
 - NT uses (proskollaomai). Mt 19:5; Mk 10:7
 - c. Love towards friends as in Ruth sticking with the workers of Boaz. Ruth 2:8, 21 & 23
 - d. Love towards family (#4) as in Ruth gluing herself to Naomi (Ruth 1:14) and the People gluing themselves to their King (II Sam 20:2).
- 10. Once the believe grows to maturity, he is to glue himself to God's blessings for him so as not to lose them. Num. 36:7; Num 36:9
 - Each member of the tribe was to hold onto his land and each tribe was to hold onto its territory.
- 11. Jesus Christ has glued himself in Grace to every Believer with an unbreakable bond. Prov 18:24

Ephesians Lesson 9 Quiz

Instructions

The following questions relate to your study of this lesson.

To answer a question, type your response in the space provided after the word "Answer:". A question may be True/False, multiple choice, fill in the blank, or short answer type.

The last question requires you to write one or two paragraphs in "essay" form. Use the space provided; it will expand to accommodate your response.

You have choices about sending the quiz back to Grace Notes.

- If you received an email file containing the quiz, you can use the REPLY feature of your e-mail application to open the quiz. Enter your answers in the reply message. Then SEND the message to Grace Notes.
- You can enter your answers on these pages, then send the whole file back to Grace Notes as a file attachment. This is handy, but these lessons will average 100K to 200K in size. As an alternative,
- After you answer the questions here, copy and paste the whole list of questions into a new MS Word document; then, send the new file to Grace Notes as an attachment. The new file will, of course, be much smaller than this main file.
- Finally, you can print the Quiz pages on your printer and send your response back to Grace Notes in the regular mail. If you do this, send the mail to:

Grace Notes

% Warren Doud

1705 Aggie Lane

Austin, Texas 78757 USA

Whichever transmission method you use, when Grace Notes receives your completed Quiz, the next lesson will be sent to you, by the same means you received this one. EXCEPT: when you have sent in the FINAL QUIZ, we will send your certificate to you, by regular mail.

Ephesians Lesson 9

Questions on Ephesians Lesson 9

1. What are the most important features of God's plan of God for any Christian?

Answer:

2. Name some things Christians have as a result of their union with Christ?

Answer:

3. How did people recognize the boldness of Peter and John?

Answer:

4. How is it that believers have "access" to the presence of God?

Answer:

5. _____ is the means of our access into Grace.

Answer:

6. What reasons do we have to be encouraged in the Christian life?

Answer:

7. What was the source of Paul's tribulations that he mentions in Eph. 3:13?

Answer:

8. If Paul does not often pray for people's details of life, what does he pray for when he prays for other believers?

Answer:

9. Worry is sometimes a sin. [True/False]

Answer:

10. There are some kinds of problems that worry solves. [True/False]

Answer:

11. The Bible teaches that the answer to worry is [A. plenty of money; B. faith-rest; C. a night's sleep; D. a happy relationship]

Answer:

12. Personal sin can lead to depression. The first step in solving the problem of personal sin is _____.

Answer:

13. As a member of God's Royal Family, what is your first objective?

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Answer:

14. How can a Christian avoid suffering that is caused by divine discipline?

Answer:

15. A Christian deserves every bit of suffering that he received. [True/False]

Answer:

16. The Hebrew word DAVAQ, meaning "union," means _____.

Answer:

17. Essay Question: write two or three paragraphs describing how you would encourage another Christian who is going through a period of depression or suffering. Use some of the concepts found in Ephesians 3:11-16 in your response.

End of Quiz