### rules for the road

1 Be concise. Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

"Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

(James 1:19–20)

2 Be thoughtful with your answer. Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in "Christianese" — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone's faith? Speak without harshness or anger, but with kindness and humility.

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

(Ephesians 4:29)

3 Rely on the scriptures for truth. It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God's answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God's word.

"For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength."

(1 Corinthians 1:25)

Walking through life can often feeling like getting knocked around by the wave of life. Some days it feels like everyone is taking a shot at you. From tragedies, criticisms, trials, and pain, it can feel like you have been knocked to the ground. God knew life would be difficult. God came in the flesh and intimately knows what you are experiencing. "For we do not have a high priest who is unable to sympathize with our weaknesses" (Hebrews 4:15). God has not left us alone. God did not expect us to go through this life without the necessary tools we need to be able to withstand life's trials. God wants you to have an anchor to stabilize you through the waves of life.

"We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf..." (Hebrews 6:19-20).

What is this "sure and steadfast anchor" for your soul? What is this "hope" that will hold you firm in life? Look at the previous verse.

"So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us." (Hebrews 6:17–18)

Two unchangeable things to be your anchor. His unchangable character of his purpose and his unchangeable word. God's purpose is always accomplished and God never lies. These two things give us "strong encouragement to hold fast to the hope set before us." This workbook is a study of the scriptures to help you have a firm anchor in Christ so that through Christ you will live a godly life with joy in spite of life's circumstances.

## 1

### PSALM 1

- 1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;
- 2 but his delight is in the law of the LORD, and on his law he meditates day and night.
- 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.
- 4 The wicked are not so, but are like chaff that the wind drives away.
- 5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;
- 6 for the LORD knows the way of the righteous, but the way of the wicked will perish. (ESV)



God wants us to be delighted in him and find our joy in him. How can we find our all-satisfying joy in the Lord? This lesson examines how God can be our delight so we can have a blessed, anchored life.

### WORD STUDY: "BLESSED"

Some translations use the word "happy" rather than "blessed." At the basic level, the word "blessed" is referring to happiness. But "happy" does not communicate the full meaning of this word either. The point is not that you will feel happy by following these instructions. The psalmist is not communicating an emotional feeling. Rather, "blessed" is referring to a happiness or joy that exists in spite of physical circumstance. We usually say we feel happy based on what happened in our day. This "happiness" or "blessedness" is a quality that does not depend on life's events. The word communicates a lasting joy you will experience even when life is difficult. An example of this lasting joy is seen in Paul who, when imprisoned, was still singing (Acts 16:25). That's the idea of "blessed" — joy that exists beyond your circumstances.

- 1. Looking at verse 1, what three things must we not do to have this lasting joy (blessedness)?
- 2. Discuss the progression of sin that is described in verse 1. This describes how we get trapped in sin.
- 3. Looking at verse 2, what two things must do to have this lasting joy (blessedness)?
- 4. What do you "delight" in? What do you find your joy in? How can you shift your delight and joy so that you are blessed?

5.	Verse 3 describes the results of the blessed life. Those who avoid doing the three things in verse 1 and do the two things in verse 2 will have what result? Explain what this means.
6.	Verse 4 begins, "The wicked are not so." What is this referring to? The wicked are not what? What happens to the wicked?
7.	Looking at verse 5, what will not happen to the righteous? What does this mean?
8.	What hope is given in verse 6?
	MMARY APPLICATIONS:  Don't walk, stand, or sit in the way and counsel of sinners. What are some practical things you can do to do this?
2.	Delight in the word of God and meditate on it regularly. What can you do today and going forward in life to make the word of God your delight?
3.	How can Psalm 1 help you through your current trials, temptations, weaknesses, and difficulties or when trials and difficulties come in the future?

### 1 CORINTHIANS 10

- 6 Now these things took place as examples for us, that we might not desire evil as they did.
- 7 Do not be idolaters as some of them were; as it is written, "The people sat down to eat and drink and rose up to play."
- 8 We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day.
- 9 We must not put Christ to the test, as some of them did and were destroyed by serpents,
- 10 nor grumble, as some of them did and were destroyed by the Destroyer.
- 11 Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come.
- 12 Therefore let anyone who thinks that he stands take heed lest he fall.
- 13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. (ESV)



The fight against temptation is difficult. Satan allures our flesh with so many different desires. What can be done to be stronger and more faithful. This lesson looks to give an anchor to stand against Satan.

- 1. According to verse 6, what is one of the purposes for God keeping the accounts of the lives of the people in the Old Testament for us to read?
- 2. What is the message God is teaching us from these examples (10:7-10)? How is this knowledge to help us be anchored through life difficulties and weakened faith?
- 3. What is a danger that we must be warned against so that we do not lose our faith (10:12)?
- 4. What are some ways that we can "think that we stand"?

5.	"No temptation has overtaken you that is not common to man." What hope does this give you to anchor your faith?
6.	"God is faithful." What hope does this give you to anchor your faith?
7.	"God will not let you be tempted beyond your ability." What hope does this give you to anchor your faith?
8.	"But with the temptation he will also provide the way of escape." What hope does this give you to anchor your faith?
9.	"That you may be able to endure it." What hope does this give you to anchor your faith?
	MMARY APPLICATIONS:  How has God proven his faithfulness in your life? Give examples that you have seen and explain how this gives an anchor to your faith.
2.	How can 1 Corinthians 10 help you through your current trials, temptations, weaknesses, and difficulties or when trials and difficulties come in the future?

### **HEBREWS 13**

- 5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."
- 6 So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"
- 7 Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.
- 8 Jesus Christ is the same yesterday and today and forever. (ESV)

55

Do you ever feel like God is far away or that he is not with you to help? God has given wonderful promises to anchor our life for difficulties and struggles.

1. What is the promise God has given to us in verse 5?

Consider that this promise was originally made to Joshua in Joshua 1:5, and the writer of Hebrews quotes from Joshua. Why did Joshua need this promise given to him? What fears would Joshua have likely experienced to cause God to say this to him?

How does this promise help you deal with the challenges you are facing right now?

- 2. Looking at verse 5, what two things should this promise change in our lives? How does this promise help us obey this command?
- 3. Because of God's promise in verse 5, what can we confidently say?

How can we do this? How can we not fear what people can do to us? What gives us strength to face all that others may do to us?

4.	Consider verse 7. How will looking to spiritual leaders help us be anchored in our faith to the Lord?
	Name some people in the scriptures you can look to as an anchor for your faith, who may be going through things that you are currently facing. Explain how they are an encouragement and strength to you.
	Are there brothers and sister in Christ that you know now who are encouragements to your faith?
5.	Consider the statement in verse 8. What does the unchanging nature of Jesus do to strengthen faith? Why would the writer of Hebrews think this would help anchor the faith of Christians?
	IMMARY APPLICATIONS:  How can you be an encouragement of faith to other Christians? What are things you can do to provide spiritual strength to others?
2.	Considering Hebrews 13:5 again. If we are not content and we have a love for money, then this reveals we have put our anchor for life on the wrong thing. What are some reasons why anchoring your life on money and possessions will lead to emptiness, disappointment, and pain?

### **1 JOHN 1**

- 5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.
- 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth.
- 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.
- 8 If we claim to be without sin, we deceive ourselves and the truth is not in us.
- 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- 10 If we claim we have not sinned, we make him out to be a liar and his word is not in us.
- 2:1 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One.
- 2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. (NIV)



One of our difficulties as Christians can be dealing with our sins. What am I supposed to do when I sin? Will God really forgive me even though I seem to be struggling with so many temptations? Does anyone else have the same sin problem as me? This lesson is to provide an anchor for your life when it comes to handling sin.

- 1. What is the nature of God (1:5)? What does this mean about his character?
- 2. How are we to live because "God is light"? (1:6-7) Does "walking in the light" mean that we will not sin? What does it mean to "walk in the light?" What will our lives look like if we are fellowship with God?
- 3. What are people who act like or claim that are without sin (1:8,10)? What are ways that we can act like we are without sin? Is there anyone at our worship gatherings that are sin free?

4.	Rather than being discouraged by sin, what promise does God give (1:9)?
	What does God do with our sins?
	What must we do for God to act?
5.	Looking at 1 John 2:1, John says he wrote these things so we would not sin. How does learning about God's faithfulness and grace help keep us from sinning?
6.	When we sin, we have an advocate (2:1). What does it mean for Jesus to be your advocate?
7.	Why did Jesus come to the earth (2:2)? Do you need this from Jesus?
	MMARY APPLICATIONS:  Can you still be a disciple of Jesus even though you have sinned? What makes it possible for you to remain in fellowship with God though we sin?
2.	What are some strategies that you can use or that you have found useful to help during temptations and to keep from sinning? What are some things you can do to help your faith in the face of Satan's temptations?

### **COLOSSIANS 4:2**

Continue steadfastly in prayer, being watchful in it with thanksgiving. (ESV)

### **PHILIPPIANS 4:6**

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (ESV)

### **JAMES 5:16-18**

- 16 Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.
- 17 Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth.
- 18 Then he prayed again, and heaven gave rain, and the earth bore its fruit.



Prayer is the anchor for life. Throughout Jesus' ministry, we read about Jesus going away to pray to the Father. When Jesus was about to head to the cross, he turned to the Father in prayer. The book of Acts shows the prayers of the apostles and disciples of Jesus. Yet prayer is perhaps the most neglected tool God has given for stabilizing our lives and strengthening our faith. Consider how to begin a faithful prayer life and how daily prayer will anchor your soul.

1. Considering Colossians 4:2, to help us get started with a healthy, regular prayer life, what can we be praying about? Why is praying this way so important?

2. Considering Philippians 4:6, what is the solution to your anxieties and cares? How do you think this will be helpful to your faith and anchor you through difficult times?

3. Considering James 5:16-18, what are we supposed to do for each other for spiritual healing? How will this help us in our faithfulness to God and anchor our lives to God?

4. Verse 16 teaches that the prayer of the righteous is powerful and effective. What does your life? Why should prayer increase in your life? What should be our expectations if you ever doubt God when you pray? Is doubt the reason you do not pray more?	
5. What did Elijah do through prayer? What do we learn about what prayer can do?	
HOW TO PRAY:  So how do we go about praying to the Father? The amazing blessing of God is that he children and calls himself our Father. When Jesus taught the disciples how to pray, he be words, "Our Father." We are able to talk to God as we would speak to our physical pare prayer as having a conversation with God. Tell God about your life. Tell God want you not what is hurting you. Tell God about your spiritual struggles. Tell God about how good has Tell God about how grateful you are to him for salvation. God wants to hear everything, jut wants to hear everything about the child's life. Prayer can happen in every place and any time topic. Just talk to God.	egan with the ents. Think of eed. Tell God been to you. Ist as a parent
SUMMARY APPLICATIONS:  1. Why do you not pray more? What is preventing you from having an effective prayer life you change in your attitude or actions this week that will spark a powerful prayer life?	ife? What can
2. How can prayer make you stronger in faith and anchor your life?	
3. How does prayer give hope during dark, difficult times?	

### 1 PETER 1

- 3 Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,
- 4 to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you,
- 5 who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.
- 6 In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. (ESV)



Hope is important to anchoring our life to Jesus. When we lose hope, it is easy to give up our faith and fall away from the glorious salvation and life God is offering. Reminding ourselves of the hope God has promised can give us the strength we need for faith in all of life's circumstances.

- 1. What are we hoping for (1:4)? What four descriptions are given to what we are hoping for? What is God trying to tell us about what awaits us?
- 2. Why can we have hope at all? What is our hope based on (1:3)?

3. When will what we are hoping for be revealed to us (1:5)? How can we know that our hope will not disappoint us and that it will be there for us?

4. What is the basis of Christian joy (1:7)? What are these Christians going through? How can they rejoice even though they are enduring suffering? Is there hope in this life? Where is the hope that gives joy despite difficulties?

5.	What do the trials of life do for our faith (1:7)? Why is this important? Can you give examples of what trials have done to your faith?
6.	What is our faith to result in (1:7)? How does your answer change our way of thinking and change our way of life? What is our purpose toward God on earth? What is the purpose of this life?
35	Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine,
36	or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered."
	No, in all these things we are more than conquerors through him who loved us.  For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come,
39	nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:35–39 ESV)
7.	What circumstance in life can take away your hope? How will this help you get through suffering and difficulties?
	MMARY APPLICATIONS: What new attitude can you take when trials come into your life? What are some perspectives you can use to help you maintain a strong faith through the difficulty?
2.	Peter says that we are "born again to a living hope" (1:3). What does a new birth mean for you as a Christian? What is different about you in Christ that helps you find your strength in the Lord?

#### **PSALM 103**

11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us.

13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. (ESV)

#### MICAH 7

- 18 Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love.
- 19 He will again have compassion on us; he will tread our iniquities underfoot. You will cast all our sins into the depths of the sea. (ESV)

### **1 JOHN 3**

- 18 Little children, let us not love in word or talk but in deed and in truth.
- 19 By this we shall know that we are of the truth and reassure our heart before him;
- 20 for whenever our heart condemns us, God is greater than our heart, and he knows everything.
- 21 Beloved, if our heart does not condemn us, we have confidence before God;
- 22 and whatever we ask we receive from him, because we keep his commandments and do what pleases him. (ESV)

D

One of the things that saps our strength in the Lord is guilt. A certain level of guilt is useful to keep us humbly recognizing our need for Jesus as Savior. But guilt from sin can easily hold us back from growing in Christ. We may feel that we are not good enough. We may feel that we can never do enough for God. Here is the good news: we are not good enough and never can do enough. But God forgives our sins and receives us back as his children. How can we accept God's forgiveness and let go of guilt?

- 1. According to Psalm 103, how far are our sins removed from us? Explain the picture. What is the reason God gives for his forgiveness?
- 2. According to Micah 7, what has God done with our sins? Explain the picture. What is the reason God gives for his forgiveness?
- 3. Does God still hold us accountable for our sins once we are forgiven? Is God going to bring back those sins against us? How does this knowledge give you an anchor for your faith?

4.	Looking at 1 John 3, we learn that we know that we belong to the truth because we love in action, not just words. What is the hope given in 19-20 that is to reassure our hearts? Why is it wonderful news that God is greater than our heart? What does God know about us?
5.	Therefore, what are we to tell ourselves when our hearts condemn us with guilt even though we have gone to the Lord confessing and repenting of sin?
6.	What are we saying about God when we do not let go of our guilt of sins? What are we saying about ourselves when we do not believe that God has forgiven us?
SL	JMMARY APPLICATIONS:
"F	or I will be merciful toward their iniquities, and I will remember their sins no more." (Hebrews 8:12 ESV)
1.	What does Hebrews 8:12 mean to your life? How does knowing the scriptures from this lesson anchor your life through spiritual failure?
2.	What does the knowledge of how God handles our sins change your life? What will you differently in life knowing that you are forgiven by the grace of God?

### **1 JOHN 5**

- 13 I write these things to you who believe in the name of the Son of God that you may know that you have eternal life.
- 14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.
- 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. (ESV)

### **JOHN 10**

- 27 My sheep hear my voice, and I know them, and they follow me.
- 28 I give them eternal life, and they will never perish, and no one will snatch them out of my hand.
- 29 My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. (ESV)

#### **HEBREWS 6**

- 10 For God is not unjust so as to overlook your work and the love that you have shown for his name in serving the saints, as you still do.
- 11 And we desire each one of you to show the same earnestness to have the full assurance of hope until the end,
- 12 so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises. (ESV)



"Blessed assurance, Jesus is mine. Oh, what a foretaste of glory divine! Heir of salvation, purchased by God. Born of his Spirit, washed in his blood." These words come from the song in our hymnal, "Blessed Assurance." But do we experience the assurance of eternal life that the song speaks of? The final anchor for our faith is the assurance of being with God in life eternally.

- 1. John wrote his first letter with a particular purpose. Why did he write that letter (1 John 5:13)? What does John want Christians to be able to know?
- 2. What is the promise given by Jesus to his sheep (John 10:27-29)? How do we know if we are his sheep?
- 3. Based on John's letter and gospel, what should we look for in our lives to know if we have eternal life?

4.	Looking at Hebrews 6, what does God know about your life? How does this give you confidence? How does this give you an anchor for spiritual strength?
5.	What did the writer of Hebrews want the readers to have (6:11)? How would they achieve this goal?
6.	How will this hope change our lives (6:12)? How will this be an anchor for our faith through difficultimes?
7.	What two characteristics did previous followers of God show so that they inherited the promises of God (6:12)? Did they live perfect, sinless lives? Did they make mistakes? What is God looking for in us so that we can know that we will have eternal life?
	MMARY APPLICATIONS:  Look back at the eight lessons in this workbook. What have you learned in this study that has strengthened your faith and gave you extra weight in your anchor?
2.	What will be your first thoughts and acts when suffering, distress, troubles, and trials come? How wil you handle these difficulties in the future differently than you did in the past?

"We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain..." (Hebrews 6:19 ESV)



### SELF-STUDY WORKBOOK

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