

## **BIBLE AIDS TO DAILY LIVING**

The Bible is God's revealed message or Word to persons. It speaks essentially of God's love and action on our behalf. These existed in the past, but can be experienced in the present and the future.

The person is not only a physical, social and emotional being, but also spiritual. It is ultimately his or her spiritual condition that will bring about harmony in the other areas of his/her life. It is the Scriptures from which we get the answers for spiritual transformation, healing and growth. The Bible also speaks to the issues of stress, social relationships and emotional and physical healing and stability. The Bible brings wellness, thus it is a vital adjunct to the process of coping with daily living through prayer.

### **A Scheme for Applying the Scriptures**

The following diagram summarises the contributory factors to emotional reactions such as anxiety and depression.

All of us face *life stresses*. These are related to 1) expected, or developmental, life changes such as occurs during adolescence, menopause and ageing and 2) to unexpected events (such as death or disasters).

Some life stresses involve anticipated danger. The Scripture passage guide in this paper indicates certain verses which are relevant to either group of life stresses.

People have different types of *reactions* to life stresses. Such reactions include anxiety, anger and discouragement. Passages from the Bible also speak to these reactions. It also speaks of healing which is possible for the relevant emotions.

Providing Biblical answers to life's stresses can alter not only the stresses, but also a person's reactions.

While most reactions are understandable mainly in terms of the pressures and crises of life, some persons respond out of proportion to the stresses they face. Sometimes we may be reacting to memories of past conflicts and parental rejections in our childhood. Thus we may be excessively anxious, angry, guilty, mistrustful or unfriendly. We may have a low self esteem, difficulties with sexual control, a bad temper, or other weaknesses. Our behaviour may not conform to the love of God and love of neighbours as self, that Christian morality requires of us. Thus, we may try to excuse ourselves because we have great difficulty doing otherwise. These behaviours are due to personality problems. There are Scriptures in the guide that relate to guidance, transformation and healing of these personality problems and past memories.

*Hereditary factors* and *biological abnormalities* can cause severe mental illness. These illnesses are usually triggered off by life stresses and personality reactions. Thus Scriptures relevant to these diseases will help. In addition to reading these verses, experiencing God's love through the power of prayer will aid in mental healing.

Life stresses can include spiritual problems such as guilt. Also God may be seemingly remote or unmerciful. Sometimes persons cannot understand why God has allowed certain disasters or sufferings. Specific scriptures also relate to these problems. Thus in using the Bible one should decide what issues specifically one needs to deal with: that is, whether *life stresses, reactions, personality factors, mental illness or spiritual problems*. Some or all of these factors may need attention. It is useful to deal with the different aspects *one by one* in a timely fashion *understanding the connections* between them. Of course *conversion, receiving God's Holy Spirit and spiritual disciplines for growth* are essentials for complete victory over problems. Spiritual disciplines for growth involve prayer, Bible study, meditation, church fellowship, witnessing and serving. References are also provided on these issues. Let your experience and the Holy Spirit guide in where you start and how you proceed.

### **How to Approach this method**

The following approaches for the use of Scripture in coping with daily issues will be useful:-

1. *Pray for the Holy Spirit to prepare you to receive the appropriate guidance.*
2. *Don't use Scripture as a "short cut" substitute for scientific psychological approaches, common sense guidance and practical help. It is an additional necessity, but not a substitute. If the problem requires simple practical action which is fairly obvious, more than Scripture will be necessary.*
3. *Determine whether you also need a trained counsellor or Christian worker to be of help in this. Sometimes what you need first is someone to listen, understand and offer practical assistance.*

### **Interpreting the Scripture**

It is not good enough to use verses in isolation. This can be misleading. *Understand the context in which it was said:* e.g. who said the words, to whom, under what circumstances and for what reason. Assess whether the circumstances may be similar to your own. It is useful to look for the *key words* such as "mercy," "love," "peace," "life," "grace," and understand their meanings in the Scripture.

Interpretation is helped by experience. Most of all *depend on the Spirit of Christ* to show the true meaning of the Word.

Use as many references as are necessary in relation to a particular issue. Cross references are also provided.

### **Homework**

In addition to studying the passages at home, memorise key verses and keep repeating them to yourself in difficult situations or while experiencing negative emotions or personality problems.

### **Pray**

Use the Scripture as a basis for praying for healing of the body, mind, spirit or relationships.

### **A beginning**

The verses and passages provided in the guide represent a small sample of what the Bible has to offer.

You can identify other verses for each category and discover other problems and issues to which the Bible speaks.

Those passages marked with an asterisk (\*) are especially useful for emergency situations.

## **SCRIPTURE REFERENCES FOR USE IN DAILY LIVING**

### **Accepting Christ: Steps to**

1. ROMANS 3: 23 We need to acknowledge our sin. Sin is falling short of what God expects of us in how we relate to Him and to others.
2. ROMANS 6: 23 Sin leads to “death”. In the Bible this means permanent torment of our spirit after physical death. We do not recover from physical death. Life can also be like a type of death.
3. JOHN 3: 16 / JOHN 10: 10 Christ gives eternal life - a life that does not end. Christ also gives abundant life - life in all its fullness, with all that we need.
4. ROMANS 5: 8-9 Christ died in our place so that we can be forgiven for leaving God out of our lives.
5. EPHESIANS 2: 8, 9 We are saved, (or made whole forever), by faith in Jesus. This involves being delivered from evil and being made whole forever in body, mind, spirit and relationship with others and the natural environment. This does not occur by our own efforts. We cannot do it alone. When we believe that He can, Jesus makes it possible.
6. REVELATIONS 3: 20 All we need to do is to invite Christ to take over as our Saviour and our Lord (or master of our lives).
7. ROMANS 10: 13 / ROMANS 8: 13 He will answer our prayer for salvation (or eternal wholeness).
8. ROMANS 7: 14 TO 8: 38 / PSALM These give a good summary of the Christian life.

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*See Growth, Christian*

### **Adultery, habitual**

I CORINTHIANS 6: 9-11

Persons with this problem can be changed through the activity of God's Holy Spirit.

See *Healing Available* and *Growth, Christian*

### **Anger**

1. EPHESIANS 4: 26

Anger is allowable and needs to be expressed as long as one does not sin.

2. PROVERBS 15: 1

One needs to avoid making the other person angry. We do this by being diplomatic when we express our feelings.

### **Anxiety**

1. PHILIPPIANS 4: 6, 7

Prayer and thanksgiving bring peace.

2. I PETER 5: 7

“Cast all your anxiety on Him because He cares for you.”

See *Crisis and Disaster*; *God's love*; *Danger*; *Impossible situations*; *Material Adversity*; *Persecutions*.

### **Bereavement**

1. The fate of those dying in Christ: see *Death, Facing It*.

2. PSALM 146: 5 - 9

Comfort to the fatherless and widows.

3. ROMANS 8: 28

All things work for the best.

4. JOSHUA 1: 9

God is with the bereaved.

Also see *Isolation*, *Suffering*, *Anxiety* and *Material Adversity*.

### **Counselling: A Biblical Approach**

EXODUS 18: 13 - 26, GALATIANS

A rationale for counselling in the Church.

6: 2

I THESSALONIANS 5: 14

Types of approaches, different activities. The Counsellor's patience.

JOB 32: 7 - 9

The Counsellor's inspiration.

GALATIANS 6: 1

The appropriate style of confrontation.

EXODUS 18: 21, JAMES 3: 17

The qualities of a Christian Counsellor.

### **Crisis and Disaster**

JOHN 16: 33

God overcomes in tribulation.

ROMANS 8: 28

All things work together for good for the Christian person.

See *Anxiety; Danger; Impossible situations; Material Adversity; Persecution.*

### **Danger**

1. \*PSALM 34: 7, 20 / PSALM 91: 11 God's angel protects.
2. \* HEBREWS 13: 5-6 We need not fear any person.

### **Death, Facing It**

PSALM 23: 4 We will experience God's presence and comfort.  
I CORINTHIANS 15: 51 - 57 Our resurrection is sure.  
I THESSALONIANS 5: 9 - 11 We will be with the Lord.  
\* REVELATION 21: 4 No sorrow or pain.

### **Depression**

PSALM 42: 3, 5 - 11 We can afford to have hope in God.  
PSALM 46 God is our refuge.

### **Disappointment by Others**

PSALM 118: 8 We can have confidence in God rather than in persons alone.  
PSALM 118: 6 God protects us from persons who intend us harm.

See:-

*Isolation:* God provides us with human fellowship by giving us others who will love us

*Mistrust:* Avoid judging

*Friendship:* Still try to make friends

*Forgiving:* Forgive

*Persecution:* Forbear and love.

### **Divorce and Remarriage**

I CORINTHIANS 7: 10-16, 39-40 A difficult passage. Get help with interpretation.

## **Faith, Results of**

\*HEBREWS 11: 6

Faith brings God's reward.

HEBREWS 11: 1

Faith brings visions into reality.

\* MATTHEW 17: 20

With faith and prayer, nothing is impossible

## **Family Relationships**

1. EPHESIANS 5: 22 & 23

The *Wife* needs to allow her husband to be a Christ-like and responsible family leader.

2. EPHESIANS 5: 25 - 29

The *Husband* needs to show love, nurturing and sacrifice. This is what family leadership means.

3. EPHESIANS 5: 31

Both need to be more committed to each other than to their parents.

4. EPHESIANS 5: 21

Both *Wife and Husband* need to submit to each other in love.

5. EPHESIANS 6: 4

How *fathers* should relate to children.

6. EPHESIANS 6: 1

How *children* need to relate to parents.

7. I TIMOTHY 5: 8

About financial responsibilities.

## **Forgiving**

\* COLOSSIANS 3: 13

Forgive as Christ forgave.

MATTHEW 18: 21 - 35

Forgive endlessly, if you want God's forgiveness.

\* ROMANS 12: 19

Avoid revenge, let God avenge.

see *Persecution*.

## **Friendship**

PROVERBS 18: 24

Friendship involves action. Others can be good friends.

ECCLESIASTES 4: 9 - 10

Friendship is necessary.

## **God Doesn't Seem Real or Near**

\* JAMES 4: 8

Draw near to God and He will draw near to you.

\* HEBREWS 11: 6

Belief must come before feeling.

JEREMIAH 29: 13

Seek, and you will find God.

## **God's love**

I JOHN 4: 7 - 19  
ROMANS 8: 35 - 39

God is love. He first loved us.  
God loves in all circumstances.

see *God's Mercy*.

### **God's Mercy**

PSALM 103: 8 - 18

It exists despite our transgressions.

LUKE 15: 10 - 31

### **God's Presence**

JOSHUA 1: 9

It is wherever we go.

PSALM 23: 4

He is with us even in the valley of the shadow of death.

### **Growth, Christian**

1. ACTS 1: 4 - 8; LUKE 11: 9, 13 Ask for and receive the filling of the Holy Spirit.
2. PSALMS 119: 105, I PETER 2: 2 Feed on God's revealed "Word" which is the Bible.
4. LUKE 18: 1 / I Pray all the time - at every opportunity possible.

THESSALONIANS 5: 17

see *Prayer, How to Pray, The Power of Prayer*.

4. HEBREWS 10: 25 Seek involvement in a church fellowship.
5. ROMANS 1: 16 Witness to others. That is, share with them about your experience of God and about how they can come to have Christ be their Master and Saviour.
6. EPHESIANS 5: 18 Seek to grow in the Spirit by asking God to fill you daily with His Spirit. Walk closely with the Spirit. Listen to what He has to say in each moment.

see *Holy Spirit and Victory in Christian living*.

### **Guilt, False**

I JOHN 3: 19 & 20

We can condemn ourselves falsely when God does not.

### **Guilt, Over Wrongdoing**

I JOHN 1: 9

God will forgive and cleanse, or change us, *if we confess*, or admit to our wrongdoings.

## **Healing Available (Body & Mind)**

- \* PSALMS 103: 1 - 3                      God brings healing.
- ISAIAH 53: 5                                Christ's dying for us on the cross brings healing. - He suffered for us. So if we accept Him, this will remove the pain of the result of fallen creation and of our sins from our bodies, minds, spirit and relationships
- \* JAMES 5: 15 - 16                      Prayer and believing bring healing.

## **Heavenly Hope**

I CORINTHIANS 15: 14 - 22              The Christian's resurrection is sure.

see *Death, Facing It*.

## **Holy Spirit (the) and victory in Christian living**

- EZEKIEL 36: 27 / JOHN 16: 7, 13-14    The Holy Spirit is God's spirit and can live inside us.
- GALATIANS 5: 16 - 23                      His spirit changes our personality and behaviour for the better.
- ACTS 1: 8                                      God's Spirit gives us power or special ability to tell others about Him.
- I CORINTHIANS 12: 4 - 11                His Spirit gives us special gifts, or abilities, through which we can help others.
- JOHN 14: 26 / JOHN 16: 13-14            The Spirit guides us and shows us the teachings of Christ.
- ROMANS 8: 10-28                          The Spirit tells us that we are God's children, gives us life and prays for us so that everything works out for good.
- ACTS 2: 38 / LUKE 11: 13                We receive the Holy Spirit when we accept Christ, and ask Him for His Spirit.

## **Homosexuality**

- \* ROMANS 1: 24 - 28, 32                The homosexual lifestyle is wrong in God's estimation and brings eternal death, or separation from Him. In other words, as with any other act of sin, God sees it as inappropriate for our individual and collective well-being, and as something which distracts us from closeness to Him.
- \* I CORINTHIANS 6: 9 - 11                Persons with homosexual urges or lifestyle can be changed and put right with God, through the activity of His Holy Spirit. Thus God does not ask us to cease from doing something without making that possible as we become closer to Him and get special healing support from others.

See *Healing Available; Growth, Christian, Impossible Situations, Temptation*

## **Impossible Situations**

\* MATTHEW 17: 20, 21                      Nothing is impossible with faithful prayer.

JEREMIAH 32: 27                              Nothing too hard for the Creator.

Also see *Victory in Striving; God's Love*.

## **Infertile Couples**

\* ISAIAH 56: 4 - 5                              You are as important in God's sight.

## **Isolation**

\* ISAIAH 41: 10                                God is a Companion.

\* PSALM 68: 6                                 God provides human fellowship.

\* GALATIANS 3: 28                              Christ draws Christians into one fellowship.

PSALM 37: 25, 28                              The righteous will never be forsaken.

Also see *Parental Rejection, Persecution, Mistrust, Friendship*.

## **Knowing God's Will**

JOHN 16: 13                                    The Holy Spirit will show us.

PSALM 119: 105                                God's "Word" (the Bible) is a general guide.

## **Living as a Christian**

1. EPHESIANS 4: 1 -6                            In the Church.

2. EPHESIANS 4: 17 TO 5: 20                In the world.

3. EPHESIANS 5: 21 TO 6: 4                 In the home.

4. EPHESIANS 6: 5 - 6                        As employees.

5. EPHESIANS 6: 9                             As employers

6. EPHESIANS 6: 10 - 18                      Spiritual conflict and the necessary armour.

## **Lust, habitual**



## **Old Age**

ISAIAH 46: 4  
tomb.

As with the Israelites, God's support goes from the womb to the

See *Isolation*.

## **Parental Rejection**

PSALM 27: 10

Still, God is there for us. He compensates for all the rejection.

## **Persecution and Opposition**

\* MATTHEW 10: 22 / JOHN 15: 20 This is to be expected, as a Christian.

\* MATTHEW 5: 10, 11 God blesses us when others persecute us.

\* MARK 13: 9 - 13 Endurance brings salvation.

\* MATTHEW 5: 44 - 47 Love your enemies, do good and pray for them. (God will give you the ability to do this).

ROMANS 12: 19 - 21

Overcome evil with good.

PSALM 37

If we rely on Him, be patient and avoid sinful anger, God will deliver us from those who treat us as enemies.

See *Forgiveness*.

## **Positive Thinking: Rejoicing**

PHILIPPIANS 4: 4, 13, 19

There is reason to rejoice.

## **Positive Thinking: Thanksgiving**

PHILIPPIANS 4: 6, 7

Thanksgiving and prayer bring peace.

I THESSALONIANS 5: 18

Give thanks in all circumstances.

## **Prayer, How to Pray**

### **A. APPROACH TO PRAYER**

JAMES 4: 3  
pleasure.

Pray to be equipped to serve God, and not merely for your own

HEBREWS 11: 6

Pray with a vision of God's reality and fulfilment.

MATTHEW 17: 20

Expect the impossible.

### **B. THE FORM OF PRAYER**

PHILIPPIANS 4: 4, 6

Give **A**doration.

Give **T**hanks.

I JOHN 1: 9

Seek forgiveness through **C**onfessions.

JOB 42: 10

**I**ntercede for others.

PHILIPPIANS 4: 6

Make **S**upplications

(Remember **A**TCIS)

### C. WHEN TO PRAY

LUKE 18: 1

Always - in all situations, good or bad

### **Prayer, Power of**

MATTHEW 17: 20 - 21

Achieves the impossible.

JAMES 5: 16 - 18

Is effective.

### **Premarital Sex**

GALATIANS 5: 16 - 21

This is called “fornication” and is a fruit of the flesh, or our weak and sinful human nature. It prevents us from entering God’s kingdom, or enjoying the fulfilling life God wants for us.

I CORINTHIANS 6: 18 - 20

One’s body is the temple of God, or a place where He wants to live. We must be good stewards and use it appropriately as He would wish.

*See Sexuality is good in marriage; Temptation*

### **Protection Against Satan**

\* LUKE 10: 18, 19

God gives us power over this enemy.

\* JAMES 4: 7

All we need to do is to submit to God and resist the devil.

\* NUMBERS 23: 23

God is stronger than the Occult. (Including witchcraft and spells)

EPHESIANS 6: 10 - 18

How to put on the armour of God for spiritual warfare.

### **Self Image, Poor**

PSALM 139: 14 - 15

We were created wonderful.

GENESIS 1: 27

- \* ROMANS 8: 15, 16                      We are children of God when restored from our sinfulness.
- \* MATTHEW 10: 29 - 31                God has a special interest in each of us. He places value on each of us.
- \* PHILIPPIANS 4: 13                    We have great potential in Christ.

### **Self-Worth and Self-Giving**

- I CORINTHIANS 12: 21, 22              Each Christian has a role in the Church.
- I CORINTHIANS 12: 7                    Each has a spiritual gift.
- MATTHEW 25: 14 - 29                    Each has natural talents to be used. Thus each Christian has great value and is greatly needed by God and other persons.

### **Sex is good - in marriage**

- I CORINTHIANS 7: 2 - 5                Sex is to be enjoyed for the pleasure of each other, and for procreation. It must not be neglected.

### **Suffering and Adversity**

- HEBREWS 12: 5 - 11
- II CORINTHIANS 12: 7 - 10              God can use suffering to chasten and strengthen us. He makes us strong in weakness.
- \* II CORINTHIANS 1: 5                    Christ brings consolation when we suffer for His sake.
- \* ISAIAH 40: 29, 31                      Even when we don't understand our suffering, God provides deliverance to the PRAYERFUL.
- ROMANS 5: 3 - 5                        Tribulation brings patience, experience and hope.

Also see *Material Adversity; Persecution and Opposition; Suffering, why the Christian?; Impossible Situations*

### **Suffering, Why the Christian?**

- JOB 40: 1, 2, 9, 14                      We do not have the power and knowledge that God has, so we cannot ask Him to **always** give us reasons whenever we face situations that don't make sense.
- \* JOB 42: 1, 2                            All we know is that God is in control and knows all. Nothing is outside of his purpose.
- \* ROMANS 8: 28                         For the Christian all things work for good.

- \* I PETER 4: 12, 13 / I PETER 5: 10    Suffering can be a trial out of which we are strengthened and we mature as persons. Christ will become glorified or honoured before those who see us overcome.

## **Temptation**

- I CORINTHIANS 10: 12, 13    We must be vigilant or watchful. God will give us victory. Christ himself knows all the temptations that we experience because he had to endure them himself. He does not ask us to avoid doing something without giving us the ability to achieve this.

*See Weakness Transformed*

## **Values, Christian**

- EXODUS 20: 1 - 17    The Ten Commandments are guidelines for individual and social well being.
- \* GALATIANS 5: 16 - 25    A list of forbidden “fruit of the flesh”, or the weakness of human nature. These are negative types of behaviour and activities that are damaging to others, self and our relationship to God. Desirable human behaviour or “fruit” that God’s Spirit enables are outlined.
- \* MARK 12: 29 - 31    The basic commandments for human behaviour.
- \* PHILIPPIANS 4: 8    Mature Christian thinking. How we need to think as well as act.

*See Temptation*

## **Victory in Christian Striving**

- II TIMOTHY 1: 12    He is able to keep or preserve us.
- HEBREWS 12: 2 - 3    Jesus is the author and finisher of our journey and purpose in life as Christians. He endured, thus we will endure.
- ROMANS 8: 37 - 39    We are victorious over all through Christ’s love.

*See Impossible Situations*

## **Weaknesses Transformed**

- \* II CORINTHIANS 5: 17    Transformation, or a change within us, is possible.
- \* HEBREWS 9: 13 - 14    The Blood of Christ cleanses.
- \* ROMANS 8: 1 - 4
- GALATIANS 5: 16 - 23    The Spirit of God transforms us.

See *Prayer, Power of*