



Counseling Discipleship Training

Homework to Build Momentum

1. Goals in giving homework:

- a. Continued progressive sanctification between sessions
- b. To help your Counselee know God such that he will fall in love with Him
- c. To give quick hope of quick change to your counselee from the beginning
- d. To help your Counselee understand the responsibility for change is his own
- e. To determine if your Counselee understood what was taught in the session – why change, what to change, and how to change
- f. Sets up the next counseling session's discussion with an intentional focus
- g. To get more data about your Counselee's life and problems
- h. To determine if your Counselee's faith is theoretical or practical James 2:26

James 2:26

As the body without the spirit is dead, so faith without deeds is dead.

- i. To build godly habits in your counselee that can sustain his growth after he graduates



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Have the end goal for your counselee in mind when you think homework.

2. Accomplishing your goals:

a. Help them be organized.

For instance - 3 ring binder and 7 tabs – bring everything back each week.

- **we have them bring these to the 1st session**
- **we suggest keeping their homework in a bag even when studying at home.**
- **Tab names - Summary/Notes, Praise, Thanksgiving, Self, Others, Emotion Log.**

b. Begin giving homework in the very first session.

c. The homework assignment is written out clearly by the Counselor and discussed before leaving.

d. Assign the homework to be worked on starting within 24 hours and for a number of days during the week.

The Christian walk is not a “one and done”; it is progressive and requires self-discipline and usually repetition.

- **Review your 3x5 cards for about 2 minutes a day for 5 days this week.**



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- e. **Prayer - help your Counselee learn to pray.**
- (Praise God) List 1 characteristic of God from your reading.
 - (Thank God) List ___ Things for which you can thank God (about ___ and tell him.)
 - (Confession) Ask God to show you weaknesses/sins where you need to repent, change or grow in order to become more like Christ. List ___, and ask God to help you in these areas.
 - (Intercession) Pray for your counselor to have wisdom to know where to work and what to do. Pray for ___ to be encouraged to see the changes being made in your life.
- f. **Review assignments for assurance of clarity and his own future access**
- Write a summary in your own words of what you learned today, and describe 3 ways you applied it this week.
- i. Have him take notes in session 1 and every session.
 - Stop and tell him –“write that down, you will need that in your homework.”
 - The notes he takes will make a huge difference in how well he remembers and applies what was taught.
 - ii. Another way for him to grasp truth.
 - iii. How well did you teach it?
 - iv. How well did he understand it?
 - v. Did he know how to apply what was learned?
- g. **Bible Studies - choose passages that are helpful concerning what you taught on that session or that you plan to teach the next session.**



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- i. **God's character/attributes, and/or promises. This will give your Counselee hope.**

For example - Attributes of God Bible Study (attached) – Choose an attribute that is most helpful to you in your challenge. Look up verses 10 minutes per day taking notes on how these verses reveal this attribute. Each day, chose one verse and put it on a 3x5 card and on the back, tell why it is helpful to know this about God concerning your challenge. Make note of any that you are doubting to discuss next session.

- ii. **What God has done for him and in him**

For example - Eph 1-3 for 15 minutes /day. Write down everything you learn that God has done for you, in you and through you. Each day choose one verse from your reading that is most impactful to you and put it on a 3x5 card. On the back write down why it is helpful to you in your challenge. Make note of any that you are doubting for discussion next session.

- iii. **God's history with His children**

For example -

- 1. Joseph Bible Study, written answers completed on 4 different days. (attached)**



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2. **David - Read Psalm 32, 38, 51 on 3 different days concerning David's sins surrounding Bathsheba and Uriah. Write a 1 page essay concerning these Psalms and how they help you concerning XYZ specific sin in your life.**

iv. **God's instruction concerning your Counselee's challenge or sin.**

For example –

1. **Read Proverbs 10 minutes on 4 different days this week. Write down what you learn with references about what God instructs concerning . . . (i.e. – parenting, results of anger, etc.)**
2. **Bible verses within pamphlets assigned for reading - For 10 minutes / day on 3 different days, look up all verses referenced in the pamphlet. Each day choose the most impactful, put in on a 3x5. On the back of the card, write down why it was helpful to you in your . . .**
3. **Read Eph 4-6, 1 chapter per day. Each day choose an instruction that is helpful to your struggle and put it on a 3x5 card. On the back, tell how that is helpful to you.**



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h. Memory and review work - hiding God's Word in their hearts

Ps 119:11

I have hidden your word in my heart that I might not sin against you.

i. To sanctify them, bring transformation (Jn 17:17, Eph 4:23)

Jn 17:17

Sanctify them by the truth; your word is truth.

Eph 4:23

to be made new in the attitude of your minds

ii. To help them remember

iii. Give passages that:

1. help them see goodness of God.
2. help them understand their ability to live a godly life.

Eph 3:20

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

3. bring conviction (i.e. parenting – Ecc 8:11, or pride – James 4:6)
4. teach how to live a repentant life. (Ps 32)

i. Pamphlets explaining why change, what to change, and how to change

i. Foundational – applicable to all problems:



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1. ***Gospel Primer*, Milton Vincent (For salvation concerns)**
Read all the text and Scriptures at the bottom of the pages.
Highlight any you have questions or concerns about for discussion next week.
2. ***You Can Trust God*, Jerry Bridges**
Read and highlight, review highlights, star the 7 most helpful highlights. Memorize Eph 1:11 or Prov 19:21
3. ***Christ and Your Problems*, Jay Adams**
Read and highlight, review highlights, star the 7 most helpful highlights. Write a paragraph on how the truths in this pamphlet help you when you are struggling with XYZ.
Memorize 1 Cor 10:13
4. ***How to Handle Trouble*, Jay Adams**
Read and highlight, review highlights, star the 7 most helpful highlights. Put A-F from page 54 on a 3x5 card, memorize it this week.
5. ***Godliness Through Discipline*, Jay Adams**
Read and highlight, review, star 7 most helpful highlights.
And/or: Write out specifically how you will structure your day such that your homework is done each day. What do you need to stop doing, and what do you need to start doing?



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6. *The Cross Centered Life, C. J. Mahaney*

Read and highlight, review, star 7 most helpful highlights.

And/or: In about 2 or 3 paragraphs, tell how these truths help you in your current struggles. Memorize Rom 5:8.

7. *How to Overcome Evil, Jay Adams*

Read and highlight, review, star 7 most helpful highlights.

Write down 5 ways you can show love to your “enemy”. Do 2 this week and record them. Bring this back next week.

- ii. Specific to problem – see suggested resources in specific workshops.

j. Plans for changing. Practical helps.

For Example –

1. Ephesians 4 Put Off / Put On Strategy Sheet (attached, both an example and blank). Add one entry under each heading this week and record 3 times this week you lived differently using it
2. Ask your spouse to forgive you for misrepresenting Christ by using unkind speech and volume.
3. Make a behavior chart for your child with expectations, rewards and consequences and bring it back next week.
4. Have 2 conference tables this week, keep the log, and bring it back with you.



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5. Call your church and ask them how you can serve there. Write this down and bring back next week.
 6. Do 3 loving acts for your spouse above and beyond the usual. Write these down. (Massage, fix favorite cookies, do the toilets, etc.)
- k. **Data Gathering** – Get more information about how they responded to circumstances through the week after they leave you.

Emotion Logs: List the negative emotion (anger, depressed, worry, despairing, anxiety, etc.) then write down in short answers:

- 1) What was happening?
- 2) What were you thinking?
- 3) What were you wanting?

3. What to do when your Counselee does not do his homework.
 - a. Usually due to:
 - i. Counselor did not explain or write out the assignment
 - ii. Unrealistic time required to complete homework
 - iii. Counselee is not properly motivated to change
 - b. Ask him questions –“What is the reason behind this?”
 - i. Time?
 1. Ask specific questions about each night’s schedule by hour.



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Give practical suggestions

- a. Help him think through his priorities and schedule.
- b. No TV/computer/ipad, etc. until the day's assignment is complete
- c. Have children stay in another room (or stay quietly where you are) and look at Bible books while you do your homework.
- d. Ask spouse to swap off with you with kids to get homework done.

ii. Motivation?

1. Is He properly awed and humbled by the cross?
 2. Does he think change will happen if he does not change anything?
 3. Build excitement.
 4. Remind him of his 1st week's commitment to you. Reveal your disappointment, but with hope of change this next week.
- c. Have Counselee use that session hour to do the homework while you do other things.
- d. If repetitive failure to do homework after doing the above –



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Suggested responses

- i. **“If homework is not completed by the day of your next appointment, please call and leave me a message that you need to cancel. You will lose your deposit and need to bring a new deposit when you come back.”**
 - ii. **(after 2, 3 or 4 times perhaps) Lovingly and gently let him know you cannot continue with him if he is not committed to the process.**

4. **Summary – You love your counselee well when you give him homework because as he is walking out of your counseling room he is carrying in his arms real hope and help. You can know you have helped him plan to meet with God regularly and purposefully until he returns, and that you have given him very practical tools to use in his great challenges beginning that very day.**

Homework Assignments attached:

Sample Homework Form

Ephesians 4 Put Off / Put On Strategy Sheet (why, what and how to change)

Attributes of God Bible Study (to know God, and grow in hope)

Father’s Love Letter (hope, encouragement for the weak, downcast)

Phil 4:8 Work sheet (to change wrong thinking)

Joseph Bible Study (when there has been unkindness to him)



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Other Bible Study suggestions:

1 Peter – Read 1 chapter a day. Each day write down all you read about suffering concerning God, self, others and circumstances. Then write down how knowing this helps you in your circumstances.

Job 38-42 - Read 1 chapter a day. Each day write down how knowing what you read about God helps you trust God in your circumstances.

Heb 11 – Read this chapter once a day for at least 3 days this week. Each day, choose a person listed and write down what may have been difficult about that trial. Then tell what promises of God or truths about God may have helped that person to be faithful in their trial.

Other Resources:

Romans Bible Study (ability and how to change) email me for a free digital copy.

Assorted homework assignments by problem area from Brad Bigney -

<http://bradbigney.wordpress.com/making-the-most-of-homework>

Lisalovestony@gmail.com



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CFC Counseling Ministry

Date: 6/10 Session # 1

Bring all prior and current homework back to each session.

Name: John + Jane Doe

(circled words are notebook tabs)

1. After every session within 1 day, write a short (summary) of what was taught. Describe 3 times you applied it this week.

2. Pray specifically for the counseling process at least 3x per week. For each week:

(PRAISE GOD) List 1 characteristic of God from your reading.

(THANK GOD) List 3 things for which you are thankful to God [about spouse and tell him/her].

(self) (CONFESSION, PETITION) Ask God to show you weaknesses/sins where you need to repent, change or grow in order to become more like Christ. List 1, and ask God to help you in these areas.

(others) (INTERCESSION) Pray for your counselor to have wisdom and insight – to know where to work and what to do. Pray for spouse to be encouraged in the process and to see the changes being made in your life.

3. Attendance: Record principles that you can apply to your life right now, and describe how you used them this week.

Worship Service/Sunday School Small Group ___ Hours of church/week Other

4. Bible Reading: Ephesians 1-3

Read 1 chapters/minutes per day for 3 days per week. For each day, put your most helpful verse on a 3x5 card. Meditate on that verse for a day, then write a short description of how you lived differently due to that verse.

Read _____ and list principles that you can apply, and describe how you applied at least _____ this week.

Write down all you see that God has done for and in believers

5. Hiding Scripture in your heart:

Put on a 3x5 card, memorize by Fri, and be ready to explain mt 11:28-30. Review past memory verses.

Review all 3x5 cards 5 times/week ~~x 2~~ minutes/day. Add: Eph 3:20; Is 55:8-9

6. Read: You Can Trust God

Highlight the sentences that give you hope or help. Review your highlights, and number the 5 most impactful.

Write a brief summary/outline of the principles, and describe how you applied at least _____ this week.

Answer Q's at end

7. Service/Loving Acts:

Use list provided Make a list of ___ ways From your own list Do 3 ^{for spouse}. Record what and when.

8. Do/Other:

(Emotion Log): List "negative" emotion, then give short answers to these questions:

1) What was happening?

2) What were you thinking?

3) What were you wanting?

Next appt: 6/17 @ 7 pm

Charges for materials: \$ 4.00

Title: Tr. God. Date paid: 6/10 ck

Our Part of Biblical Change (1 Timothy 4:7-9)
Prayer + Bible Study + Correct Thinking + Effort



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EXAMPLE: Put off/Put on Strategy Sheet

Problem: My coworker (parent, wife, husband, boss, neighbor) is very unkind to me. It hurts. I get angry and bitter towards him/her.

Read Ephesians 4:22-24. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

My personal behavior within the problem: I respond with anger and resentment and bitterness. Sometimes I retaliate by speaking unkind words back to this person. Sometimes I internalize my anger by having self-pity. Sometimes I live out my frustration by being short and ugly with innocent parties. I plan in my heart how much “fun” revenge would be, and even carry it out on occasion.

Applicable scripture:

Psalm 46:1 God is my refuge and strength, my ever present help in trouble.

Colossians 4:6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. (NIV) (what to do with my words)

Hebrews 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (NIV) (Focus thoughts on God’s goodness and love)

Job 36:21 Beware of turning to evil, which you seem to prefer to affliction. (response to hardship)

What do I want when I am tempted to sin in this way? (idolatrous desires)

I want people to be kind to me. I want comfort and refuge from my circumstances and/or relationships. I want an easier life.

What are the lies that I am believing about God, myself, and my happiness? Why do I believe that this will make me happier than what God has already given me? (heart/inner man/deceitful desires)?

God’s comfort and refuge are not sufficient for me. My happiness depends on other people.

I would have planned this to be a more loving outcome than God did. God is not being good to me.

I deserve to (am entitled to) be treated kindly. My temporary happiness is more important to me than growing in Christ-likeness.

Personal sin(s) associated with the problem: (Be sure to confess these to God so that you can receive the joys of forgiveness and being purified.)

With my complaining I realize I have accused God of being unloving, unkind, unwise, and not good.

I have failed to remind myself that God has brought this hard thing into my life for the purpose of growing me in Christ-likeness (Romans 8:28).

I made my desires more important than pleasing God.

Because I did not remind myself of these things, I responded with anger, bitterness, unkind words to my offender and even to innocent people, and vengeful thoughts.

Specific times or situations when I am tempted to fall into this sin:

When I first see my coworker every day after driving in and stewing on the situation.

My spouse comes in 1st thing in the morning and says an unkind or rude comment meant to hurt or offend me.

My mom tells me what a lousy job I’m doing at raising my children.

My neighbor ridicules the way I keep my yard.

Specific prayers I’ll pray each day concerning this temptation: Lord, I am hurting and don’t “feel like” being kind to this person. I want to lash out in anger. Lord, please forgive me for failing to reflect your goodness, grace, mercy and love to this person who so desperately needs to know you (or more about you)! I confess that I have made people the source of my refuge and comfort instead of remembering that you are the perfect and sufficient source of that for me. Please remind me of applicable scripture so that I will turn to you for refuge and comfort and so that I will choose obedience to You rather than be ruled by my emotions.



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My strategy will be to prayerfully depend on the power of the Holy Spirit, and using the Ephesians 4:22-24 put off/ put on command, I will:

Desires, Motives (Heart transformation according to truth from God's Word):

Off: (What do I want more than pleasing God?)

I want people to be kind to me. I want an easier life. I want my comfort to come from people.
I am willing to disobey God's command to be holy in order to get temporal happiness.

On: (What does God say I should want? 2 Corinthians 5:9, 15)

Out of gratitude for the cross, I should want to please God in my thoughts, words, and actions.
I should be willing to say "no" to self and "yes" to God.
I should be willing to accept whatever God allows in my life and respond to it in a way that honors God.

Thoughts (Heart transformation according to truth from God's Word):

Off: (Sinful thinking concerning God, self, others, and/or circumstances)

I hate him/her. He/she is such a jerk!
I'll fix him/her. My life is miserable because of him/her.

On: (Right perspective concerning God, self, others, and/or circumstances)

Because I have Christ living in me, I will choose to love my enemy.
I will rehearse and meditate on a memory verse until those ugly thoughts are no longer a temptation.
Revenge belongs to the Lord alone. My job is to reflect God's love.
I am going to deny focusing on myself and my pleasures and be thankful to God for every circumstance.
I need to do good to those who "hate me".
God's plans for me are to build my future and hope. My faith will grow through this.

Words: (Ephesians 4:29, Colossians 4:6)

Off: (Old self words)

"Why can't you be like 'so-and-so'?"
"Get lost."
"You are such a jerk."
"My friend's co-worker (husband, neighbor, parent) is so much nicer than you."
Talking to others about this person in a negative way.
Taking out my frustration by yelling at the kids (innocent party).

On: (New self words) "That suit looks really great on you."

"I hope today is a good day for you."
"What can I do to make your day better?"
"You are really great at ...I have learned a lot from you about that."
Pray, asking God to show me how to show kindness to him/her.
Only speak complimentary words about him/her to others.
Speak to others in a tone and with words that are pleasing to God.

Actions: (How can I actively love God and others at this time?)

Off: (Old self actions)

Ignore him/her. Silent treatment.
Body language and countenance that shows disdain (folded arms, posture, facial expressions)
Hanging up on him/her while on the phone.
Slamming things around.

On: (New self actions)

Get him/her a cup of coffee.
Smile in a way that reflects Christ's goodness and grace.
Send a note complimenting him/her.
Look for ways to do him/her favors, then do it.
Act kindly to everyone in spite of my frustration and hurt.



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Put off/Put on Strategy Sheet¹

Problem:

Read Ephesians 4:22-24. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

Date started:

My personal behavior within the problem:

Applicable scripture:

What do I want when I am tempted to sin in this way? (Idolatrous desires)

What are the lies that I am believing about God, myself, and my happiness? Why do I believe that this will make me happier than what God has already given me? (heart/inner man/deceitful desires)?

Personal sin(s) associated with the problem: (Be sure to confess all sins to God so that you can receive the joys of forgiveness and being purified.)

Specific times or situations when I am tempted to choose to sin in this way:

Specific prayers I'll pray each day concerning this temptation:

¹ Scriptural Salve for Your Soul, *For information on this Bible Study for hurting women, Refuge and Strength for survivors of rape or sexual abuse, or Strong, Firm and Steadfast for men who have been through hardship, please contact Tony Anderson at TonyA@cfcjax.com.*



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My strategy will be to prayerfully depend on the power of the Holy Spirit, and using the Ephesians 4:22-24 put off/ put on command, I will:

Desires, Motives (Heart transformation according to truth from God's Word):
Off: (What do I want more than pleasing God?)

On: (What does God say I should want? 2 Corinthians 5:9, 15)

Thoughts (Heart transformation according to truth from God's Word):
Off: (Sinful thinking concerning God, self, others and/or circumstances)

On: (Right perspective concerning God, self, others, and/or circumstances)

Words: (Ephesians 4:29, Colossians 4:6)
Off (Old self words):

On (New self words):

Actions: (How can I actively love God and others at this time?)
Off (Old self actions):

On (New self actions):



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ATTRIBUTES OF GOD

I will remember that my God is...

<u>Immutable</u>	1 Samuel 15:29; Psalm 119:89; Ecclesiastes 3:14; Malachi 3:6; Hebrews 1:10-12; James 1:17
<u>Perfect</u>	Deuteronomy 32:4; 2 Samuel 22:31; Job 37:15-16; Psalm 19:7; Matthew 5:48; 1 Corinthians 13:9-10; Hebrews 7:28; James 1:17
<u>Good</u>	Psalm 69:16; Psalm 86:5; Lamentations 3:25; Luke 6:35, 18:18; Romans 2:4
<u>Accessible</u>	2 Chronicles 7:14; Psalm 27:4; Isaiah 55:3; John 14:6; Ephesians 2:13; James 4:8; 1 John 5:14
<u>Eternal</u>	Genesis 21:33; Psalm 90:1-2, 102:25-27; Isaiah 40:28; John 1:1-4; Hebrews 1:1-3; Revelation 4:8-9
<u>Holy</u>	Psalm 111:9; Proverbs 9:10; Isaiah 57:15; Hosea 11:9; 1 Peter 1:15-16; Revelation 4:8
<u>Righteous</u>	Job 37:23; Psalm 103:6; Isaiah 41:10, 51:5-6; Matthew 6:33; 2 Timothy 4:8; 1 John 2:1
<u>Omniscient</u>	Psalm 44:20-21; 1 Samuel 16:7; Proverbs 16:2; Jeremiah 1:5; Daniel 2:22; 1 Corinthians 3:20; Hebrews 4:13; Revelation 2:23
<u>Omnipotent</u>	Exodus 15:6-8; 2 Chronicles 14:11; Job 9:10; Jeremiah 27:5; Matthew 22:29; 1 Corinthians 6:14; Ephesians 3:20-21
<u>Omnipresent</u>	1 Kings 8:27; Psalm 139:7-10; Isaiah 66:1; Jeremiah 23:23-24; Acts 17:27; Hebrews 4:13
<u>Jealous</u>	Exodus 20:7, 34:14; Deuteronomy 4:24; Nahum 1:2; 1 Corinthians 10:22; James 4:4-5
<u>Sovereign</u>	1 Chronicles 29:12; Psalm 75:6-7; Isaiah 45:7; Amos 3:7; Romans 14:11-12; Ephesians 4:6; 1 Timothy 6:15-16; James 4:12
<u>Merciful</u>	2 Samuel 14:14, 24:14; Psalm 32:5; Proverbs 28:13; Luke 6:36; Ephesians 2:4-5; 1 Peter 5:10; 2 Peter 3:9
<u>Wise</u>	Job 12:13; Proverbs 3:19-20; Isaiah 28:29; Daniel 2:20-22; Romans 11:33; 1 Corinthians 1:24-25
<u>Guide</u>	Numbers 10:33; Psalm 25:9, 31:3, 139:24; Isaiah 42:16; Luke 1:79; John 16:13
<u>Faithful</u>	Genesis 28:15; 1 Kings 8:23-24; Psalm 92:1-2; Isaiah 25:1; 2 Timothy 2:13; 2 Peter 3:9; 1 John 1:9;
<u>Long-Suffering</u>	Exodus 34:6; Psalm 103:8; Jeremiah 15:15; Joel 2:13; Romans 2:4; 1 Timothy 1:16; 2 Peter 3:9
<u>Judge</u>	Genesis 18:25; Psalm 7:11; Isaiah 33:22; Jeremiah 11:20; Romans 2:16; James 4:12; 1 Peter 1:17; Revelation 20:11-12
<u>Impartial</u>	Deuteronomy 10:17; 2 Chronicles 19:7; Job 34:18-19; Acts 10:34-35; Romans 2:11; Colossians 3:25; Galatians 2:6



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<u>Gracious</u>	Psalm 84:11; Isaiah 30:18; Lamentations 3:22; Joel 2:13; 2 Corinthians 4:15; Ephesians 2:8; Hebrews 4:16; 1 John 5:14
<u>Love</u>	Job 7:17; Psalm 103:3; Isaiah 54:10; Hosea 11:1; John 3:16; Romans 5:8; Ephesians 2:4-5; Hebrews 12:6
<u>Preserver</u>	Psalm 119:50; Isaiah 46:4; Zechariah 9:8; 1 Corinthians 10:13; 2 Thessalonians 3:3; 1 Peter 3:12; Revelation 3:10
<u>Person</u>	Isaiah 46:9; Jeremiah 14:22; Habakkuk 3:13; Mark 12:32; Romans 1:25; 1 Thessalonians 1:9; Hebrews 1:3
<u>Provider</u>	Psalm 68:7-10; Isaiah 40:29; Ezekiel 36:26-28; Jonah 1:17; Matthew 7:9-11; 2 Corinthians 9:8-9; 1 Timothy 6:17
<u>Father</u>	Deuteronomy 32:6; Psalm 68:5; Isaiah 63:16; Malachi 2:10; Luke 11:13; John 10:29-30; Ephesians 1:17; 1 John 3:1
<u>Infinite</u>	Deuteronomy 32:39-40; Job 35:6-8; Jeremiah 10:10; John 5:26; Acts 17:24-25; Romans 11:33-34
<u>Invisible</u>	Deuteronomy 4:15; Job 9:11; Psalm 97:2; Isaiah 40:18; Matthew 6:6; Colossians 1:15; 1 Timothy 6:16; 1 John 4:12
<u>Just</u>	Nehemiah 9:33; Proverbs 24:12; Isaiah 28:17; Romans 9:14; Ephesians 6:8-9; Hebrews 10:30; 1 Peter 1:17
<u>Creator</u>	Genesis 1:1; Psalm 19:1; Ecclesiastes 3:11; Malachi 2:10; Acts 17:24-25; 1 Timothy 6:13; Revelation 14:7
<u>Incomprehensible</u>	Deuteronomy 29:29; Judges 13:18; Job 11:7; Ecclesiastes 11:5; Isaiah 55:8-9; Matthew 11:27; Romans 11:33-34; 1 Corinthians 2:11
<u>Savior</u>	2 Samuel 22:47; Habakkuk 3:18; Zechariah 9:16; Luke 2:11; 1 Thessalonians 5:9; Jude 24-25



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Read the following for 10 minutes per day for 5 days this week. Then for 5 minutes each day, write down how knowing what you read is helpful to you in your challenge.

Father's Love Letter

My Child,

You may not know me, but I know everything about you. [Psalm 139:1](#)

I know when you sit down and when you rise up. [Psalm 139:2](#)

I am familiar with all your ways. [Psalm 139:3](#)

Even the very hairs on your head are numbered. [Matthew 10:29-31](#)

For you were made in my image. [Genesis 1:27](#)

In me you live and move and have your being. [Acts 17:28](#)

For you are my offspring. [Acts 17:28](#)

I knew you even before you were conceived. [Jeremiah 1:4-5](#)

I chose you when I planned creation. [Ephesians 1:11-12](#)

You were not a mistake, for all your days are written in my book. [Psalm 139:15-16](#)

I determined the exact time of your birth and where you would live. [Acts 17:26](#)

You are fearfully and wonderfully made. [Psalm 139:14](#)

I knit you together in your mother's womb. [Psalm 139:13](#)

And brought you forth on the day you were born. [Psalm 71:6](#)

I have been misrepresented by those who don't know me. [John 8:41-44](#)

I am not distant and angry, but am the complete expression of love. [1 John 4:16](#)

And it is my desire to lavish my love on you. [1 John 3:1](#)

Simply because you are my child and I am your Father. [1 John 3:1](#)

I offer you more than your earthly father ever could. [Matthew 7:11](#)



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For I am the perfect father. [Matthew 5:48](#)

Every good gift that you receive comes from my hand. [James 1:17](#)

For I am your provider and I meet all your needs. [Matthew 6:31-33](#)

My plan for your future has always been filled with hope. [Jeremiah 29:11](#)

Because I love you with an everlasting love. [Jeremiah 31:3](#)

My thoughts toward you are countless as the sand on the seashore. [Psalm 139:17-18](#)

And I rejoice over you with singing. [Zephaniah 3:17](#)

I will never stop doing good to you. [Jeremiah 32:40](#)

For you are my treasured possession. [Exodus 19:5](#)

I desire to establish you with all my heart and all my soul. [Jeremiah 32:41](#)

And I want to show you great and marvelous things. [Jeremiah 33:3](#)

If you seek me with all your heart, you will find me. [Deuteronomy 4:29](#)

Delight in me and I will give you the desires of your heart. [Psalm 37:4](#)

For it is I who gave you those desires. [Philippians 2:13](#)

I am able to do more for you than you could possibly imagine. [Ephesians 3:20](#)

For I am your greatest encourager. [2 Thessalonians 2:16-17](#)

I am also the Father who comforts you in all your troubles. [2 Corinthians 1:3-4](#)

When you are brokenhearted, I am close to you. [Psalm 34:18](#)

As a shepherd carries a lamb, I have carried you close to my heart. [Isaiah 40:11](#)

One day I will wipe away every tear from your eyes. [Revelation 21:3-4](#)

And I'll take away all the pain you have suffered on this earth. [Revelation 21:3-4](#)



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I am your Father, and I love you even as I love my son, Jesus. [John 17:23](#)

For in Jesus, my love for you is revealed. [John 17:26](#)

He is the exact representation of my being. [Hebrews 1:3](#)

He came to demonstrate that I am for you, not against you. [Romans 8:31](#)

And to tell you that I am not counting your sins. [2 Corinthians 5:18-19](#)

Jesus died so that you and I could be reconciled. [2 Corinthians 5:18-19](#)

His death was the ultimate expression of my love for you. [1 John 4:10](#)

I gave up everything I loved that I might gain your love. [Romans 8:31-32](#)

If you receive the gift of my son Jesus, you receive me. [1 John 2:23](#)

And nothing will ever separate you from my love again. [Romans 8:38-39](#)

Come home and I'll throw the biggest party heaven has ever seen. [Luke 15:7](#)

I have always been Father, and will always be Father. [Ephesians 3:14-15](#)

My question is...Will you be my child? [John 1:12-13](#)

I am waiting for you. [Luke 15:11-32](#)

**Love, Your Dad.
Almighty God**

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Think About Such Things

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things. Phil. 4:8

In the space below, describe a problem that troubles you. Once you have done this, work through a-h, dissecting the situation according to this verse. ²

- a. What is true? (What is true of this situation and about yourself, from a biblical perspective?)

- b. What is noble? (What can you do that will give most honor to the Lord?)

- c. What is right? (What is the right way for you to respond to the temptation?)

- d. What is pure? (What must you do to keep yourself pure in this situation? What steps should you take to flee from this temptation?)

- e. What is lovely? (What lovely thing could the Lord be doing in your life through this very situation? What opportunities is God giving you to show His character to others?)

² Questions in parenthesis are taken from *Self-Confrontation Manual*, John Broger, (Palm Desert, CA: Biblical Counseling Foundation, 1991), "Think and Do List Explanation", p. 463



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Joseph³

Using Joseph as our example, this week we want to understand that because of God's provision for the believer, honoring God in every area of life is possible today regardless of the situation.

Day 1 *Memory Verse reviewed today?* Yes___ No___

1. This week's Scripture memory verse is Genesis 50:20a. Write it out in the space below. Be prepared to say the verse from memory.

Read Genesis 37

Note: Jacob and Israel are the same man.

2. From vs. 4 & 8, what kind of emotional abuse did Joseph suffer from his siblings?

3. From vs. 18-28, what other kinds of abuse did Joseph suffer at the hands of his siblings?

4. Due to the brothers' active wickedness towards Joseph, what was his lot in life by the end of the chapter, and what may he have been experiencing physically and emotionally?

³ Used by Permission. *Strong, Firm and Steadfast*. For information on this free study, contact Tony Anderson – TonyA@cfcjax.com



13. How has God displayed His attribute of kindness to you in your situation?

14. Joseph faithfully fulfilled specific responsibilities which God had given him.

- a. Had Joseph not been faithful, what excuses could he have thought of to keep from fulfilling these responsibilities in a God-honoring way?**

- b. What responsibilities (spiritual or practical) has God given you during your difficulty?**

- c. Both Potiphar and the jailer could see the fruits of God's presence and strength in Joseph's life even in the worst of circumstances—slavery and imprisonment. As a believer in Christ, we too have the same presence and strength of God within us. How can you make God's work in you obvious to those around you as you fulfill your responsibilities in the midst of your hardship?**

- d. What excuses have come to your mind that would tempt you to fail in fulfilling your responsibilities in a God-honoring way?**

- e. Write a prayer asking for strength to fulfill these responsibilities in a God-honoring way.**



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Day 3 Memory Verse reviewed today? Yes___ No___

Read Genesis 40

15. How do we know that Joseph made an effort to be sensitive to the needs of others even though he had been unjustly enslaved and then unjustly imprisoned?

16. Whom has God put into your path that would benefit from your sensitivity even while you endure hardship?

17. How was Joseph treated unjustly yet again by one who could have been instrumental in gaining his freedom?

Read Genesis 41

Note: In the previous 13 years, Joseph had experienced incredible hardships and injustices. He was abused by his brothers. His brothers did not speak a single kind word to him. He was the object of a murder plot, thrown into a cistern and sold by his brothers into slavery. He was taken from his homeland and sold in Egypt to a new master. His master's wife tried to seduce him repeatedly and then unjustly accused him of assaulting her. He was then thrown into prison and later forgotten by the one who could have been instrumental in gaining his freedom.

18. From verses 16, 25, and 28, when it would have been momentarily advantageous to take credit for dream interpretation in front of the Pharaoh, to whom did Joseph give credit?



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19. Verses 51-52 give us an amazing look at Joseph's perspective concerning his previous horrible treatment. In your own words, how would you describe this perspective?

20. What do you think Joseph had done to develop this perspective?

21. What will you do to develop this perspective?

Day 4 Memory Verse reviewed today? Yes___ No___

Genesis 42-44 explain how Joseph's brothers went to Egypt to get grain during the famine and had to appear before Joseph, the second in command. Although they did not recognize their brother, Joseph recognized them, but kept it to himself. Later, through a series of events, the youngest brother finds himself falsely accused of stealing. Still not recognizing Joseph's true identification, the brothers throw themselves down at the mercy of their powerful brother, Joseph.

In future lessons we will deal with appropriate responses for your specific situations. However, answer the following questions for the purpose of understanding how Joseph honored God in his particular circumstances.



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Read Genesis 45

22. From vs. 5, what did Joseph communicate to the family members who had sold him into slavery (which ultimately brought him to be forgotten in prison)?

23. From vs. 5-8, how many times does Joseph mention that it was God who had sent Joseph there?

24. What did Joseph understand about God that gave him such a godly response to his brothers?

25. What do vs. 10 & 11 reveal about Joseph's attitude towards those who had treated him so horribly?

26. From verse 15, what was Joseph's physical response towards his brothers who had treated him so horribly?

27. How do Joseph's actions compare to those of one who does NOT seek to honor God by her responses?

Read Geneses 50:18-21 (Note: This is following the death of their father.)

28. How does Genesis 50:20 correlate with Romans 8:28-29?



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29. Consider your responses in both attitude and action to those who have hurt you in any way. Which of these are honoring to God?

30. Which are not honoring to God?

31. Write a prayer asking God to give you responses that are pleasing to Him.

32. What will you do this week to change your responses that are not honoring to God?