

All I Need

TRUSTING OUR SUFFICIENT GOD

session 1

2 Corinthians 3:5-6 *“Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God, who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit, for the letter kills, but the Spirit gives life.”*

Things Helen did that you and I can do:

1. Be honest about my own insufficiency and my constant need of God.
2. Live in the Word, rain or shine.
3. Trust that God is leading according to His good purposes (not necessarily according to mine).

Know God well enough to trust His character and knowledge.

1. God is love.

Romans 3:20-27 (NLT) *“For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are. But now God has shown us a way to be made right with him without keeping the requirements of the law, as was promised in the writings of Moses and the prophets long ago. We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are. For everyone has sinned; we all fall short of God’s glorious standard. Yet God, in his grace, freely makes us right in his sight. He did it through Christ Jesus when he freed us from the penalty of our sins. For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood.”*

2. God is Truth.

John 14:6 *Jesus said, “I am the way, the Truth, and the life...”*

TWO CHOICES:

- TRUST GOD
- TRUST MYSELF

MY VIEW OF SUFFICIENCY
DRIVES MY TRUST

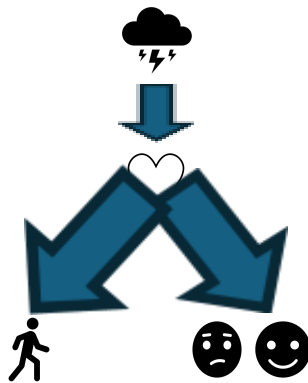
All I Need

GOD'S WORD WITH MY EMOTIONS

session 2

Hebrews 4:12-13 *“For the Word of God is living and active, sharper than any two-edged sword, piercing even to the division of soul and spirit, or joints and marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from His sight, but all are naked and exposed to the eyes of him to whom we must give account.”*

Considering our Script



CIRCUMSTANCES
Physical/Spiritual Pressures

INTERPRETATIONS
HEART: Thoughts/Purposes
My way or God's way?

HELEN

CARLA

BEHAVIOR (Outer) EMOTIONS (Inner)

I interpret my circumstances according to the thoughts and intentions (purposes/desires) of my heart.

God's way	My own way
Gospel of Jesus Christ (I Peter 1:13-16) The Father, Son, and Holy Spirit (I Peter 1:2) Truth (Proverbs 30:5; John 17:17)	The world's philosophies (Col 2:8) My own flesh (Galatians 5:17-20; Romans 7:18) The adversary (I Peter 5:8)

My behaviors and emotions mirror the thoughts and purposes of my heart.

Feed yourself truth starting now:

- God is enough (2 Corinthians 9:8).
- God loves me (I John 4:7-8).
- Jesus is the Way, the Truth, and the Life (John 14:6).
- God offers me wisdom (James 1:5-6).
- God defines and supplies all I need (Philippians 4:19).
- God's plan is personal and secure (Philippians 1:6).
- God's purposes are good even when He doesn't explain (Romans 8:28-29).

God's Good Purposes for Emotions: To reflect God's image and design for us.

- Godly fear is protective, discerns actual dangers, moves us closer to God our Refuge (Psalm 56).
- Godly anger desires justice and true righteousness and seeks it God's way (Psalm 54; James 1:19-20).
- Godly sorrow mourns over sin/suffering, clings to hope in Christ, and shows compassion (1 Peter 1:3-9).

All I Need

THE SUFFICIENCY OF GRACE DURING SUFFERING

session 3

Jesus invites us to walk with Him by grace through our suffering.

Hebrews 4:15-16 *For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted [tested] as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

Why don't I feel God's mercy?

- Insufficient understanding of His grace
- I define my needs differently than God does
- I focus on rewards and punishments, or comfort and happiness
- God's timetable is different than mine
- I want relief, but God's lesson plan is suffering

2 Corinthians 12:7-10 [God said to Paul] *"My grace is sufficient for you, for my strength is made perfect in weakness."* [Paul responded] *Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."*

Paul's testimony: 2 Corinthians 6:4-6

Sue's testimony: Luke 22:31-32

Peter's testimony: John 21:1-22

Helen's testimony: Isaiah 53:7

Can you thank Me....

Your testimony

All I Need

RECOMMENDED READING

Berg, Jim. *God is More Than Enough: Foundations for a Quiet Soul*. Greenville, SC: BJU Press, 2010. Companion book to the excellent DVD series *Quieting a Noisy Soul*. May be read on its own or after completing the series. Workbook: *Taking Time To Quiet Your Soul*.

Borgman, Brian S. *Feelings and Faith*. Wheaton, IL: Crossway Books, 2009. A theological understanding of God's purpose for emotions.

Fitzpatrick, Elyse. *Overcoming Fear, Worry, and Anxiety*. Eugene, OR: Harvest House, 2001. The classic go-to for those who wrestle with fear.

Fitzpatrick, Elyse. *Because He Loves Me*. Crossway Books, 2010. Why God's love matters.

Giglio, Louie. *Don't Give the Enemy a Seat At Your Table*. Nashville, TN: W Publishing (Thomas Nelson), 2021. Feeding on truth.

Lambert, Heath; Mack, Wayne; Bookman, Doug; Powlison, David. eds. *Sufficiency: Historic Essays on the Sufficiency of Scripture*. Association of Certified Biblical Counselors, 2016. Respected authors on approaches to God's Word and its reliability.

Lloyd-Jones, Martyn. *Spiritual Depression*. Grand Rapids, MI: Eerdmans, 1994. An insightful treatment of the spiritual dimensions that impact depression. Highly recommended.

Nicewander, Sue. *Help! I Feel Ashamed*. Lifeline booklet. Shepherd Press, 2012. Presents two kinds of shame and how Christ answers them both. Adult version.

Nicewander Delaney, Sue. *Help! I Want to Hide*. Lifeline for Teens booklet. Shepherd Press, 2024. Presents two kinds of shame and how Christ answers them both. Teen version.

Powlison, David. *Good and Angry*. Greensboro, NC: New Growth Press, 2016. A masterful presentation of God's purposes for anger and how to respond God's way.

Roseveare, Helen. *Enough*. Ross-shire, Scotland and Lancashire, England: Christian Focus Publications, Ltd and 10ofthose.com, 2018. Helen shares how we can know God is all we need.

Roseveare, Helen. *Count It All Joy*. Ross-shire, Scotland and Lancashire, England: Christian Focus Publications, Ltd and 10ofthose.com, 2018. Getting to know Helen Roseveare and how God taught her biblical truth about Himself through her trials.

Tautges, Paul. *Remade*. Phillipsburg, NJ: P&R Publishing, 2023. Devotionals about identity.

Table Discussion Questions

Refer to your handout sheet to read the Scripture verses as you consider these questions.

Session 1

1. Are you an early bird or a night owl?
2. Why do we tend to trust in ourselves more than in God?
3. What truth did Helen need to understand about God's love before she could truly know God? (See Romans 3:20-27.)
4. Read 2 Corinthians 3:5-6 again and discuss the following statement: Either we will trust in God or we will rely on our own understanding.

Session 2

1. Which do you look forward to more, Thanksgiving or Christmas?
2. When you feel emotional, what mental script do you tend to feed yourself (i.e., what thoughts do you dwell on)?
3. Why is it important to be aware of your script and direct it? How can Scripture help you with this? (See Hebrews 4:12-13 on your handout sheet.)
4. Use our session's flow chart to discuss how Helen and Carla's emotions reveal what they are following - God's way or their own way. Why does that matter?

Session 3

1. At snack time, do you go for sweet or savory ?
2. From your handout sheet, read Luke 22:31-32 again. Respond to Jesus' statement "*I have prayed for you...*"
3. Choose one of the four stories from our session (Paul, Peter, Sue, and Helen). What does it mean to embrace God's grace when life is very hard and/or you have failed? (It may be helpful to read 2 Corinthians 12:7-10 and Hebrews 4:15-16 again.)
4. How did God use the following statement to impact Helen Roseveare: "Can you thank Me for trusting you with this experience, even if I never tell you why?"

A Special Invitation to Those Who Are Hurting

If you are suffering intensely, or if the Bible is unfamiliar to you, our discussion questions may be difficult for you. We're here to help because we care about you. Our church services will help you get to know the God of the Bible. You are also invited to talk to one of the conference organizers here today or call our counseling center to help you find a biblical counselor who is right for you.