

## **Lesson #1 for Text Chapters 1 and 2.**

### **Personal Relationship with the designer**

#### **Goal:**

To help you have a healthy concept of yourself and to enjoy being your husband's wife. To help you claim and enjoy contentment by seeing yourself as God sees you and by trusting Him moment by moment.

#### **Scriptures:**

John 10:10	Romans 7:15
Ephesians 3:20	Hebrews 1:3
1 Corinthians 10:13	1 John 1:9
Proverbs 15:25	Psalms 199:89
Romans 5:21	1 Peter 2:9
Romans 3:23	Ephesians 1:3,6
11 Corinthians 5:21	Luke 12:6,7
John 14:6	Ephesians 1:18
John 1:12	11 Corinthians 5:20
1 John 5:13	Philippians 4:19
Titus 3:5,6	Philippians 4:13
Galatians 2:20	John 15:3
Galatians 5:22,23	Romans 8:28
Proverbs 14:1	

#### **Assignment:**

1. Keep short accounts with God.
2. Pray. "Father, help me to see myself as YOU see me."
3. Read Chapters 1-2 from the text.
4. Memorize 1 John 1:9

#### **Quiet time Meditations:**

Set aside 5-15 minutes minimum to spend in your Quiet Time Media tins. Do this daily. This time is designed to help you learn to draw near to Him. As you do, you will be renewed from within concerning who you are 'in Him', i.e., knowing the truth about who you are and no longer believing the enemy's lie that defeats and discourages you. You will learn also, who He is, how much He loves you and how to love Him. It is to be a resting, establishing and bonding time between you and your Lord through which you are stabilized and given security.

If spending time with the Lord as instructed is new and different to you, please faithfully follow through with each assignment before making a judgment. In the beginning, you may feel foolish or that you are wasting your time and nothing is really happening. Know that such thoughts and feelings are from your enemy trying to rob you of the greatest relationship in life...a love walk with Jesus Christ. Even when nothing seems to be happening, you are not wasting your time. It has wisely been said "not to wait on God is the only great idleness." The Lord admonishes us to wait before Him in Psalm 37:7a. Carefully study the following scriptures to be assured that those who seek Him shall find Him – Proverbs 8:17, 34,34; James 4:8a; Psalm 27:4,8; 34:8-10 and Jeremiah 29:13. When your thoughts

wander, do not feel guilty, just quietly and quickly focus again up Him. If you are faithful and persistent, you will be rewarded by tasting of the Lord and seeing that He is good. This will become the best time and the most cherished time of your day. Gradually, you will learn to dwell in His presence ALL DAY LONG!

### **Daily Meditation**

With a sense of longing to know Him, come into His presence. Relate to Him as you would a trusted, precious friend. Realize He is welcoming you into His presence with outstretched arms. Quietly sit in his presence for a while.

Reverently, turn to John 17:23. Consider God's everlasting love for YOU PERSONALLY. Our great and holy God loved you before heaven and earth were called into existence. Just as God Himself is eternal, having no beginning and no ending, so is His love for you. Turn to Him very gently, welcoming and receiving that love. Wait before Him, letting the magnitude of such love begin to saturate you.

Then begin to be absorbed in the truth that right now, just as you are, both the Father and the Son love as much as they love each other. Thank Him for such unfathomable love. Ask Him to help you grasp it. Realize that they will never stop loving you this way. Praise God that his love toward you is not dependent upon what you do or do not do, but is because you are "in Christ" as a result of receiving His payment for your sins. Thank Him.

Say out loud to Jesus, "Jesus, I love You! Thank You for loving me. Help me to love You as much as You love me. Thank You that you will." Say this several times a day until it becomes a part of you.

When you are wondering what you are to do, consider the following thoughts written by me sister, Jan Bruner.

My place to be is in the presence of God. If I am anywhere else, I am in the wrong place. If I am aware of another's presence and monitor my awareness or actions by that person, then, I am in their presence and no longer in God's. That is idolatry. Chose. That is what you do. After you do that, then you just be!

### **Notes:**

## Questions – Lesson #1

1. Would you like to see some changes in our husband, your children, and yourself?  
\_\_\_\_\_
2. Are you willing for those changes to begin with you?  
\_\_\_\_\_
3. If your answer is yes to #2, there is good news and real hope ahead for you. Read and paraphrase in your own words what God's desire for you is according to John 10:10 and Ephesians 3:20. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Are you alone in our particular heartache or have others experienced the same things? What does 1 Corinthians 10:13 say? \_\_\_\_\_  
\_\_\_\_\_
5. Many are not experiencing the joyful life Christ has provided. Why is this? Read Isaiah 59:2 for your answer. \_\_\_\_\_  
\_\_\_\_\_
6. Does this disease or condition of sinfulness apply to all human beings or just some? See Romans 5:12 and Romans 3:23. \_\_\_\_\_
7. Sin is acting independently of God. It is missing the mark or standard God has set for us. This sinful condition makes us think, say, and do the wrong thing rather than the right thing. There are gross, overt sins such as murder, lying, robbery, stealing, and adultery. But there are also mental attitude sins such as jealousy, bitterness, pride, lust, worry, critical spirit, and self-pity. Read Galatians 5:19-21; Ephesians 4:22-32; and Proverbs 6:16-19 and begin your own list of sins as stated in God's Word. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Ask God to show you the sins that are in our life. On a separate sheet of paper list all of these.
9. What has the Father done with your sins? Read 11 Corinthians 5:21. \_\_\_\_\_  
\_\_\_\_\_
10. Who paid for your sins? 1 Peter 2:24 \_\_\_\_\_
11. According to Ephesians 2:8-9, is your salvation earned or a free gift from God? \_\_\_\_\_
12. What did your salvation cost the Father? John 3:16. \_\_\_\_\_
13. What did your salvation cost Jesus Christ, The Son? John 19:30. \_\_\_\_\_

14. Visualize each one of the sins that you listed in #8 as being paid for by Jesus Christ. Write PAID IN FULL BY JESUS CHRIST across the top of the page and tear it up.

15. What must you do to become a Christian or a child of God's? Rad John 1:12 and Acts 16:31.

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16. What does God say you can KNOW when you believe in or receive the Son of Gos as your Savior? 1 John 5:10-13 \_\_\_\_\_

We know we have eternal life—thus are a Christian—based on God's Word, not because of an emotion, feeling, or experience. Stand on this fact. Trust in this truth. God always honors His Word.

17. Read Titus 3:4-7 and write in your own words what God has done for you, His child.

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### **Record of personal commitment to Christ**

On \_\_\_\_\_, 20\_\_ by faith, I personally accepted Christ's payment for my sins and became God's child as God's Word says in Acts 16:31 and John 1:12.

Whether you have just become a Christian or did so in the past, fill out this commitment as a confirming evidence to you in the future that you are God's child, should any doubts arise.

18. Now that you have received Christ as your Savior and Lord, will He EVER leave you? Read John 10:27-29, Romans 8:38-39, and Hebrews 13:5-6 for your answer. \_\_\_\_\_

19. Not only is the Christian life difficult, it is impossible to live. We cannot live this life in our own strength. How is the Christian life lived? Read Galatians 2:20 and explain. \_\_\_\_\_

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20. How do we know that the Christian is indwelt with the Holy Spirit, providing the power through which the Christian life is lived? Read Romans 8:9, 1 Corinthians3:16, 1 Corinthians 6:19-20 and Ephesians 4:30 for your answer. \_\_\_\_\_

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21. When Christ is controlling your life through the power of the Holy Spirit, what attitudes and actions will be displayed in your life? Galatians 5:22-23. \_\_\_\_\_

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22. Is it possible to sin after you become a Christian? 1 John 1:8 \_\_\_\_\_

23. What do we do when we sin in order to turn the control of our lives back over to Christ? Read 1 John 1:9 \_\_\_\_\_

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24. Once you have confessed your sin, do you wait to feel peace, love, patience, etc. before you express such attitudes and actions to those around you? Remember, faith is believing and acting upon what God says without proof from our five senses (feeling, seeing, hearing, touching, or tasting). In other words, faith is trusting the invisible, based on the character of God. Read 11 Corinthians 5:7; 4:18; Romans 15:23b, and Hebrews 11:1-3. \_\_\_\_\_

25. Begin to see your self as God sees you. Now that you are His child, His Word declares what is now yours to enjoy and appreciate because you “in Christ.” According to the following Scriptures, paraphrase in your own words your new life as God’s child and praise Him for this life..

- a. John 5:24; 6:47 (eternal life) \_\_\_\_\_
- b. 11 Corinthians 5:17 (new creature) \_\_\_\_\_
- c. Galatians 2:20 (Christ lives in you) \_\_\_\_\_
- d. Ephesians 1:7 and Colossians 2:13,14 (forgiven) \_\_\_\_\_
- e. Galatians 3:26; 4:4-7 (child of God) \_\_\_\_\_
- f. 1 Peter 2:9(royalty) \_\_\_\_\_
- g. John 17:23,26 (totally loved) \_\_\_\_\_
- h. Ephesians 1:3,6 (accepted as you are) \_\_\_\_\_
- i. Luke 12:6,7; Ephesians 1:18 (valuable) \_\_\_\_\_
- j. 11 Corinthians 5:20 (ambassador) \_\_\_\_\_
- k. Philippians 4:19 (all needs met) \_\_\_\_\_
- l. Romans 6:2-11 (identified with Christ) \_\_\_\_\_
- m. Hebrews 4:14-16 (access to God) \_\_\_\_\_
- n. Romans 8:17 and Ephesians 1:11,14,18 (inheritance) \_\_\_\_\_
- o. John 15:5 (not superior) \_\_\_\_\_
- p. Colossians 2:9,10 (complete) \_\_\_\_\_

26. When you feel your strength and dignity draining from you, ask yourself why/ See Proverbs 31:25.

Then recite the following, concentrating on the area in which you feel the most deficient.

(Taken for “The Search for Significance” by Robert S. McGee.)

*I have great worth  
apart from my performance  
because  
Christ gave His life for me.  
And therefore,  
Imparted great value to me.  
I am deeply loved,  
Fully pleasing,  
totally forgiven,  
Accepted,  
And complete in Christ.*

Meditate upon who you are 'in Christ' until your strength and dignity returns.

27. What will God do with all your present problems, failures and difficult circumstances as you trust Him? Romans 8:28. \_\_\_\_\_

28. How is a successful marriage achieved? Proverbs 14:1 \_\_\_\_\_

29. Can you influence your marriage for good? (Before you answer, read from God's Word how influential other women have been upon their husbands.) \_\_\_\_\_

a. Eve's influences upon Adam. Genesis 3:1-6

1. How many verses did it take to tempt Eve to sin?

2. \_\_\_\_\_  
How many verses did it take Eve to tempt Adam to sin?  
\_\_\_\_\_

b. Delilah's influence upon Samson. Judges 16

c. Esther's influence upon King Ahasuerus. Esther 3-7

d. Solomon's wives' influence upon Solomon. 1 Kings 11:1-4

**Notes:**