



Core Seminars—Suffering for God’s Glory

Class 6: Fighting for Faith (Part 1)

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday...Somebody is talking. Who is talking to you? Your self is talking to you. Now this man’s treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. ‘Why art thou cast down, O my soul?’ he asks. His soul had been depressing him, crushing him. So he stands up and says,: ‘Self, listen for moment, I will speak to you.’”

- Lloyd Jones in *Spiritual Depression*

Let Someone Talk

Let Someone Listen

IV. Sing the Bible

The duty of singing praises to God seems to be given wholly to excite and express religious affections. There is no other reason why we should express ourselves to God in verse rather than in prose and with music, except that these things have a tendency to move our affections.

Jonathan Edwards in *Religious Affections*

Sovereign Grace Ministries (<http://sovereigngracemusic.org/>)
Keith and Kristyn Getty (<http://www.gettymusic.com/>);
Reformed University Fellowship (RUF)
(<http://www.igracemusic.com/>)

Conclusion

Struggling for faith in God’s sovereignty and goodness

Introduction

Romans 10:17 “Faith comes from hearing, and hearing through the Word of Christ.”

I. Read the Bible -

A. Protect against rote duty

B. Protect against busyness

When?

Where?

What?

i. Passage being preached that week (Sermon Card)

ii. Bible Reading Plans

- Robert Murray Mc’Cheyne - 1-2 year plan
- *Search the Scriptures* by Alan Stibbs - 3 year plan
- Study Bible reading plan

C. Protect against exhaustion

II. Pray the Bible

Thoughts on each element of prayer in suffering:

Adoration

Confession

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.”- James 4:8-9

Thanksgiving

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” – Philippians 4:6

Supplication

Praying the Psalms

- *What does this tell me about God; what does it reveal about him?*
- *If he is really like this, what difference does this particular truth make to how I live today?*
- *What wrong behavior, harmful emotions, false attitudes result in me when I forget he is like this?*
- *Does my life demonstrate that I am remembering and acting out of this?*
- *A few to start with: Psalm 1, 3, 4, 5, 8, 16, 19, 23, 25, 27, 40, 42-43, 55, 62, 63, 84, 90*

III. Remember the Bible

Memorize Scripture

Psalm 37:31 “The Law of God is in his heart...”

www.fighterverses.com

Take Command of Your Thoughts

Psalm 42:5 “Why are you cast down, O my soul?... hope in God.”