

Bible Study -- Spiritual-Well Being
A God Of Second Changes
February 01, 2024 – Pastor Charles A. Hall

Biblical Fruit of the Spirit: Those things that come about as a result of the indwelling or presence of the Holy Spirit in a believer. There are nine attributes that are inspired by the Holy Spirit in Christians who are true believers of God and have faith in Him. These attributes or qualities are Love, joy, peace, patience, kindness, goodness faithfulness, gentleness, and self-control.

As confirmed by the Word of God many people who fail to enjoy a spiritual life of joy, and happiness is because of themselves, no one else is to blame, just themselves. In most cases it is primary due to mental reasons rather than physical reasons that keep us from manifesting the fruits of the spirit. This type of life can be the result of holding on to past failures and disappointments that do not allow us to move forward in life, but rather keep us stagnant. God tells us in His word that in this life we will have trouble, but do not allow the trouble of this life to hold us back, because He has already overcome the world. God is telling those that believe in Him that this world may not be kind to you, because this world is in opposition to the type of life, He has called His followers to live. As a result, those who trust God and choose to follow Him will have trouble in this world, some of the infliction that will come upon you will come by the world, and others will be of your own doing. God tells us to not allow this world and the things of this world to rob us of our joy and happiness, because He has already defeated the world, and therefore as his followers we are more victorious through Him

- **John 16:33** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.
- **Romans 8:36-37** As it is written, FOR THY SAKE WE ARE KILLED ALL THE DAY LONG; WE ARE ACCOUNTED AS SHEEP FOR THE SLAUGHTER. (37) Nay, in all these things we are more than conquerors through him that loved us.

In this life we will get knocked down, however the difference between God's children and the children of the world is that the children of God get back up! It is not as if we get back up by ourselves, it is the spirit of God that is in us that gets us back up. The indwelling spirit of God will not allow the spirit of darkness to take us out! If we truly have the indwelling of the Holy Spirit then all we have to do is call on God and seek His forgiveness for allowing ourselves to get entangled with the world, and take responsibility for our mistakes. God will not only cleanse us of the filth and defilement that allowed us to be knocked down, but He will also forgive us for our poor choices and decisions. As children of God there is no limit to His mercy and forgiveness, however we cannot continue to get knocked down the same way and in the same place each time. If so, we must look in the mirror and honestly confront ourselves as to who's child we really are!

- **Proverbs 24:16** For the just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

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- **1John 1:9** If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
- **1John 3:8-9** He that Committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose, the Son of God was manifested, that he might destroy the works of the devil. (9) Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

God is our refuge during times of trouble, we can always depend on Him, if we follow Him, trust His word, and try our best to live according to His commandments and ordinances. During our most difficult times in this life, and when it appears as if the world will consume us, it is also a time when we can feel the presence of God, and we know everything is going to be alright. His presence in our life produces grace (favor we don't deserve), and mercy, he does not give us what we deserve, but rather what He desires us to have. His grace is what saves us from the bondage of this world, and His mercy is new to us as followers of Him each morning.

Refuge: A place of resort and safety. A place that is indestructible cannot be accessed without permission.

- **Psalms 46:1-4** God is our refuge and strength, a very present help in trouble. (2) Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea. (3) Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. (4) There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the Most High.
- **Lamentations 3:21-25** This I recall to my mind, therefore have I hope. (22) It is of the LORD's mercies that we are not consumed, because his compassions fail not. (23) They are new every morning: great is thy faithfulness. (24) The LORD is my portion, saith my soul; therefore will I hope in him. (25) The LORD is good unto them that wait for him, to the soul that seeketh him.
- **2Corinthians 5:17** Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.