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*TouchPoints of Hope*

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# PREFACE

*Psalm 119:111, 162 Your decrees are my treasure; they are truly my heart's delight. . . . I rejoice in your word like one who finds a great treasure.*

*Psalm 119: 91, 160 Your laws remain true today, for everything serves your plans. . . . All your words are true; all your just laws will stand forever.*

*Psalm 119:105 Your word is a lamp for my feet and a light for my path.*

What a treasure we have in God's Word! In its pages you can find words of hope for any situation, any concern, and any trial. Sometimes, however, it's difficult to find the verse you need when you need it. That's why we've written this book—to touch your heart with hope from God's Word, to help you find the verses you need when you need them.

In this book you will find more than one hundred "touchpoints," topics for daily living. Each topic is listed alphabetically, with several questions, Scripture passages, and comments

addressing each topic. In the index at the back, you will find a complete listing of all the topics for quick reference. You can read through this book page by page or use it as a reference guide for topics of particular interest to you.

Although we could not cover all topics, questions, and Scriptures related to the subject of this book, our prayer is that you will continue to search God's Word deliberately and diligently. May you find God's answers, for he longs to be your daily guide. Enjoy your treasure hunt!

—THE EDITORS

*2 Timothy 3:16-17 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do.*

# *Abandonment*

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## **Will God abandon me during my difficult times?**

*Psalm 9:10 Those who know your name trust in you, for you, O Lord, have never abandoned anyone who searches for you.*

*Psalm 27:10 Even if my father and mother abandon me, the Lord will hold me close.*

*John 14:16 And I will ask the Father, and he will give you another Counselor, who will never leave you.*

*2 Corinthians 4:9 We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going.*

A seeking God and a seeking person are always sure to find each other. God will never abandon a seeking person. When you face difficult times, you can trust that God has not abandoned you. You may feel alone, but God is there.

## **Other people have abandoned me—why not God?**

*Genesis 37:28* When the traders came by, his brothers pulled Joseph out of the pit and sold him for twenty pieces of silver.

*Genesis 39:3* The Lord was with Joseph, giving him success in everything he did.

You may feel like everyone is against you; you may carry the hurt that others have inflicted on you. But God is always for you because he loves you with a deep and lasting love. He will always be with you.

## **Does my suffering mean that God has abandoned me?**

*1 Peter 5:10* After you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

You may feel alone in your suffering, but God has compassion on you and promises that an eternal reward is waiting for you.

**PROMISE FROM GOD:** *Hebrews 13:5* I will never fail you. I will never forsake you.

## *A b s e n c e*

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### **Why do I sometimes feel that God is absent?**

*Psalms 10:1* O Lord, why do you stand so far away? Why do you hide when I need you the most?

The greater our troubles, the farther away God sometimes seems to be. In your darkest hour, you may feel that God is hiding. Then you must have faith in his promises to always be with you.

*Psalm 13:1-2 O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemies have the upper hand?*

Even faithful and godly King David, writer of this psalm, sometimes felt that God was absent. Do not assume that you are spiritually deficient because you feel as if God is far away. Don't trust your feelings; trust God's promises.

### **Is God absent in my times of intense pain and loneliness?**

*Psalm 139:7, 9-10 I can never escape from your spirit! I can never get away from your presence! . . . If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me and your strength will support me.*

*Psalm 23:4 Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me.*

God never promised a life free from sorrow, but he does promise to be with us even in our darkest moments. He does not promise to take us around the dark valley, but he does promise to walk with

us through it. This truth does not make these moments easy, but it enables us to move through them without fear. When you walk through the valley of suffering, sorrow, or loneliness, remember that God is close beside you.

**PROMISE FROM GOD:** *Matthew 28:20 Be sure of this: I am with you always, even to the end of the age.*

## *A b u s e*

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### **How do I heal the wounds of abuse?**

*Ephesians 4:31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior.*

Recognize that resentment, bitterness, and desire for revenge will only poison your own soul. Your hurt is real, but you must leave it with God. He will bring justice in his way in his time.

*Colossians 3:13 Remember, the Lord forgave you, so you must forgive others.*

This is difficult, but important. If you refuse to forgive, you will only be hurting yourself. Remember that you did not deserve forgiveness, but Jesus forgave you by grace; likewise, an abuser does not deserve your forgiveness, but you can choose to forgive anyway. When you forgive, you are *not* saying the hurt isn't real, or that the

event didn't matter, or that you will put yourself in a position where you might be harmed again. Leave your hurt with God, and allow him to comfort you and heal you.

*Philippians 4:8 Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.*

As you fill your mind with thoughts about God, there is less room, and less time, to dwell on the past. Focus on the future and on all God's promises to you.

### **Will God forgive a person who is guilty of abuse?**

*Acts 2:21 And anyone who calls on the name of the Lord will be saved.*

*2 Chronicles 33:6, 13 Manasseh even sacrificed his own sons in the fire in the valley of the son of Hinnom. . . . When he prayed, the Lord listened to him and was moved by his request for help.*

Manasseh was the most wicked king in Judah's history, abusive to the point of burning his own sons on an altar. Later in life, however, he sought God's forgiveness and God did forgive him, transforming him into a man who did great things for his nation. No sinner is too wicked for God to love; no sin is too vile for God to forgive.

**PROMISE FROM GOD:** Psalm  
34:18 *The Lord is close to the brokenhearted;  
he rescues those who are crushed in spirit.*

## *Acceptance*

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**I feel so unworthy—does God really accept me?**

ROMANS 5:8 *But God showed his great love for us by sending Christ to die for us while we were still sinners.*

1 TIMOTHY 1:15 *This is a true saying, and everyone should believe it: Christ Jesus came into the world to save sinners—and I was the worst of them all.*

God loves you—period. You are worth so much to God that he sent Jesus to earth for you.

**Do I have to earn God's acceptance?**

ROMANS 3:27 *Can we boast, then, that we have done anything to be accepted by God? No, because our acquittal is not based on our good deeds. It is based on our faith.*

No one can *earn* God's acceptance. Nothing we do could ever compensate for our sin. The only way to be accepted by God is to believe that his Son, Jesus, died for your sins so that you could be free to enjoy eternal life with him. When you

accept his forgiveness and let him be Lord of your life, he completely accepts you into his presence. It's that simple.

### **What should I do when other people don't accept me?**

*Psalm 27:10 Even if my mother and my father abandon me, the Lord will hold me close.*

Remember that God's love endures even when people are fickle or cruel.

*Galatians 2:20 The Son of God . . . loved me and gave himself for me.*

Your value is not determined by the opinions of others. You are a unique creation of God and you are redeemed through the death of God's Son. This divine assessment of your great worth is always true, regardless of how people treat you.

### **How can I accept all of life's circumstances that come my way?**

*Job 2:10 But Job replied, ". . . Should we accept only good things from the hand of God and never anything bad?"*

*Luke 1:38 Mary responded, "I am the Lord's servant, and I am willing to accept whatever he wants. May everything you have said come true."*

*Hebrews 10:34 You suffered along with those who were thrown into jail. When all you owned was taken from you, you accepted it with joy. You knew*

*you had better things waiting for you in eternity.*  
 Accepting your circumstances doesn't mean you have to like them. By keeping an eternal perspective, however, you can learn from and grow through the difficult times. When you accept what comes from God's hand, you can trust that he has something to teach you through whatever comes your way. Remember that difficult circumstances will not follow you to heaven—one day, you will be in a place where there will be no more tears or sorrow. One day, God will make all things right.

**PROMISE FROM GOD:** Galatians 4:31 *So, dear brothers and sisters, we are not children of the slave woman, obligated to the law. We are children of the free woman, acceptable to God because of our faith.*

## *Accusations*

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### **Where do accusations come from?**

Zechariah 3:1 *Then the angel showed me Jeshua the high priest standing before the angel of the Lord. Satan was there at the angel's right hand, accusing Jeshua of many things.*

Job 2:1 *One day the angels came again to present themselves before the Lord, and Satan the Accuser*

*came with them.*

*Revelation 12:9-10 This great dragon—the ancient serpent called the Devil, or Satan, the one deceiving the whole world—was thrown down to the earth with all his angels. Then I heard a loud voice shouting across the heavens, “It has happened at last . . . the Accuser has been thrown down to earth—the one who accused our brothers and sisters before our God day and night.”*

Satan is the ultimate false accuser. He will try to accuse you of many things; he will try to make you doubt your faith, your salvation, or your acceptance by God. That’s when you must turn back to God’s promises and focus on his truth.

*John 8:9 When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman.*

Sometimes accusation can come from your conscience. You would do well to listen and then seek God. He may be trying to point out sin in your life so that you can repent, be free, and enjoy closer fellowship with him.

*Deuteronomy 19:16 If a malicious witness comes forward and accuses someone of a crime . . .*

*Ezra 4:6 Years later when Xerxes began his reign, the enemies of Judah wrote him a letter of accusation against the people of Judah and Jerusalem.*

Sometimes accusation comes from those who dislike us. Sometimes believers are victims of false accusations. In those times, we must entrust ourselves to God and his truth.

### **How should I respond to accusations against me?**

*Psalm 35:20-24 They don't talk of peace; they plot against innocent people who are minding their own business. They shout that they have seen me doing wrong. "Aha," they say. "Aha! With our own eyes we saw him do it!" O Lord, you know all about this. . . . Rise to my defense! Take up my case, my God and my Lord. Declare me "not guilty," O Lord my God, for you give justice.*

Realize that God has full knowledge of the accusation and the truth, and that he has the authority and ability to handle the situation. If you are innocent, leave justice with God.

*Nehemiah 6:8-9 My reply was, "You know you are lying. There is no truth in any part of your story." They were just trying to intimidate us, imagining that they could break our resolve and stop the work. So I prayed for strength to continue the work.*

Don't become so focused on the accusation that you forget about God. Take the matter to him and get strength from him.

*Genesis 3:11-13 "Who told you that you were naked?" the Lord God asked. "Have you eaten the*

*fruit I commanded you not to eat?" "Yes," Adam admitted, "but it was the woman you gave me who brought me the fruit, and I ate it." Then the Lord God asked the woman, "How could you do such a thing?" "The serpent tricked me," she replied. "That's why I ate it."*

*H O S E A 4 : 4 Don't point your finger at someone else and try to pass the blame! Look, you priests, my complaint is with you!*

It is so easy to blame others. There are times when we should accept the blame that is rightfully ours. If an accusation against you is true, you need to deal with it appropriately, making restitution or offering repentance.

*L U K E 12 : 11 - 12 And when you are brought to trial in the synagogues and before rulers and authorities, don't worry about what to say in your defense, for the Holy Spirit will teach you what needs to be said even as you are standing there.*

Be sensitive to the Holy Spirit's guidance in responding to accusations. He may give you help you never thought possible.

*1 P E T E R 3 : 14 But even if you suffer for doing what is right, God will reward you for it. So don't be afraid and don't worry.*

Although false accusations sometimes lead to unjust earthly punishments, the ultimate Judge,

holding both punishments and rewards, is God. As the just Judge, God will always bring justice. Sometimes his justice is swift. Sometimes it is deferred beyond this earth.

*1 Peter 2:12, 15 Be careful how you live among your unbelieving neighbors. Even if they accuse you of doing wrong, they will see your honorable behavior, and they will believe and give honor to God when he comes to judge the world. . . . It is God's will that your good lives should silence those who make foolish accusations against you.*

Continue to live an honorable life before your accusers. Christlikeness is magnetic. You may attract the accuser to the Savior.

**P R O M I S E F R O M G O D : R O M A N S**  
*8 : 3 3 - 3 4 Who dares accuse us whom God has chosen for his own? Will God? No! He is the one who has given us right standing with himself. Who then will condemn us? Will Christ Jesus? No, for he is the one who died for us and was raised to life for us and is sitting at the place of highest honor next to God, pleading for us.*

## *A d d i c t i o n*

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**Can addiction include more than substance abuse?**

*2 Peter 2:19 [These false teachers] promise free-*

*dom, but they themselves are slaves to sin and corruption. For you are a slave to whatever controls you.*

The key to addiction is control. Whenever we have a master, we are slaves. Addiction is relinquishing ourselves to the control of something or someone else.

*LUKE 1:37 For nothing is impossible with God.*

In order to overcome your addiction, you must believe it is possible. You will have this confidence when you recognize the greatness of God's power at work in you and for you.

*ECCLESIASTES 4:9-10, 12 Two people can accomplish more than twice as much as one; they get a better return on their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. . . . A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*

It is almost impossible to overcome addiction by yourself. You need the consistent support of other people who love you, tell you the truth, and hold you accountable. Participating in some sort of addiction recovery support group is important, perhaps even essential, in order to overcome an addiction.

**PROMISE FROM GOD: JOHN 8:36**

*So if the Son sets you free, you will indeed be free.*

## *Adversity*

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**Is God listening when I cry out because of my afflictions or troubles? Does he really hear and does he care?**

*JONAH 2:2 I cried out to the Lord in my great trouble, and he answered me. I called to you from the world of the dead, and Lord, you heard me!*

God's hot line is always open. There is never a busy signal, for he is never too busy with anything—even managing the world—to listen to your every need. God has both a listening ear and a caring heart.

**It's hard for me to believe that God actually sends adversity into my life. Don't troubles just happen?**

*DEUTERONOMY 28:20 The Lord himself will send against you curses, confusion, and disillusionment . . . for doing evil and forsaking me.*

*JEREMIAH 21:14 "I myself will punish you for your sinfulness," says the Lord.*

*HOSEA 4:9 So now I will punish both priests and people for all their wicked deeds.*

Troubles do often "just happen" because we live in a sinful world, and God usually allows the cycle of sin to play itself out (for now). But just as a loving parent brings adversity into the life

of a child through discipline, God may also bring adversity into our lives to correct us when we do wrong. This is for our benefit, not harm. God may also bring difficulties into our lives to strengthen us and prepare us for life ahead. When you face adversity, stay close to God. Ask him to show you if the adversity is a form of discipline, or if it is simply part of living in a sinful world.

### **Does God enjoy punishing me or sending troubles to me?**

*Lamentations 3:33 He does not enjoy hurting people or causing them sorrow.*

*Romans 5:8 But God showed his great love for us by sending Christ to die for us while we were still sinners.*

God's love for us is pure and intense; he does not want to see us suffer! But our suffering would be worse if he did not sometimes correct us. Remember that in your suffering, God suffers with you—wanting you to turn back to him, to trust him, to learn from him.

### **Will being faithful to God spare me from adversity?**

*1 Peter 2:21 This suffering is all part of what God has called you to. Christ, who suffered for you, is your example.*

Satan is our enemy, and he will try to stop us from following God. There are also people

who are opposed to what is good and right. Adversity may be a sign that you are being faithful to God.

### **Is there any way I can avoid trouble and adversity?**

*JAMES 1:2-3 Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow.*

*2 CORINTHIANS 4:8 We are pressed on every side by troubles, but we are not crushed and broken.* Avoiding adversity may not be best for you. Though adversity may bruise you, it also can build you up and strengthen your faith.

*PROVERBS 16:17 The path of the upright leads away from evil; whoever follows that path is safe.*

*COLOSSIANS 3:5 So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual sin, impurity, lust, and shameful desires. Don't be greedy for the good things of this life, for that is idolatry.*

*PROVERBS 14:16 The wise are cautious and avoid danger; fools plunge ahead with great confidence.*

The consequences of sin often bring unneeded adversity into our lives. By obeying God's Word, we can avoid many kinds of self-inflicted adversity.

### **Are there other benefits to adversity?**

*1 PETER 4:1, 13 If you are willing to suffer*

*for Christ, you have decided to stop sinning. . . .  
These trials will make you partners with Christ in  
his suffering.*

Adversity helps us understand Christ better  
because he suffered for us. This deepens our  
relationship with him.

**P R O M I S E S F R O M G O D :** P s a l m  
4 6 : 1 *God is our refuge and strength, always ready  
to help in times of trouble.*

I s a i a h 4 3 : 2 - 3 *When you go through deep waters  
and great trouble, I will be with you. . . . For I am the  
Lord, your God.*

P s a l m 9 : 1 2 *He does not ignore those who cry  
to him for help.*

## *A g i n g / O l d A g e*

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### **What are some of the benefits of old age?**

P r o v e r b s 2 0 : 2 9 *The glory of the young is their  
strength; the gray hair of experience is the splendor  
of the old.*

A benefit of old age is the wisdom that can come  
from a lifetime of experience.

P s a l m 7 1 : 1 8 *Now that I am old and gray, do not  
abandon me, O God. Let me proclaim your power to  
this new generation, your mighty miracles to all who  
come after me.*

Old age affords the opportunity to pass on to the next generation the lessons of a lifetime of experiencing God's faithfulness and growing spiritually.

### **I'm getting up in years. Can God still use me?**

*Genesis 12:4 So Abram departed as the Lord had instructed him, and Lot went with him. Abram was seventy-five years old when he left Haran.*

*Deuteronomy 32:7 Remember the days of long ago; think about the generations past. Ask your father and he will inform you. Inquire of your elders, and they will tell you.*

Older people have seen God's hand in their lives over many years. What a privilege you have to share this perspective with those who are younger, strengthening their faith with evidence of God's faithfulness.

*Titus 2:2-5 Teach the older men to exercise self-control, to be worthy of respect, and to live wisely. They must have strong faith and be filled with love and patience. Similarly, teach the older women to live in a way that is appropriate for someone serving the Lord. They must not go around speaking evil of others and must not be heavy drinkers. Instead, they should teach others what is good. These older women must train the younger women to love their husbands and their children, to live wisely and be pure, to take care of their homes, to do good, and to be submissive to*

*their husbands. Then they will not bring shame on the word of God.*

Older people are uniquely equipped to be teachers of God's ways of living. With age comes great responsibility to be a good example and a good teacher to those coming behind you.

### **What are some responsibilities of younger people toward older people?**

*Leviticus 19:32 Show your fear of God by standing up in the presence of elderly people and showing respect for the aged. I am the Lord.*

Younger people are to respect older people.

*Exodus 20:12 Honor your father and mother. Then you will live a long, full life in the land the Lord your God will give you.*

Younger people are to honor their parents.

*1 Peter 5:5 You younger men, accept the authority of the elders. And all of you, serve each other in humility, for "God sets himself against the proud, but he shows favor to the humble."*

Younger people are to accept the authority of older people and serve them humbly.

**P R O M I S E F R O M G O D:** *Isaiah 46:4 I will be your God throughout your lifetime—until your hair is white with age. I made you, and I will care for you. I will carry you along and save you.*

## *Apathy*

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### **What can I do when I am feeling apathetic?**

*Psalm 119:83 I am shriveled like a wineskin in smoke, exhausted with waiting. But I cling to your principles and obey them.*

Obey God's commands even when you don't feel like it—in fact, even when you don't feel like doing anything. Such obedience keeps you close to God and prevents apathy from wreaking havoc in your life. When you obey, the feeling of apathy will pass.

*Acts 16:25 Around midnight, Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.*

Instead of letting adversity create apathy, worship God through prayer and song, and stay connected with Christian friends. You may not feel like doing this, but choose to do it anyway and your efforts will bear fruit. Prayer and praise to God help cure apathy.

*Proverbs 20:13 If you love sleep, you will end in poverty. Keep your eyes open, and there will be plenty to eat!*

Understanding the negative consequences of apathy can motivate you to action.

*Proverbs 19:3 People ruin their lives by their own foolishness and then are angry at the Lord.*

Taking responsibility for your own actions and attitudes—not seeing yourself as a victim of someone or something—can be a crucial step to overcoming apathy.

**P R O M I S E F R O M G O D:** 2 T i m o t h y  
1 : 7 *God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

## *A s s u r a n c e*

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### **Where can I find assurance amid the uncertainties of life?**

**P s a l m 1 1 8 : 8 - 9** *It is better to trust the Lord than to put confidence in people. It is better to trust the Lord than to put confidence in princes.*

**P s a l m 4 0 : 4** *Oh, the joys of those who trust the Lord, who have no confidence in the proud, or in those who worship idols.*

**1 P e t e r 1 : 2 1** *Through Christ you have come to trust in God. And because God raised Christ from the dead and gave him great glory, your faith and hope can be placed confidently in God.*

Though it is good and necessary to trust others, God is the only one in whom we can completely trust without fear of disappointment. You can have complete assurance that what he says is true and what he does is reliable. People, who are not

perfect, will sometimes fail you; God, who is perfect, will never fail you. The world is filled with uncertainty, but you can trust in God's sure promises.

*Hebrews 10:22 Let us go right into the presence of God, with true hearts fully trusting him. For our evil consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water.*

You can approach God knowing that he gladly welcomes you and will never reject you. God will never say, "Sorry, I don't have time for you," or "Sorry, don't bother me." He always listens, always hears, always loves, is always there.

### **How can I increase my confidence in God's assurance?**

*Psalms 108:1 My heart is confident in you, O God; no wonder I can sing your praises! Wake up, my soul! Praise will increase your assurance. As you focus on the Lord instead of your problems or fears, your confidence in him will increase.*

*Psalms 40:1, 5 I waited patiently for the Lord to help me, and he turned to me and heard my cry. . . . O Lord my God, you have done many miracles for us. Your plans for us are too numerous to list.*

As you depend on God in your everyday life, God develops a track record that makes you more confident as you face today's challenges.

What God has done assures you of what he will continue to do.

### **How can I be sure of God's love for me?**

*Lamentations 3:22-23 The unfailing love of the Lord never ends! By his mercies we have been kept from complete destruction. Great is his faithfulness; his mercies begin afresh each day.*

*Romans 5:8 But God showed his great love for us by sending Christ to die for us while we were still sinners.*

*Romans 8:35, 38-39 Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or are hungry or cold or in danger or threatened with death? . . . And I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

You can have full assurance in God's love because God is love. His love is woven into his character. Love is not merely something God does; love is who he is. Nothing can ever separate you from God's love.

## How can I be sure of God's promises for me?

*Psalm 146:6 He is the one who made heaven and earth, the sea, and everything in them. He is the one who keeps every promise forever.*

*Hebrews 6:18 God has given us both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can take new courage, for we can hold on to his promise with confidence.*

You can have assurance in God's promises because God is truth. He cannot and does not lie.

*Psalm 105:42 For he remembered his sacred promise to Abraham his servant.*

*Romans 4:20-21 Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. He was absolutely convinced that God was able to do anything he promised.*

*2 Chronicles 6:4 Blessed be the Lord, the God of Israel, who has kept the promise he made to my father, David.*

*2 Corinthians 1:20 For all of God's promises have been fulfilled in him. That is why we say "Amen" when we give glory to God through Christ. Fulfilled prophecies and historical examples are evidence of God's ability to keep his promises. If we trust people because we have seen their*

track record over a few years, certainly we can trust God because he has a spotless track record from the beginning of time. Because he has always kept his promises, you can trust that he will continue to keep his promises.

### **What are some ways to be certain I know Jesus as my Savior and Lord?**

*Romans 10:9 For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*

*Acts 2:21 And anyone who calls on the name of the Lord will be saved.*

*Hebrews 3:14 For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ.*

If you believe that Jesus saves you from sin, you confess your sins to him, and you acknowledge that he is Lord of all, then you are saved. Jesus is your Savior and Lord. How do you know? Because God promised, and God always keeps his promises. Although your relationship with Jesus as Savior and Lord of your life begins at a moment in time, you should continue an active, daily trust in Jesus Christ throughout your life.

*1 John 3:24 Those who obey God's commandments live in fellowship with him, and he with them. And we know he lives in us because the Holy Spirit lives in us.*

1 J O H N 4 : 1 3 *And God has given us his Spirit as proof that we live in him and he in us.*

God gave you his Holy Spirit to give you assurance of your relationship with him.

1 J O H N 5 : 1 8 *We know that those who have become part of God's family do not make a practice of sinning, for God's Son holds them securely, and the evil one cannot get his hands on them.*

When Jesus becomes your Savior and Lord, you begin a lifestyle of obedience. When Jesus saves you, he changes all of you, not just your testimony. Is your life different than it was before you were saved? If so, you can see that God has been at work in you.

1 J O H N 3 : 1 4 , 1 7 *If we love our Christian brothers and sisters, it proves that we have passed from death to eternal life. But a person who has no love is still dead. . . . But if anyone has enough money to live well and sees a brother or sister in need and refuses to help—how can God's love be in that person?*

Love for others is evidence of your relationship with Jesus as your Savior and Lord. As a tree produces fruit, so your life produces good things—not the least of which is love. When people see the fruit of love, they recognize that the Holy Spirit controls your character.

P R O M I S E F R O M G O D : J e r e m i a h  
1 7 : 7 - 8 *Blessed are those who trust in the Lord*

*and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit.*

## *B e t r a y a l*

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### **What should I do when I feel betrayed?**

*MATTHEW 26:45 Look, the time has come. I, the Son of Man, am betrayed into the hands of sinners.*

It is important to recognize that betrayal is an inevitable part of the human experience. Even Jesus was betrayed. This doesn't make being betrayed easy, but it helps you realize that it doesn't mean there is something wrong with you.

*HEBREWS 4:15 This High Priest of ours understands our weaknesses.*

There is comfort in the fact that Jesus was betrayed. He knows firsthand your pain. He who has the power to help you has experienced your hurt himself.

*GENESIS 33:4, 9-10 Then Esau ran to meet him and embraced him affectionately and kissed him. Both of them were in tears. . . . "Brother, I have plenty," Esau answered. "Keep what you have."*

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