

CYNTHIA HEALD



BECOMING  
A WOMAN  
WHOSE GOD  
*is enough*

*"He who did not spare his own Son but gave him up  
for us all, how will he not also with him  
graciously give us all things?"*

Romans 8:32

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NAVPRESS 

A NavPress resource published in alliance  
with Tyndale House Publishers, Inc.



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ISBN 978-1-61291-634-7

Cover design by Disciple Design

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Printed in the United States of America

20 19 18 17 16 15 14  
7 6 5 4 3 2 1

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## PREFACE

*G*reetings, dear friend. The study you hold in your hands was written with joy mingled with tears. Joy because I was refreshed, reminded, and taught anew the wonderful sufficiency of God. Tears because these truths revealed my independent spirit and lack of trust and reliance upon the Lord. Why am I so inclined to take matters into my own hands? Why do I think I know what is best? Why do I seek satisfaction from the world? Why do I not believe that God is all I need?

As I have studied, I have been humbled by God's magnificence and magnanimity. I can relate to the psalmist's cry, "O LORD, what are human beings that you should notice them, mere mortals that you should think about them?" (Psalm 144:3). God is the one who gives life; God is the one who sacrifices on our behalf; God is the one who bountifully bestows grace and love. He gladly guides, protects, and provides for His flock. He is an all-sufficient Shepherd who yearns to be enough for us.

The opening quotation in the first chapter is penned by the late nineteenth-century author Hannah Whitall Smith. In it she proposes that all of God's dealings with us are meant to teach us that God is enough. At the conclusion of the study, I nodded in hearty agreement. As we move through each day and encounter irritations, difficulties, and heartbreak, God ultimately is asking us, "Am I your rock, your fortress, your strong tower?" "Do you trust Me to work all things for good?" "Do you believe that since I did not spare My own Son that I will freely give you all things?" "Am I enough for you?"

One great lesson I have learned from this study is that God *wants* to be enough for us. He wants to be our God we depend on because He desires us to experience Him in His fullness. He is a mighty God, and He longs for us to plumb His depths and be blessed by who He is.

As I communicate in one of the later chapters, I write so that I can



learn and grow, and this Bible study in particular has challenged me to let God be my all in all. God's Word has spoken to my heart in piercing ways concerning my pride, my little faith, my discontent, and my meager view of God.

My prayer for you is that you, too, will be challenged and brought forth into the richness and abundance of His extraordinary grace that freely gives you all things. I pray that your life will be eternally changed because you *know* that God is enough.

With love and blessings,  
Cynthia

## ***Father and Child***

**The Father spoke:**

*My child, do you know that I am enough for you?*

*What do You mean, Father?*

*Am I the first one you turn to when you have a need?*

*Do you feel incomplete without Me?*

*Do you love Me more than life?*

*Are you content?*

*Am I your Shepherd, whom you follow and trust for all things  
needful?*

*Why, Father, I want to say “yes,” but I know all too well how easy  
it is for me to rely upon myself, others, or the world to satisfy  
my desires.*

*I want you to understand the great love I have for you, love  
expressed by the Cross. I did not spare My own Son in order  
to bring you into a deep, abiding relationship with Me—a  
relationship that is precious in My sight and is the only one  
that can fully satisfy your soul. Since I gave My Son, will I not  
also with Him freely give you all things? All My dealings with  
you are meant to teach you that I am enough.*

*Yes, Lord. I know You long to be gracious to me in every way,  
and I know that in You alone can I find fulfillment.*

*What is necessary for you to allow Me to be all that I want to be  
in your life?*

*I’m not sure, Father, but I want to know; I want to learn. You  
have my attention. I hinder Your work in my life when I live  
independently. I want You to be enough. I am weary from  
continually searching for completeness and contentment on  
my own. My prayer will be for understanding that all Your  
dealings with me are for the purpose of teaching me Your  
sufficiency.*

*Good. Your desire to be taught and to grow in dependence is all  
important. Now take My hand and let Me guide you into My  
fullness in order for you to discover that indeed, I am enough.*



*Basic Lesson to Be  
Learned: God Is Enough*



## CHAPTER ONE

# GOD, THE CREATOR AND GIVER OF ALL THINGS



*He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*

ROMANS 8:32 (ESV)

*The last and greatest lesson that the soul has to learn is the fact that God and God alone, is enough for all its needs. This is the lesson that all His dealings with us are meant to teach; and this is the crowning discovery of our whole Christian life. God is enough!<sup>1</sup>*

HANNAH WHITALL SMITH

**I** believe that Hannah Whitall Smith was correct when she boldly asserted that the last and greatest lesson we must learn is the total sufficiency of God and God alone. It is last because it signifies that we have made the paramount decision to acknowledge and trust God for who He is—the supreme, everlasting, almighty God of the universe. We can thereafter rest in the power and care of our sovereign God who graciously and wisely gives us all things needful. It is the greatest lesson because our hearts are restless and our souls incomplete without the One who created us. Blaise Pascal, seventeenth-century Christian philosopher, observed,

“There is a God-shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator, made known through Jesus.”<sup>2</sup> Until we allow God to fill this vacuum in our hearts, we will spend our lives searching for something to satisfy our emptiness. We will forfeit experiencing the fullness and richness of God’s grace, presence, and plan for us. The purpose of our study is to discern the truth that only God can fulfill us and sufficiently provide what is truly necessary for our good and fulfillment. This is the ultimate lesson and one that is worth all our determination and commitment to learn—for it is, indeed, the crowning discovery of our whole Christian life.

### **The God Above All Gods**

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1. A prayer found in one of my favorite books addresses the Lord in this way: “In the beginning Thou, the Uncreated, Making all things out of nothing . . .”<sup>3</sup> The first time I read these words, I was startled by the author’s address to the “Uncreated,” and then I realized that it is the perfect description of God—only the Uncreated could become the Creator. What further observations about God’s supremacy can be learned from these verses?

Psalm 89:5-8

Psalm 103:19

Isaiah 44:6-8

## Daniel 4:34-35



It is God's power as Creator of everything in the universe that first and foremost establishes His claim to be the only God. No one else can perform this feat of creation. No one else can make something out of nothing.<sup>4</sup>

*Mike Mason*




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2. Revelation 4:11 tells us, "Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created" (KJV). It was for God's pleasure that He created all things, and His last and most noble act of creation was man and woman—made in His own image. Read Genesis 1:26-28 and 2:15-25. Describe God's creation and plan for His children.

---

3. Allen Ross commented, "Being in God's image means that humans share, though imperfectly and finitely, in God's nature, that is, in His communicable attributes (life, personality, truth, wisdom, love, holiness, justice), and so have the capacity for spiritual fellowship with Him."<sup>5</sup> How do these verses express God's desire to be personally involved with us?



Proverbs 8:17

Isaiah 55:1-3

Matthew 11:28-30



Thou awakest us to delight in Thy praise; for Thou madest us for Thyself, and our heart is restless, until it repose in Thee.<sup>6</sup>

*Augustine, Bishop of Hippo*



- 
4. Augustine, an early Christian theologian, reiterates Pascal's thought that only God can fulfill our needs. As you consider Augustine's and Pascal's statements, record your thoughts regarding the ways you agree or disagree with their observations.

### **The God Who Gives All Things**

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5. Because God has created us for Himself, the apostle Paul—former Pharisee and avid persecutor of Christians—boldly declared God's

graciousness in Romans 8:32. Read Romans 8:31-34 and recount the truths Paul cited to support his declaration of God's lavish generosity.



The gift of Christ was for the express purpose of opening a door through which all other good things might pass to us. He is the great Charter of Christian privilege, the Preacher of peace, the Ambassador of reconciliation, the Channel of Divine grace. . . . As we did nothing to deserve the gift of Christ, so the lesser blessings to enrich our lives are bestowed not according to our deserts, but according to God's free bounty. He gives abundantly "without money and without price." The one condition is to receive Christ. These gifts are to be had "with Christ," or not at all.<sup>7</sup>

*S. R. Aldridge*



- 
6. Romans 8:34 teaches us that no one can condemn us, for Christ died and was raised to life for us and is sitting in the place of honor at God's right hand, pleading for us. To understand further the magnitude of God's gift of His Son, study these passages and comment on the preeminence of Christ and the pricelessness of His sacrifice for us.

1 Corinthians 8:6

Philippians 2:5-11

Colossians 1:15-20



Your salvation is only because Christ offered a full atonement. You are complete in Him and have nothing of your own to trust in. Rest only on the merits of Jesus, for He is the only ground of confidence.<sup>8</sup>

*Charles H. Spurgeon*



## Scriptural Responses to God's Sufficiency

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In order to illustrate how our choices reflect whether or not we believe that God is enough, each chapter will include this special section, which explores how certain men and women in Scripture exemplified their view of God's sufficiency.

### When God Didn't Seem to Be Enough

#### **Eve**

In the perfect and all-sufficient Garden of Eden, Eve was persuaded by the Serpent to disobey God by eating the forbidden fruit of the Tree of Knowledge of Good and Evil. Satan convinced Eve to eat the fruit by assuring her she would not die and that she would become like God, knowing good and evil.

The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom

it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. (Genesis 3:6-7)

### When God Was Enough

#### **Paul**

To the church in Philippi, Paul recounted his impeccable credentials as a Pharisee:

I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. (Philippians 3:6-9)

- 
7. Paul declared that “God himself has given us right standing with himself” (Romans 8:33). As you reflect on these passages, comment on how the choices made by Eve and Paul can instruct you in applying the truth of God’s omnipotence and sufficiency.



What is “the lie” (singular) that has ruled civilization since the fall of man? It’s the belief that men and women can be their own god and live for the creation and not the Creator *and not suffer any consequences.*<sup>9</sup>

Warren W. Wiersbe



## Thoughts and Reflections from an Older Woman

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When something is enough, it is ample—nothing else is needed. We are satisfied and we are at rest. This has been God’s purpose from the beginning. He created the Garden of Eden for Adam and Eve, and they lacked nothing. But one of Satan’s schemes is to make us discontent and dissatisfied. Yet God, in His sovereignty and goodness, gives His children freedom to choose. This is what Eve did—she was deceived and she chose the forbidden fruit although she had everything she needed.

It was Eve’s inclination to seek “more” outside of God’s will that alerts me to my own susceptibility of thinking that I can act independently of God. “Reinhold Niebuhr, a leading post–World War II theologian, put his finger on the problem: ‘The human ego assumes its self-sufficiency and self-mastery and imagines itself secure. . . . It does not recognize the contingent and dependent character of its life and believes itself to be the author of its own existence.’”<sup>10</sup> Unfortunately, Eve learned all too late that she could not be the author of her own existence and that her security and satisfaction could be found in her sole dependence upon God. God is the One who created all things out of nothing; He is the only One who can ever be enough. A. W. Tozer, American pastor and author, commented, “Always He is trying to get our attention, to reveal Himself to us, to communicate with us!”<sup>11</sup> Perhaps He is always trying to get our attention because He wants us to know that rest and completeness can be found in Him alone. Truly God gives abundantly, “without money and

without price.” How it must grieve Him when we rely on ourselves or the world to procure fulfillment. I think this is one reason Paul was so willing to count everything as worthless when He encountered the living Christ. He had sought satisfaction and fulfillment on his terms by being a righteous Pharisee, but once he met Christ, he desired nothing else. Paul was in earnest when he wrote, “He who did not withhold *or* spare [even] His own Son but gave Him up for us all, will He not also with Him freely *and* graciously give us all [other] things?” (Romans 8:32, AMP).

Years ago while attending a banquet, I began my journey of learning Hannah Whitall Smith’s “last and greatest lesson.” My husband and I were seated at a table for eight people. A young single man wanted to visit with Jack and asked if he could sit next to him. Two couples, who knew each other, came to fill out our table, leaving an empty chair by me. After introductions and small talk, the salad was served and everyone began to converse, and I began to eat by myself. After a while I became self-conscious and self-focused. Surely other people seated around us noticed that no one was talking to me. The longer I sat there the more I imagined that people were whispering, “She must be unlikable and boring.” I felt isolated and conspicuous.

Floundering in my self-pity, the Almighty Creator of the universe abruptly and clearly disrupted my thoughts with this challenge: “Cynthia, am I enough for you?” Stunned, I meekly whispered, “Oh, yes, Lord, You are enough for me.” I was surprised—first, by His apparent intimate involvement in my circumstance, and second, by His profound question. Then in my heart these provocative and penetrating questions came from the Lord: “Do you understand that I love you with an everlasting love? Have you comprehended that I never leave you or forsake you? Do you know that I am the First and the Last? Must you have people constantly affirming your worth? Don’t you realize that I purchased you with a great price and that you are precious in My sight? Must you seek satisfaction and validation from the world? Is not My presence, My love, My grace, My purpose, My intimate knowledge of you *enough?*” Overwhelmed by this holy confrontation, I sat silently.

Incredibly, I thought of God’s questioning of Job and of Job’s modest reply, “I am nothing—how could I ever find the answers? I will cover my mouth with my hand” (Job 40:4).

So in the midst of a bustling banquet—teary-eyed, deeply humbled, yet exceedingly blessed by the everlasting God—I covered my mouth and merely nodded. My heart was flooded with the joy and peace that only the Lord can give, and I knew in a fresh and deeper way that God and God alone was enough.



God, of your goodness, give me yourself; for you are sufficient for me. I cannot properly ask anything less, to be worthy of you. If I were to ask less, I should always be in want. In you alone do I have all.<sup>12</sup>

*Julian of Norwich (fourteenth century)*



## Personal Reflection and Application

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Charles H. Brent observed, “Indeed, it would seem as though the deepest truths come only in moments of profound devotional silence and contemplation.”<sup>13</sup> Take time to be still and prepare your heart to meditate and pray over your responses to the following thoughts. (Perhaps you might want to keep a separate journal for recording your reflections for each chapter.)

- 
8. Carefully review this chapter, noting the key Scriptures and thoughts that impressed you. Write a brief summary of what you have learned from your study.

9. How does knowing God as the sovereign Creator help you in believing that God is enough? Include any doubts or hindrances you have in accepting the sufficiency of God.

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10. As you examine your daily choices, in what areas are you tempted to satisfy your own desires instead of relying on the Lord's provision?

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11. Do you agree with Hannah Whitall Smith's observation that discovering God's sufficiency is the last and greatest lesson a Christian must learn? Why or why not?

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12. How has this chapter helped you in viewing God as a gracious giver of all things?



13. What is one tangible way you can begin to let God be enough for you?

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14. In writing to the Ephesian church, Paul was overcome with God's grace and goodness, proclaiming, "When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth" (Ephesians 3:14-15). After reflecting on "all this," close this chapter by praying to the Father and Creator of everything, asking that He reveal Himself to you as the One and Only God who freely gives all things. Request that the Lord, in His goodness, give Himself to you and that your heart will become more and more alert to His desire "to get your attention, to reveal Himself to you, to communicate with you." Pray that you will be a willing student ready to learn this great lesson that He alone is enough for you. Thank Him for not sparing His own Son and for graciously committing to give you all you need.



When you come to Christ and become a Christian, you are not only conscious of this new life, you are conscious of a sense of satisfaction. I say that to the glory of God and of my Savior. There is nothing that I know of, that I can think of, that I can imagine, but that I find it, and more than find it, all in him. He is enough. He is more than enough. He is the All in All. He is fully satisfying.<sup>14</sup>

*D. Martyn Lloyd-Jones*

