

Class Notes for WONC

Chapter 1

Definition of wisdom: Capacity to choose the God honoring decision

Definition of foolishness: stubbornness to refuse to do what is right, lack of openness to God's way, mentioned 239 times in the bible

You know you are teachable when:

1. You get a lot of input; people feel they can teach you
2. You see measurable growth in your life. No change = fool.
3. You are not defensive; not always trying to explain yourself
4. You hear different things, not always the same criticisms

Definition of hesed:

Hebrew word for the love God has for us. We do not have a word that translates its' exact meaning in English. It encompasses love, kindness, goodness, faithfulness, mercy, and compassion. Translators will usually choose just one of these words.

Ways to respond to God's commands, by Joe Stowell

1. disdain
2. doubt
3. duty
4. devotion
5. delight: the best way to respond! To be emotionally preoccupied with His commands

God's Word + My Response x Time = Maturity,

Class Notes: by Jerry Bridges

We are responsible and dependent for our spiritual growth.
(Jude 1:20-21)

Chapter 2

Satan's lies:

- a. God is not good
- b. God's Word is not true
- c. God's intentions are oppressive and restrictive
- d. God is not enough
- e. God's will for you involves loss without purpose

The elements for spiritual growth that you are responsible for:

- a. Prayer
- b. Bible reading, study and memorization

- c. Obedience, application of truth
- d. humble teachable spirit
- e. confession and repentance.

Chapter 3

How to grow in love

- a. Saturate your mind with Scriptures about love
- b. Pray for the Holy Spirit to apply truth in your life
- c. Do loving acts, dependent upon the Spirit
- d. Bask in God's love for you

Do I Really Love God?

- a. Do I long for personal communion, relationship, fellowship? (Psalm 116:1-2)
- b. Do I love what God loves? (Psalm 119:97)
- c. Do I hate what God hates? (Psalm 97:10)
- d. Do I long for Christ's return and heaven? (2 Timothy 4:8)
- e. Do I keep His commands? (John 14:21)

Some of the most common idols

- A. comfort:
- B. pleasure
- C. recognition
- D. power
- E. control
- F. acceptance
- G. being right

Progression of Desires: the evolving of a desire (even a good one) into an idol

- a. I desire this
- b. I demand this
- c. I need this
- d. I expect this
- e. I deserve this
- f. I am disappointed that I did not get this
- g. I will punish you for not giving this to me

Five evidences

Love for...

- a. God
- b. God's Word
- c. God's people
- d. God's righteousness and hatred of sin
- e. God's will and ways

Lies:

- a. My life is only as good as my marriage
- b. My joy, security and peace are dependent upon how my husband treats me.
- c. My husband or marital status holds the key to my emotional state
- d. Until my husband changes, I will be miserable and trapped

Relationship Truths

- a. Our relationships will never work according to our plan.
- b. Our relationships will never live up to our expectations
- c. Our relationships will always grapple with some kind of difficulty
- d. Our relationships will always need to improve

Chapter 4**Lies about love**

- a. Love = passion
- b. My spouse should meet all my needs, (or die trying!)
- c. Once love dies, you can't get it back
- d. The wrong spouse = a painful life with no hope
- e. It is my spouse's responsibility to make me happy
- f. Love means being on an emotional high forever
- g. Love is a feeling. You either have it or you don't

Patient from Webster's

Patient = willing to put up with waiting, pain, or anything that annoys, trouble, or hurts. Enduring calmly without complaining or losing self-control.

Having Trouble being Patient?

- a. Patience is a work of the Holy Spirit. Are the elements for growth in place?
- b. Develop the attitude: "It's not about me."
- c. Focus on the fact that God is in control of every situation.
- d. Admit your need for growth and that God is providing opportunity for that
- e. Pray for a servant's heart and a humble spirit
- f. Remember, "My Heavenly Father knows all about this." quote by Charles Stanley

Overcoming Jealousy

- a. Pray for the person's success, blessing, and protection
- b. Encourage the other person
- c. Defend and build up the person to others
- d. Confess and repent of your own sin and be content with what God has given you

Counterfeit Love

- a. Physical attraction
- b. Emotional connection

- c. Spiritual unity
 - d. Culture unity
- Satan vs. Jesus
- a. Deceives vs. Truth
 - b. Divides vs. Unites
 - c. Destroys vs. Heals, restores, saves

But I am already really trying

- a. Never tire of doing what is right.
- b. Continue to get rid of expectations.
- c. Do everything for the Lord
- d. Control your thoughts
- e. Totally depend upon God for help
- f. Be on guard against self pity or resentment
- g. Keep forgiving
- h. Trust that God is in control and He never stops working
- i. See every situation as an opportunity for growth
- j. Need people less but love them more
- k. Pray and pray and pray

Chapter 5

Ways to run from suffering

- a. Mask or dull the pain with alcohol, drugs, shopping, eating, etc.
- b. Blame others; take no personal responsibility
- c. Become bitter; blame God for all your problems
- d. Denial, refuse to deal with the issue
- e. Keep so busy that you do not acknowledge the situation
- f. Try to control or fix the consequences

Having Trouble Serving?

- a. Make sure you are asking God for help, strength, power, wisdom, grace
- b. Do everything for the Lord, not praise or attention from people
- c. Spend time with the Lord in solitude and stillness for your personal needs to be met
- d. Control your thoughts. No self-pity, negative thoughts, or comparing
- e. Pray for a humble heart and develop the attitude, "It's not about me."
- f. Check what is on your list. There may be things there that God never intended to be.
- g. Be aware of Satan's tactics: doubt, discouragement, deceit, depression
- h. Live by truth; persevere and obey
- i. Live by faith; believe what God says He will do
- j. Be sure and confess sin or power from the Spirit will be blocked

Sharing Encounters with Christ

- a. Share highlights and truths from your daily devotions

- b. Share answers to prayer
- c. Share truths from sermons, radio broadcasts, books
- d. Share steps of obedience, areas of growth
- e. Share songs of praise and worship that have blessed you
- f. Share God's faithfulness and provision
- g. Share about a person God used in your life to bless and encourage you
- h. Share about a trial God used to grow and mature you

Chapter 6

Submission

- a. An attitude of voluntary cooperation
- b. Yield to husband's leadership; support his initiative
- c. Acknowledging and responding to the head
- d. Divine calling of a wife to honor and affirm husband's leadership
- e. Deferring to husband, knowing that God is the one really in control
- f. Freeing your husband to accept the weight of the decision making
- g. Humbly obey and support your husband's leadership

Submission is not:

- a. Being a doormat, being forced to obey
- b. Being confined to home, walk behind husband
- c. Keeping your mouth shut, never questioning or disagreeing
- d. Having no will, opinion, or advice of your own
- e. Physical or emotional abuse
- f. Being inferior to husband
- g. Husband is always right
- h. Following your husband into sin
- i. Just outward compliance
- j. Letting your husband choose sin without speaking up
- k. Replacing Christ with your husband as supreme authority in your life

Why is it so difficult to submit?

- a. The curse; the desire for control
- b. Pride: every person's way is right in their own eyes
- c. Fear: what if husband makes a foolish decision?
- d. We are all rebels at heart
- e. It requires great humility
- f. We don't really trust God

Start with: Here is my idea, opinion, but you are to have the final decision

Close with: I will support you in whatever you decide

Definition of faith

Faith is believing the Word of God and acting upon it, no matter how I feel, knowing that God promises a good result.

I know my wife respects me

- a. I am wrong and she responds kindly
- b. She is interested and engaged in what I have to say
- c. She trusts my opinions, judgments, decisions
- d. She accepts me for who I am and encourages me

Chapter 7

Two ways to look at every situation

- a. How does this affect me? It is all about me
 - b. How can I honor God in this situation? It is all about God's glory.
- Sin causes people to get reduced to...
- a. Vehicles to help us get what we want
 - b. Obstacles in the way of what we want

Chapter 8

1. Can't forgive myself p. 193

- a. Pride: "My sin is so bad that Calvary is not enough."
- b. Lack of trust in God: "I don't really believe that God will forgive me."
- c. Guilt, shame: This comes from Satan after we have confessed. "You are no good, too bad."

2. Definitions of Forgiveness p. 197

- a. to give up resentment against or desire to punish
- b. to stop being angry with; giving up my perceived right for revenge
- c. an act of your will and a choice to release the person from the obligation that resulted when they took something from you (James MacDonald)
- d. involves transferring the prisoner over to God Who is able and responsible for meting out justice (Nancy Leigh DeMoss)

3. Two Truths to Aid in Forgiveness p. 198

- a. I, myself, am a sinner and have hurt others
- b. Seek to look beyond the person who has hurt you and who is only the instrument, to see God who has purposed this adversity for you. Resist any tendency of bitterness or resentment in your heart towards this person.

4. The High Cost of Unforgiveness p. 203

- a. lost intimacy with God
- b. relational damage
- c. lost time with others
- d. stunted spiritual growth
- e. no joy or other fruit of the Spirit
- f. damaged emotions: bitterness, resentment, anger, malice, slander, etc.

g. dishonors God

The only way out of this pain is forgiveness.

5. Resolving Anger p. 207

- a. Let minor offenses roll off your back (appropriate about 50% of the time)
- b. Let larger offenses roll off to the Lord (appropriate 45% of the time)
- c. For larger offenses, go to the person and work it out (appropriate 5% of the time)

6. Steps in the Forgiveness Process p. 208

- a. Pour out your heart to God
- b. Do not complain about the situation to others
- c. Ask God for forgiveness on your part
- d. Ask God for the grace to forgive
- e. Try to see the situation from the offender's point of view
- f. Make the choice to forgive. Obedience first!
- g. Talk to the offender and ask forgiveness for your part
- h. Do something kind for the person you are forgiving
- i. When you recall the event, stop, verse, pray, obey
- j. Remember how very much you are forgiven
- k. Refuse to bring up the offense to the person, others or to yourself.

7. Indications we have not forgiven p. 209

- a. Every time I think of the person or offense I still feel angry
- b. I have a subtle, secret desire to see that person pay for what he/she did to me
- c. Deep in my heart I wouldn't mind if something bad happened to the person who hurt me
- d. I sometimes find myself telling others how this person hurt me
- e. If this person's name comes up, I am more likely to say something negative about him/her than something positive
- f. I cannot thank God for this person

Chapter 9

1. Four Main Reasons for Struggles in Marriage by Chip Ingram p. 219

- a. Both spouses are sinners (the biggest problem)
- b. Opposite personalities usually
- c. Gender differences (male vs. female)
- d. Historical/environmental baggage: you each bring your past, upbringing, expectations, etc.

2. Six Levels of Communication p. 219

- a. small talk
- b. facts
- c. opinions
- d. feelings

- e. needs and desires
- f. beliefs that reflect the core of who you are

3. Words that Benefit by John MacArthur p. 224

- a. Instructive
- b. Encouraging
- c. Uplifting (even when corrective)
- d. Suited for the moment

4. Speaking the Truth in Love, p. 226 Use these guidelines by James MacDonald

- a. Is it true and accurate?
- b. Is it kind and loving?
- c. Is it necessary?
- d. Is it chosen? Did you think/pray about it?
- e. Is it fair? What is your own motivation in saying it?
- f. Is it the right time?

5. Developing Positive Speech Patterns p. 229

- a. Continue to work on developing your own spiritual maturity
- b. Commit to speak only good things about other people
- c. Respond properly when you encounter improper speech habits in others or self
 - 1. Do not communicate approval or encourage additional wrong statements
 - 2. Pray for wisdom
 - 3. Be loving and resist the sin of anger
 - 4. Avoid a judgmental spirit
 - 5. Encourage others to control their tongues before you hear it
 - 6. Pray about what you hear
 - 7. Publicly share your commitment to control your own tongue

Chapter 10

1. Six Prerequisites to Good Communication p. 251 by Stuart Scott

- a. You must want to please God more than anything else. 2 Cor. 5:9
- b. You must be humble. Eph. 4:1-3
- c. You must be aware that you are accountable to God for everything you communicate Matt. 12:36
- d. You must know how to listen Prov. 18:13

- Concentrate on and carefully consider what the other person is saying
- No interrupting except for rare occasions if person out of control
- No formulating what you will say while other person talking
- Don't talk too much. Allow breaks in the conversation
- Ask for clarification: Could you explain more? Is this what you mean?

- e. You must know that communication involves more than just words. (tone, actions, body) James 4:17
- f. You must be willing to put forth the effort and spend the time it takes to communicate. Romans 12:10-12

2. Communication Rules for Resolving Conflict by Stuart Scott p. 253

- a. Confess any sin that you are aware of to God
- b. Go to your spouse, ask forgiveness specifically and discuss plan to not do those things
- c. Express desire to resolve the conflict fully and decide together when would be best
- d. Come together at the appointed time
- e. Pray together for God's wisdom, self-control, wise speech
- f. Review God's rules of communication
 - Be a good listener
 - Speak the truth
 - Speak in love
 - Speak with the right purposes: God's glory and the other's good
 - Speak as clearly as possible
- g. Each should take a turn to confess sin and ask forgiveness. Ask for the other's input
- h. Discuss the issues, but try to reach unity in 30-40 minutes or decide to reschedule

3. Sinful Ways to Avoid Conflict by Stuart Scott p. 260

- a. Just keep quiet
- b. Stay away from each other
- c. Change the subject
- d. Hide information, sins, or bitterness
- 4. Handling Our Anger in a God-Honoring Way by Jerry Bridges p. 265
 - a. Recognize and acknowledge our anger and the sinfulness of it
 - b. Ask self why you became angry: pride, selfishness, idol of heart?
 - c. Repent of wrong thoughts and emotions
 - d. Change attitude towards the person who triggered our anger
 - e. Seek forgiveness if we wounded another in our anger
 - f. Hand over to God the occasion of our anger, especially when treated unjustly or unfairly. God is sovereign in all affairs of our lives

Chapter 11

Pride

- a. All about self-promotion
- b. Has no regard for boundaries (you can't inhibit me)
- c. Driven by competition and comparison
- d. Is critical of others to elevate self
- e. Demonstrates an un-teachable spirit

Boulder of Pride Removal

- a. View pride as a vicious enemy
- b. View humility as a friend
- c. Humble yourself before God

Self-stuff

- A. self-exaltation h. self-promotion
- B. self-will i. self-delusion
- C. self-serving j. self-righteous
- D. self-absorption k. self-worship
- E. self-sufficient l. self-indulgence
- F. self-protection m. self-pity
- G. self-loathing n. self-defensive

Pitfalls of Pride for Christians

1. I know a lot about the Bible, God etc. I have been a Christian all my life, been in many Bible studies, had years of training and lots of learning.
2. I have done a lot for God, church, people, taught Sunday school, AWANA, Bible studies, given \$, served, helped, ministered.
3. I have grown a lot spiritually; look where I was, I am so much farther; I am so much better than others, I am growing faster than others, I am doing so well.

Process God uses to produce brokenness

- a. He targets the area in which we are not submissive to Him
- b. He arranges the circumstances and selects the tools with which to break self-sufficiency
- c. He controls the pressure and timing of those circumstances to bring us back into His will.

Humble yourself

- a. Let slights and offenses go
- b. Hide your accomplishments
- c. Be the first to seek peace and reconciliation

How to Worship by Joseph Carroll

- a. With your whole heart
- b. With clean hands
- c. Living in obedience
- d. Prayer: silent and out loud
- e. In solitude
- f. Use confession
- g. Ask the Holy Spirit to help and guide you
- h. Concentrate/focus
- i. Use Scriptures
- j. Use a hymnal, sing, give thanks

Hindrances to worship

- a. An un-surrendered heart
- b. Un-confessed sin
- c. Sinful attitude toward others
- d. Spiritual warfare
- e. Physical tiredness
- f. unbelief

Chapter 12

Definition of Mercy

Mercy is the kind, sympathetic and forgiving treatment of others that works to relieve their distress and cancel their debt. It is also compassion combined with forbearance and action.

Chapter 13

Questions for Sexual Activities by Linda Dillow

- a. Is it prohibited in Scripture
- b. Is it beneficial or does it hinder our relationship
- c. Does it involve anyone else (DVD, Pictures, TV, etc)

God's 10 Prohibitions Regarding Sex

1. Fornication
2. Adultery
3. Homosexuality
4. Impurities
5. Orgies
6. Prostitution
7. Lustful passions for someone other than your spouse
8. Sodomy – same sex
9. Obscenity, coarse jokes
10. Incest

Flags and Danger Signals, Barb Wilson

1. Thinking about a man when you are not with him
2. Looking forward to seeing him or being in the same place with him
3. Dressing with special care when you know you will see him
4. Replaying conversations/situations with him in mind
5. Distancing yourself from your husband
6. Fantasizing being together and wondering if he is thinking about you
7. Prolonged personal conversations
8. Wondering if he is thinking about you.

If any of the above occurs, avoid that person at all costs!

No notes 14 and 15