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## Scripture Resources for the 'Informed Friend'

### Scriptures for 3.2 Your identity in Christ

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All bible verses quoted from NIV. The list is not exhaustive.

I am...

**God's child:** John 1:12

*Yet to all who received him, to those who believed in his name, he gave the right to become children of God*

**chosen by God as His child:** Ephesians 1:3-8

*Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding.*

**Jesus' Friend:** John 15:15

*I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.*

**united to Jesus:** 1 Corinthians 6:17

*But he who unites himself with the Lord is one with him in spirit.*

**saved:** Ephesians 2:8

*For it is by grace you have been saved, through faith and this not from yourselves, it is the gift of God*

**born again in Jesus:** John 3:3-6

*In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again" "How can a man be born when he is old?" Nicodemus asked. "Surely he cannot enter a second time into his mother's womb to be born!" Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. 6Flesh gives birth to flesh, but the Spirit gives birth to spirit.*

**justified.** Romans 5:1

*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,*

**holy:** Ephesians 4:24

*and to put on the new self, created to be like God in true righteousness and holiness*

**whole and complete:** Colossians 2:9-10

*For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.*

**a new creation:** 2 Corinthians 5:17

*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!* Ephesians 2:6

**part of a family:** 1 Corinthians 12:27

*Now you are the body of Christ, and each one of you is a part of it.*

**a citizen:** Ephesians 2:19

*Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household*

**part of a global community:** 1 Corinthians 12:27

*Now you are the body of Christ, and each one of you is a part of it.*

**forgiven from all I have done wrong:** Colossians 1:13-14

*For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.*

**able to have direct access to God because of Jesus:** Hebrews 4:14-16

*Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

**free of guilt:** Romans 8:1

*Therefore, there is now no condemnation for those who are in Christ Jesus.*

**free of blame:** Romans 8:31-32

*What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies.*

**free from fear:** Romans 8:14,15

*because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."*

**safe:** 1 John 5:18

*We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.*

**powerful:** 2 Timothy 1:7

*For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline* **secure**

**whatever is happening to me:** Romans 8:28

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

**created for a purpose:** Ephesians 2:10

*For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

**an heir:** Romans 8:17

*Now if we are children, then we are heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.*

**a work in progress:** Philippians 1:6

*being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

**a winner through Christ:** Romans 8:37

*No, in all these things we are more than conquerors through him who loved us.*

## **Scriptures for 3.10    The Holy Spirit can enable the person's self-efficacy**

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**I can do it!:** Philippians 4:13

*I can do everything through Christ who gives me strength.*

**I can ask for help:** John 15:16

*You did not choose me, but I chose you and appointed you to go and bear fruit, fruit that will last. Then the Father will give you whatever you ask in my name.*

**I can take on the character of God:** Colossians 3:12

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience*

**The Holy Spirit dwells in me:** 1 Corinthians 6:19-20

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

**God is building me up:** 1 Peter 2:5

*you also, like living stones, are being built into a spiritual house to be a holy priesthood offering spiritual sacrifices acceptable to God through Jesus Christ.*

**I can hold on to Jesus Christ:** Hebrews 3:14

*We have come to share in Christ if we hold firmly till the end the confidence we had at first*

**I can resist temptation:** 2 Peter 1:4

*Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.*

**I can do things in God:** John 15:5

*I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.*

**I can be confident:** Ephesians 3:12

*In him and through faith in him we may approach God with freedom and confidence.*

**I can triumph in Christ:** 2 Corinthians 2:14

*But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.*

**I have God's spirit within me:** 2 Corinthians 1:21-22

*Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.*

## **Scriptures for 4.1     One's thought life**

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**Take care about what you let enter your mind:** Proverbs 4:23

*Watch over your heart with all diligence, For from it flow the springs of life.*

**Focus your thinking:** Philippians 4:8

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

**Your thinking influences your actions:** Luke 6:45

*The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart*

**Thinking leads to action:** 1 Peter 1:13

*Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ*

**I can preserve relationships:** Matthew 5:13

*You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.*

**God knows what I am thinking:** Galatians 6:7

*Do not be deceived, God cannot be mocked. A man reaps what he sows.*

**I can find my way and show others the way:** Matthew 5:14

*You are the light of the world. A city on a hill cannot be hidden.*

**I can resolve relationships issues:** 2 Corinthians 5:18-19

*All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.*

**I can control my thought life:** 2 Corinthians 10:5

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

**God will provide a way out:** Psalm 91:14-16

*Because he loves me, says the LORD, I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.*

**God loves me and he has control:** Psalm 115:3

*Our God is in the heaven; he does whatever pleases him.*

**God will give you peace of mind:** Philippians 4:6-7

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

**God can order your thought-life:** 1 Corinthians 14:33a, For God is not a God of disorder but of peace ...

Romans 8:5 *Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.*

**It's good to confess your thought life to God:** James 5:16

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

**Don't just react from your hurts:** Jeremiah 17:9

*The heart is deceitful above all things and beyond all cure. Who can understand it?*

**Keep your thought-life humble:** Philippians 2:3

*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourself.*

**We all have setbacks:** 1 John 1:8-2:1

*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives. My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One.*

**Doing wrong begins in our mind:** Mark 7:21-22

*For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly.*

**Our thinking affects our relationships:** James 4:1

*What causes fights and quarrels among you? Don't they come from your desires that battle within you?*

## 4.3 Scriptures that may bring hope in suffering

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### **God is a refuge:** Psalm 9:9-10

*The eternal God is your refuge, and underneath are the everlasting arms. The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.*

### **God shelters:** Psalm 23:4

*Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me. Your shepherd's rod and staff protect me.*

### **God upholds:** Isaiah 41:9-10

*I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. But in their distress they turned to the LORD, the God of Israel, and sought him, and he was found by them.*

### **God protects:** Isaiah 43:2-5a

*When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the Lord your God, the holy God of Israel, who saves you.... You are precious to me and...I love you and give you honor. Do not be afraid--I am with you!*

### **God consoles:** Jeremiah 31:13b

*I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.*

### **God comforts:** 2 Corinthians 1:3-5

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.*

### **God knows my sadness:** Psalm 42:3-11

*Day and night I cry, and tears are my only food.... My heart breaks when I remember the past.... Why am I so sad? Why am I so troubled? I will put my hope in God, and once again I will praise him, my savior and my God.... My heart is breaking.... He has sent waves of sorrow over my soul.... May the Lord show his constant love during the day, so that I may have a song at night, a prayer to the God of my life.... Why am I so sad? Why am I so troubled? I will put my hope in God, and once again I will praise him, my savior and my God.*

### **God leads you through:** Psalm 142:3a

*When my spirit grows faint within me, it is you who know my way.*

### **God supports:** Revelations 7:17

*For the Lamb at the center of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes."*

### **God strengthens:** Psalm 73:26

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

### **God is faithful:** Hebrews 10:23

*Let us hold unswervingly to the hope we profess, for he who promised is faithful.*

**God provides energy:** Isaiah 40:29

*He gives strength to the weary and increases the power of the weak.*

**God satisfies:** Jeremiah 31:25

*For I have satiated the weary soul, and I have replenished every sorrowful soul.*

**God is present:** John 14:18

*I will not leave you comfortless: I will come to you.*

**God brings peace:** John 14:27

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

**God cares:** 1 Peter 5:7

*Cast all your anxiety on him because he cares for you.*

**God heals:** Psalm 147:3

*He heals the broken-hearted and binds up their wounds.*