

The Power Behind
Anger Resolution

**Turning Anger Into the
Power of Love**

Session Five

Turning Anger Into the Power of Love

Resolving Anger by Understanding _____¹

If a young man with no understanding of football was invited to try on a uniform and join the team on the playing field, he would probably become angry and bitter as the members of the opposite team tackled him every time he got the ball and “roughed him up” in other ways. Not understanding the goal to be achieved, nor expecting the pain involved to achieve the goal, he would no doubt leave the field as soon as he could.

Unfortunately, many people are invited to join the Christian team. They are told to put on the uniform of the Christian life and are sent out to the “field” with little or no understanding of the fact that they are thereby inviting trials and tribulations into their lives. However, this very suffering can shape them into heroes of faith who will be cheered by the watching cloud of witnesses as they advance the kingdom of God. What, then, are the callings we should understand at the outset of our walks with God?

1. Called to _____²

Every believer is called to be holy. Holiness describes the character of God. It is the name ascribed to the Spirit of God, and it is what those around the throne will praise throughout eternity. (See Revelation 4:8.) Thus, Peter writes, “But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy” (I Peter 1:15–16).

2. Called to _____³

This process requires suffering. Therefore, Paul urges Timothy, “Be thou partaker of the afflictions of the gospel according to the power of God; Who hath saved us, and called us with an holy calling” (II Timothy 1:8–9). Peter also affirms our calling to suffering, “For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps” (I Peter 2:21). (See also Colossians 1:24.)

3. Called to _____⁴

The fruit of holiness will inspire similar fruit in others. Therefore, Jesus said, “I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain” (John 15:16). Such fruitfulness produces glory, and God “called us to glory and virtue” (II Peter 1:3). “If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you” (I Peter 4:14).

Two Phases of Holiness

1. Instant: When we give something to God—The first phase occurs when the body is presented to God as a living sacrifice. As this is done, the body becomes “holy, acceptable unto God” (Romans 12:1).

2. Continuing: As we “perfect” holiness—The second phase of holiness is a process of moral purification: “Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God” (II Corinthians 7:1).

Three _____⁵ of the Work of God's Spirit

The work of the Holy Spirit is consistent with the callings of God in our lives. He enters the spirit when one is born again by Him in salvation. Then He desires to fill the soul with His presence; and through our obedience to Him, He wants to control the members of the body to live in holiness.

For this purification process, God's Spirit takes us through fiery trials and tribulations. He gives us the energy to receive them with gratefulness and rejoice in His purposes for them. Then He rewards us with the power of His fruit in and through our lives.

| _____6 | _____7 | _____8 |
|---|---|---|
| The pattern of the Spirit's ministry is in Luke 4:1-14. Jesus is described as "being full " of the Holy Spirit (v. 1). | Then He "was led by the Spirit into the wilderness, Being forty days tempted of the devil" (vv. 1-2). | He "returned in the power of the Spirit . . . and there went out a fame of him through all the region" (v. 14). |
| This threefold ministry is also patterned in the disciples' lives. After the resurrection, Jesus "breathed on them, and saith unto them, Receive ye the Holy Ghost" (John 20:22). | After they received the Spirit, Jesus gave them a test. They had failed the previous one-hour waiting test in the garden. Now they were to wait in Jerusalem. (See Acts 1:4.) | After passing the test of the long, upper-room wait, the Spirit of God descended upon them and they were all filled with the power of the Holy Spirit. (See Acts 2:4.) |
| After Paul's conversion, he was filled with the Holy Spirit. From the beginning, God knew of the great things Paul would suffer for Christ. (See Acts 9:16-17.) | "Five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep" (II Corinthians 11:24-25). | In addition, Paul willingly "suffered the loss of all things" in order to win Christ and have the power of Christ rest upon him. (See II Corinthians 12:9, Philippians 3:8.) |
| Paul had power because of the suffering he endured. Therefore, through him the Gospel came to the Thessalonians, not in word only, "but also in power, and in the Holy Ghost, and in much assurance" (I Thessalonians 1:5). | These believers "received the word in much affliction, with joy of the Holy Ghost" (I Thessalonians 1:6). Paul praised them for patience and faith in all the persecutions and tribulations they endured. (See II Thessalonians 1:3-4.) | Because the believers rejoiced in their sufferings, they experienced the power of the Holy Spirit. "Your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth" (II Thessalonians. 1:3). |
| All believers receive the Holy Spirit. (See Romans 8:16.) | All who live Godly will suffer persecution. (See II Timothy 3:12.) | All believers are to have the power of love. (See Eph. 3:18-20.) |

Three Steps to Gain the Power of Love

Filling

When we recognize that we have violated God's impossible-to-keep standards and cry out to Him for mercy, He forgives us because of the death of Christ on the cross. He makes us His children and puts His Holy Spirit within us. "The Spirit itself beareth witness with our spirit, that we are the children of God" (Romans 8:16).

The Spirit of God then wants to transform the mind, will, and emotions to be in harmony with His holy standards. He does this by the power of God's grace given through His Spirit. We get this simply by asking for it. "If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?" (Luke 11:13).

Obedying the Holy Spirit means yielding the members of our bodies to Him each day for His control. "As ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness" (Romans 6:19).

Testing

We are to anticipate testing. "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy" (I Peter 4:12-13).

Types of Testing

- **Fiery trials**—Bursts of anger, grief, or lust
- **Infirmities**—Physical limitations and illnesses
- **Reproaches**—Ridicule and rejection for holiness
- **Persecutions**—Stalkers who make life miserable
- **Necessities**—Daily responsibilities for living
- **Distresses**—Deep hurts and disappointments
- **Tribulations**—Unusual pressure God allows
- **Temptations**—Opportunities to fulfill secret evil desires presented to us by Satan

Power

To the degree that we respond to testing with thankfulness, rejoicing, *rhemas* of Scripture, crying out, and overcoming evil with good, we will experience the power of God's Spirit.

The power of God's Spirit will be evidenced in His fruit, which is "love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance [self-control]" (Galatians 5:22-23).

The early Christians understood this truth and therefore gloried in all of their testings. Paul said, I will "glory in my infirmities, that the power [*dunamis*] of Christ may rest upon me" (II Corinthians 12:9).

The progression from tribulation to the power of love is also explained in Romans 5:3-5. "We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."

How to Pass Each Test

1. Give Thanks.

Choose to be _____⁹.

The instruction of Scripture is very clear. “In every thing give thanks” (I Thessalonians 5:18). Based on this command, it is obvious that the ability to be positive or negative resides within us. Our natural tendency is to be negative and respond with murmuring or complaining. Thus, Scripture appeals to us to “do all things without murmurings and disputings” (Philippians 2:14).

It takes a conscious act of the will and a sacrifice of natural desires to be thankful rather than to complain. Thus, Psalm 107:22 is appropriate, “Let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing.”

The command to give thanks in every thing is followed by the reason why: “For this is the will of God in Christ Jesus concerning you” (I Thessalonians 5:18). There is a clear reason why God’s will for our lives is linked to our gratefulness. Doors of opportunity will be opened or closed to us on the basis of whether we are energy-givers or energy-takers. A grateful person is an energy-giver, and a complainer is an energy-taker.

Thanking God in all things does not mean that we thank God for evil. It means that we are thanking God for the benefits He intended for us when He allowed it to happen.

Five Reasons Why We Can Thank God in Everything

1. Because everything comes from _____¹⁰

Job was the most righteous man of his day; God was well pleased with him. However, Satan scorned God’s praise of Job by predicting that Job would curse God if God removed the hedge of protection around all of Job’s possessions and family.

God gave Satan permission to afflict Job within certain limits. Satan then arranged for the destruction of Job’s wealth. Job lost seven thousand sheep, three thousand camels, five hundred yoke of oxen, and five hundred donkeys. Satan also killed Job’s seven sons and three daughters. When the tragic news came to Job, he could have said, “The Lord has given and Satan has taken away!” Instead he declared, “The LORD gave, and the LORD hath taken away; blessed be the name of the LORD” (Job 1:21).

Satan was given permission to go even further and destroy Job’s health with painful boils from head to foot. Once again Job recognized this as ultimately from the hand of God. He said, “Shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips” (Job 2:10).

The Apostle Paul affirms the same truth. When Satan tormented Paul with a physical infirmity, Paul prayed three times for it to be removed. God chose not to remove it but explained why He had allowed it to come. Paul then writes, “Lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, Lest I should be exalted above measure” (II Corinthians 12:7).

Unless we see that everything comes from the good hand of God, we will never be able to develop a grateful spirit. Even physical defects come by God's permission; He could easily have designed us so that the physical abnormalities in parents would not be inherited by their children. He therefore takes ultimate responsibility for physical defects, as He said to Moses, "Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD?" (Exodus 4:11).

Because Job responded correctly to his losses, God rewarded him with double the amount of everything he lost. He received fourteen thousand sheep, six thousand camels, one thousand yoke of oxen, and one thousand donkeys. He was given ten children in addition to his first ten children.

2. Because everything is for _____ 11

We are assured of this fact by the promise of Romans 8:28, "All things work together for good to them that love God, to them who are the called according to His purpose." It is important to note that a prerequisite for things to work out for our good is that we love God. "No good thing will he withhold from them that walk uprightly" (Psalm 84:11).

There are some things that come to us that we would not classify as good. When Joseph was sold into slavery by his jealous brothers, he probably did not look at that as a good thing. However, in later years he saw God's bigger plan and was able to say to his brothers, "But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive" (Genesis 50:20).

3. Because everything can produce _____ 12

Romans 8:29 explains how all things work together for our good—they mold us into the character of Christ: "For whom he did foreknow, he also did predestinate to be conformed to the image of his Son." Christ is the express image of the Father. (See Hebrews 1:3.) The Greek word for *express image* is *charakter*. It means an engraving as in a stamp for an exact likeness, the exact expression of any person or thing, a precise reproduction in every respect.

There is no trial or tribulation that cannot provide the needed motivation to cease from doing wrong and develop the character qualities of righteousness. It was said of Jesus, "Though he were a Son, yet learned he obedience by the things which he suffered" (Hebrews 5:8).

Peter points out that "forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin" (1 Peter 4:1).

4. Because everything teaches us _____ 13

God desires fellowship with us; however, fellowship requires the agreement of thoughts between two people. This creates a problem because our natural thoughts are so different from God's thoughts. "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts" (Isaiah 55:9).

In order to bring our thoughts in line with His, God exposes us to trials and afflictions. These should force us to recognize what is truly important in life and reevaluate our priorities. The writer of Psalm 119 gave this testimony: "It is good for me that I have been afflicted; that I might learn thy statutes" (Psalm 119:71).

5. Because, if responded to correctly, everything will _____

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The tension and turmoil that engulf the lives of those who seek their own way bring about their destruction. God has for His disciples a quality of inward peace that is not known or understood by those in the world. He spoke of this peace to His disciples, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

This promise of peace was in conjunction with the persecutions and afflictions that He told His disciples to rejoice in. The ultimate end of all these trials is peace, because God says, "I know the thoughts that I think toward you . . . thoughts of peace, and not of evil, to give you an expected end" (Jeremiah 29:11).

2. Rejoice.

Find reasons _____

15.

Just as we are commanded to thank God in all things, we are also instructed to rejoice in all things. "Rejoice in the Lord alway: and again I say, Rejoice" (Philippians 4:4). It is important to realize that thanking God is an act of the will and rejoicing is a response of the spirit. We can therefore be extremely sad and very joyful at the same time.

This was Paul's experience. He experienced continual sorrow because his nation rejected Christ. "I have great heaviness and continual sorrow in my heart. For I could wish that myself were accursed from Christ for my brethren" (Romans 9:2-3). And yet, at the same time, Paul experienced continual joy because of those he was able to encourage toward maturity in Christ. "My brethren dearly beloved and longed for, my joy and crown" (Philippians 4:1).

In order to thank God for a distressing situation or a tragedy, we must see positive benefits that could come from it. For this reason, it is essential that we ask the question, Why did God allow this to happen? We must also develop the skillful perception needed to find the right answers. (See Session Four.)

The ultimate benefit of any trial is knowing that if we thank God for it and rejoice in it, He will reward us with the power of the Spirit. With this power of love, joy, and peace, He will be able to accomplish powerful things in and through us. These achievements will have eternal value that far outweighs any trials on earth. Thus, Paul stated, "For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us" (Romans 8:18).

The first-century Christians understood this principle, and they experienced the powerful love of the Holy Spirit in their midst. Paul pointed out that this power of love was directly related to their right response to sufferings, when he wrote, "Ye . . . took joyfully the spoiling of your goods, knowing in yourselves that ye have in heaven a better and an enduring substance" (Hebrews 10:34).

The Case of the _____

16

The owner of a small plumbing company bought a large truck to hold all the tools he needed for "on location" jobs. It was like a mobile plumber's shop. One day he pulled

up to a store to take care of a business matter. He was going to be gone only a few moments, so he left the keys in the truck.

When he returned, he discovered that his truck had been stolen. His heart sank. He had several uncashed checks from previous jobs in the truck, as well as several job orders. He was literally out of business. Now, according to Scripture, what should his first response be?

“Heavenly Father, thank you for Your purposes in allowing the truck to be stolen.”

Thousands of believers have heard this response and have burst out in laughter. It sounds ridiculous to thank God for a truck being stolen. Yet, this laughter is the convicting evidence that we are not thinking God’s thoughts after Him, nor do we have the faith to believe that this theft came from God’s good hand and that it is going to turn out for good. Instead, our natural response is to get angry and frustrated and maybe even react against God for allowing it to happen.

By having an initial response of thanking God, we can become objective in our thinking and then are able to be more alert to the reasons why God allowed it to happen. The owner of the plumbing company could list the following benefits for having the truck stolen:

- He will no longer leave his keys in the unattended vehicle.
- He will more readily recognize God’s ownership of the truck.
- He will be a better steward of whatever property God entrusts to him.
- He will be motivated to pray for God to work in the heart of the thief.
- He will now be more dependent upon God, rather than on himself, for daily bread.
- He will have a new awareness of how vulnerable and temporary possessions are.
- He will be motivated to focus on the things of the Lord, which are eternal.

The owner of this truck responded correctly to the theft, and as a result, God worked supernaturally on his behalf. Not only was the truck returned, but others who heard about his loss gave him an abundance of plumbing tools and supplies. His joy in the Lord abounded, and the praise that he gave to the Lord caused many others to rejoice and praise God.

Put problems into perspective.

- Is gaining intimate knowledge of Christ more excellent than gaining more possessions?
“I have suffered the loss of all things, and do count them but dung, that I may win Christ” (Philippians 3:8).
- Is getting more character more important than getting my own way?
Jesus “learned . . . obedience by the things which He suffered” (Hebrews 5:8).
- Is conquering my own spirit more heroic than conquering my competitors?
“He that hath no rule over his own spirit is like a city that is broken down” (Proverbs 25:28).
- Are eternal treasures more valuable than earthly riches?
“Go, and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven” (Matthew 19:21).

3. Engraft Christ's Commands.

Quench _____¹⁷.

When Jesus was tested in the wilderness, He met each temptation by quoting Scripture. When Satan urged Him to turn stones into bread, Jesus quoted from Deuteronomy 8:3. "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God" (Matthew 4:4).

There are two primary Greek words used to describe Scripture that are translated *word*. The first word is *logos*; it refers principally to the entire revelation of inspired Scripture and also to Jesus, Who is the living *logos*. The second word is *rhema* and can describe specific Scripture that the Holy Spirit gives us for personal application. For example, Jesus told Simon to cast the nets on the other side of the boat. He replied, "Master, we have toiled all the night, and have taken nothing; nevertheless at thy word [*rhema*] I will let down the net" (Luke 5:5).

It is through the *rhemas* of Scripture that our faith is built, because "faith cometh by hearing, and hearing by the word [*rhema*] of God" (Romans 10:17). This is important because *rhemas* also make up the shield of faith, and it is through this shield that we can quench every fiery dart of the evil one. "Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked" (Ephesians 6:16).

Fiery is defined in *Strong's Exhaustive Concordance of the Bible* as "to be inflamed (with anger, grief, lust)." These fiery darts bring doubts, discouragement, and defeat. Therefore, we must make full preparation to quench them. During the Roman conquests, the shield of a soldier was a large, door-like structure. Small shields would have been ineffective in dealing with a barrage of fiery darts. In like manner, the more *rhemas* we have, the more effective our shield will be.

Build a shield of _____¹⁸.

The *rhemas* of Scripture are living and powerful. Jesus affirmed this when He said, "The words [*rhema*] that I speak unto you, they are spirit, and they are life" (John 6:63). They are also the authority by which we can claim the promises of God, since we are told, "If ye abide in me, and my words [*rhema*] abide in you, ye shall ask what ye will, and it shall be done unto you" (John 15:7). By lifting up the *rhemas* and *logos* of God's promises, we are able to quench every discouraging thought. It was for the promise of future joy that Jesus was able to endure His cross: "Who for the joy that was set before him endured the cross, despising the shame" (Hebrews 12:2).

In the regular course of our daily reading of God's Word (*logos*), the Holy Spirit will cause certain passages to stand out with significant meaning or application to our lives. These are the *rhemas* of Scripture and should become a part of our daily thoughts and actions. They are the *rhemas* that we are to use in crying out to God when deliverance is necessary.

4. Appeal to God.

Cry out for _____¹⁹.

Perhaps the greatest reason God has for taking us through the trials of life is to bring us to the firm conclusion that living out God's way of life is **literally impossible**. Any one of God's commands is beyond our ability to keep perfectly at all times. When they are all put together, there is no way we can measure up to what God expects of us.

What, then, is God's purpose in giving us commands that are impossible to obey and standards that are impossible to keep? The answer is that for Him to work powerfully through our lives, we must have a moment-by-moment bonding with Him through which we draw our strength, provision, protection, and direction. This is the result of learning how to cry out to God on a regular basis. David was a man after God's own heart, and his practice was to cry out daily. "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice" (Psalm 55:17).

In Psalm 107 there is a significant overview of God's dealings with us. A variety of circumstances is described, each of which brings us to the end of our resources and abilities. "Then they cried unto the LORD in their trouble, and he saved them out of their distresses" (Psalm 107:13).

It is important to realize that God has the capability to protect us from any trial or distress. Instead, He has chosen to deliver us *in the midst of* trials. In Psalm 50:15 we are told, "Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me." Thus, God's goal through our trials is to strengthen our dependence upon Him and to receive glory as a result of His deliverance of us.

The Authority for Our Cries

Just as Jesus used the *rhemas* of Scripture in responding to His temptations in the wilderness, so we should use the *rhemas* God has given to us. These *rhemas* can fall into several classifications as they meet needs in our lives. If, for instance, any of the following passages "stood out" to you during your reading of God's Word, they could be *rhemas* to overcome discouragement or experience God's power.

Rhemas to Overcome Discouragement:

- "And let us not be weary in well doing: for in due season we shall reap, if we faint not" (Galatians 6:9).
- "Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long. For surely there is an end; and thine expectation shall not be cut off" (Proverbs 23:17-18).
- "If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? and if in the land of peace, wherein thou trustedst, they wearied thee, then how wilt thou do in the swelling of Jordan?" (Jeremiah 12:5).
- "For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. Ye have not yet resisted unto blood, striving against sin" (Hebrews 12:3-4).
- "Thou therefore endure hardness, as a good soldier of Jesus Christ" (II Timothy 2:3).

Rhemas for God's Power:

- "My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me" (II Corinthians 12:9).
- "We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us" (Romans 5:3-5).
- "That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man" (Ephesians 3:16).

5. Triumph With Good Works.

Overcome evil _____²⁰.

An ultimate test would have us respond to trials and tribulations in a way that benefits the lives of those who have oppressed us. This response runs opposite to our natural tendency, yet it is God's pathway to overcoming evil. "Be not overcome of evil, but overcome evil with good" (Romans 12:21).

God promises to give a special reward to those who reward evil with good. Although we cannot fully predict or describe that reward, we know that it will include the power of genuine love. "Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing" (I Peter 3:9).

When Jesus trained His disciples, He gave them a clear set of instructions on responding to those who made life miserable for them. These instructions are completely opposite to what we would naturally do; however, they are consistent with the responses God requires for each test. (See Matthew 5:44.)

- Love your enemies (with your heart and spirit).
- Bless them that curse you (with your mouth).
- Do good to them that hate you (with your actions).
- Pray for them which despitefully use you and persecute you (pray that God will bless them.)

How Blessing Our Enemies Brings Us Freedom

When we react to a person who offends us and hold bitterness toward him, we actually put ourselves in a prison. This person controls our thought life, our emotions, our free time, and our future health. It is therefore vital that we forgive him and free ourselves from our emotional prison.

Jesus emphasizes the personal torment His heavenly Father will place upon us if we fail to fully forgive our offenders. "And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses" (Matthew 18:34-35).

One of the more dramatic illustrations of the freedom that comes by blessing your persecutors is that of Job and his three “comforters.” “And the LORD turned the captivity of Job, when he prayed for his friends: also the LORD gave Job twice as much as he had before” (Job 42:10).

Stephen also demonstrated this commitment to bless his enemies, even when they were in the process of killing him. “And they stoned Stephen, calling upon God, and saying, Lord Jesus, receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep” (Acts 7:59–60).

Jesus is the ultimate example of asking God to bless those who do evil to us. Because He was wounded for our transgressions and bruised for our iniquities (see Isaiah 53:5), we are in the group that He released when He said, “Father, forgive them; for they know not what they do” (Luke 23:34).

The Rewards of Passing the Tests

1. The Power of _____²¹

“We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us” (Romans 5:3–5).

2. The Power of _____²²

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy” (I Peter 4:12–13).

3. The Power of _____²³

“If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified” (I Peter 4:14).

4. The Power _____²⁴

“Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong” (II Corinthians 12:9–10).

5. The Resurrection _____²⁵

“I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ . . . That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death” (Philippians 3:8–10).

6. The Power of _____²⁶

“Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you” (Matthew 5:11–12).

7. The Power of _____ ²⁷

“It is a faithful saying: For if we be dead with him, we shall also live with him: If we suffer, we shall also reign with him” (II Timothy 2:11–12).



How to Turn Tests Into the Power of Love

Write out specific examples of the types of tests you are now
facing and then check the boxes that indicate your responses to them:
*G=Give Thanks, R=Rejoice, E=Engraft Christ's Commands, A=Appeal to God,
T=Triumph With Good Works*

| Type of Test | Personal Example | Response | | | | |
|--------------|------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | | G | R | E | A | T |
| Fiery trials | _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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