

LESSON 2 Finding Solutions — A Christian Approach

The Lord has filled my heart with joy; how happy I am because of what he has done! . . . how joyful I am because God has helped me! (1 Samuel 2:1 TEV)

Do these words sound like they came from a person in deep despair over life's heavy problems? No! They sound like the testimony of someone living in joyous victory and confidence. They are the words of Hannah, a woman whose life was weighted down with problems. Her problems resulted from being one of two wives of Elkanah, and being unable to bear children. The other wife laughed at her and made her life miserable because she was barren. Hannah was overcome by a spirit of sadness and she wept many tears because of these problems. She lost her appetite. Her sadness was a problem for her husband, too, because he loved her very much.

How could a woman with such problems be the same one who spoke the words of 1 Samuel 2:1? She took her problems to God. She made a commitment that God had been waiting to hear. The commitment brought peace to her heart even before her problems were solved. "She went away, ate some food, and was no longer sad" (1 Samuel 1:18 TEV). Later, the Lord gave her the son she had so long desired. Her life began to turn around when she took her problems to the Lord.



In this lesson we will study a Christian approach to finding solutions to our problems. God has provided many helps for us in finding solutions. If we take our heavy burdens to Him with a sincere and obedient heart, we, too, will be able to say with Hannah, “The Lord has filled my heart with joy!”

lesson outline

Solve the Sin Problem First
Let the Bible Be Your Guide
Use Your Other Resources

lesson objectives

When you finish this lesson you should be able to:

- Make an application to your own situation of the principles given for solving the sin problem.
- Give two reasons why the Bible should be our guide in finding solutions to problems.
- Identify examples of broken commandments and the problems that could result from them.
- Recognize attitudes which are opposite to those which will help you avoid problems.

- Use 1 Corinthians 13:4-8 to outline what love IS and IS NOT; and what love DOES and DOES NOT do.
- Identify from Scriptures ways that prayer and the Holy Spirit will help us solve problems.
- Select examples that illustrate the use of common sense or reason to solve a problem.
- Recognize true statements concerning the proper use of conscience and self-control.
- Analyze your own feelings about seeking help with problems from other people and compare your feelings with attitudes suggested in this lesson.

learning activities

1. As background for this lesson read Exodus 20:1-17 and Matthew chapters 5 through 7. As you work through the lesson development, read all Scripture texts given.
2. Study the lesson following the study plan given in the learning activities for Lesson 1.
3. Look up any key words you do not know. You will find their definitions in the glossary at the end of the study guide.
4. Take the self-test and check your answers.

key words

abolish	conscience	penalty
acknowledge	covet	perspective
attitude	dissension	principles
bondage	insight	psychological
confess	meek	sensitive

lesson development

SOLVE THE SIN PROBLEM FIRST

Objective 1. *Make an application to your own situation of the principles given for solving the sin problem.*

The greatest problem any of us will have to solve is the sin problem—and there is a solution! In Lesson 1 we read several Scriptures which tell us that all have sinned, that no one is righteous, and that we are all guilty before God for our sins. We also saw that the penalty for sin is death—eternal separation from God.

Before we can approach our other problems from the right perspective, we must first solve the sin problem. Before we can help others find solutions to the problems they face, we must show them their need to solve the sin problem in their life. Jesus Christ is the only answer to that problem. We come to Him and receive forgiveness through *confession* and *belief*. We maintain our relationship to Him as our Lord and Savior through *obedience*.

Confession

Application

1 Read 1 John 1:9 and Romans 10:9-10. What two things must the sinner confess?

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2 What happens when we confess our sins to God?

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Confession includes being willing to admit that we are sinners, being sorry for our sins, and agreeing that we will stop sinning. It is also an acknowledgment that we want Christ to be the Lord and Master of our lives. It is a willingness to entrust our lives completely into His hands.

Belief

Application

3 What must the sinner believe? (See Romans 10:9.)

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With Christ's death upon the cross and His resurrection from the dead, God completed His redemption plan so that man might be restored to fellowship with Him. Christ became the covering for our sin. His resurrection was an essential part of the plan. In 1 Corinthians 15:17, 21-22 we read these words:

And if Christ has not been raised, your faith is futile [hopeless]; you are still in your sins. . . . For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive.

When we acknowledge that Christ has won the victory over death and the grave, we also acknowledge that He has provided a way for us to receive forgiveness for our sins, and to gain victory over them. We believe that He has power to help us overcome temptation and to live a godly life. We also believe that He will direct our lives as we put our trust in Him, and that He will prepare us for eternal life in heaven with Him.

Application

4 Why is Christ's resurrection important for our salvation? Relate this to Adam's sin.

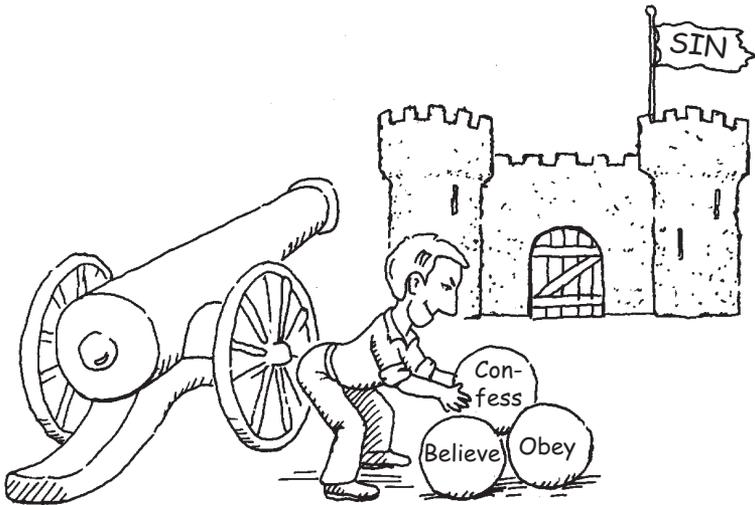
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Obedience

Once we have confessed our sins and acknowledged Jesus Christ as our risen Lord and Master, we must live a life of obedience to Him and His Word. This is the way we show our love for Him. Jesus emphasized the importance of obedience in His words to the disciples (John 14:15,21,23): “If you love me, you will obey what I command . . . Whoever has my commands and obeys them, he is the one who loves me. . . . If anyone loves me, he will obey my teaching.”



In the next section of this lesson we will look at some of the teachings of Jesus, and see how obedience to His commands will help us to avoid many problems and find solutions for others.

Application

5 Have you solved your sin problem? Test yourself by checking the appropriate response to each statement.

	YES	NO
a I recognize that all men, including myself, are sinners.		
b I have confessed my sins to God.		
c I have confessed that Jesus is my Lord.		
d I believe that Christ rose from the dead and by His resurrection gives me victory over sin, death, and the grave.		
e I believe that if Christ can solve the sin problem in my life, He can also help me to find solutions for my other problems.		
f I want to be obedient to Christ and His Word.		
g I believe obedience will help me to avoid many problems.		



You will be enriched by the study of the ICI course *Alive in Christ*, by David Duncan, which deals in depth with the sin problem and the steps involved in its solution.

LET THE BIBLE BE YOUR GUIDE

Objective 2. Give two reasons why the Bible should be our guide in finding solutions to problems.

After we become Christians, we do not look for just any solution which will get us out of a hard place. We look for solutions from God's Word that are consistent with the Christian way of life. The ways in which a Christian believer solves his problems are very important.

First, a Christian is committed to a life of obedience to Jesus Christ. Therefore, all possible solutions must be examined in the light of Scripture, and especially the teachings of Jesus and His disciples. Many Scriptures are clear on the subject of right and honorable actions. Solutions contrary to Scripture must be rejected!

Second, the Bible is God's *operations manual* for us. When a manufacturer sells a piece of complicated machinery, he provides an operations manual, a set of instructions which explain how to keep the machine in good working order. These instructions must be followed if the machine is to work properly. In a similar manner, people were made by God, and He knows what it takes to make human life successful. The Bible is the "operations manual" that He has provided. To scorn (reject) or ignore God's stated instructions is to invite trouble and problems. We saw in Lesson 1 that *disobedience brings disaster!*

It would be impossible to list here all of the Scriptures which deal with the way we should live. As we proceed with this course and discuss specific problems, we will see what the Bible has to say about them. But some general guidelines are found in the *Ten Commandments* (Exodus 20:1-17) and in Jesus' *Sermon on the Mount* (Matthew chapters 5-7) which we want to consider briefly.



Application

6 Explain briefly two reasons why the Bible should be our guide.

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The Ten Commandments

Objective 3. *Identify examples of broken commandments and the problems that could result from them.*

There is a popular teaching that says, “Since Christ paid the penalty for our sin, we are no longer under the Law, and have complete liberty to live as we choose.” It is true that Christ has set us free from the bondage of sin, but examine His words in Matthew 5:17-18:

Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. I tell you the truth, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.

Christ did not do away with the moral Law of God, *but He does give us the power to be obedient to the Law*. Take time now to read Exodus 20:1-17 and Matthew chapters 5 through 7. You will see that Christ expects His followers to be careful observers of His commandments, and to go even a step further in determining to avoid those things which might *lead* to disobedience.

The purpose of this course is to help you find solutions to your problems. In order to have a proper foundation in approaching your problems from a Christian perspective, you need to know what the Bible says that will be of help to you. As a starting point, we will compare the Ten Commandments (the moral Law of God) with related Scriptures in the New Testament. These Scriptures deal with our *behavior*—what we *do*. Find each Scripture in your Bible and read it carefully.

<p>THE TEN COMMANDMENTS Exodus 20:3-17</p>	<p>RELATED NEW TESTAMENT SCRIPTURES Matthew 19:17-19; Romans 13:8-10; 1 Corinthians 6:9-11</p>
<p>1. v. 3 You shall have no other gods before me.</p>	<p>Mark 12:29-30</p>
<p>2. v. 4 You shall not make for yourself an idol . . . You shall not bow down to them or worship them.</p>	<p>Matthew 4:10; 1 John 5:21</p>
<p>3. v. 7 You shall not misuse the name of the Lord your God.</p>	<p>Matthew 5:33-37; Matthew 6:9; James 5:12; James 3:10</p>
<p>4. v. 8 Remember the Sabbath day by keeping it holy.</p>	<p>Luke 4:16; Hebrews 10:25 (Note: Jesus rose from the dead on the first day of the week. Since then, many Christians have set aside that day as the Lord's day. See Acts 20:7; Revelation 1:10.)</p>
<p>5. v. 12 Honor your father and mother.</p>	<p>Matthew 15:4; Ephesians 6:1; Colossians 3:20; 1 Timothy 5:1-2</p>
<p>6. v. 13 You shall not murder.</p>	<p>Matthew 5:21-25; 19:17-19; Romans 13:8-10; 1 Peter 4:15</p>
<p>7. v. 14 You shall not commit adultery.</p>	<p>Titus 1:6; Matthew 5:27-28, 31-32; Matthew 19:4, 9; Romans 7:3; 1 Corinthians 6:9</p>
<p>8. v. 15 You shall not steal.</p>	<p>Matthew 19:18; Romans 13:9; Ephesians 4:28; 1 Peter 4:15</p>
<p>9. v. 16 You shall not give false testimony against your neighbor.</p>	<p>Matthew 5:43-44; 19:18; Colossians 4:6; Titus 2:8; James 3:2-10</p>
<p>10. v. 17 You shall not covet your neighbor's house . . . wife . . . manservant . . . ox . . . donkey . . . or anything that belongs to your neighbor.</p>	<p>Mark 12:31; Romans 13:10; Romans 15:1-2; Galatians 5:14; James 2:8</p>

Application

7 Identify which commandments have been broken and suggest possible problems that could result from each of the following behaviors:

Behavior	Commandments broken	Possible results
a Joseph's job has become the most important thing in life to him, more important than his relationship to God or his family.		
b Henry's friend stole a test and gave a copy to Henry so he would know the answers before he took the test in his class.		
c Homer has been attracted to a married woman he works with, and has been unfaithful to his wife.		
d Marjorie is jealous because her neighbor has a new car. She suggests to friends that he got the car by dishonest means.		

8 Now apply this same exercise to problems which you have in your life, or problems of people you know. In a separate notebook state the behavior which created the problem, identify which commandment was broken, and state what problems resulted from the behavior.



God did not give us these commandments because He wants to make us His slaves. He gave them to us because He knew that obeying them would help us to avoid many problems and have happy, fulfilled lives.

The “Be” Attitudes

Objective 4. *Recognize attitudes which are opposite to those which will help you avoid problem's.*

One day I heard a conversation about a woman who had moved several hundred miles away from her original home. One person said, “Mrs. White moved there because she was so unhappy.” “She will still be unhappy there,” replied the friend, “because she had to take herself along!”

The friend spoke an important truth. If your attitude is wrong, no *outside* solution to a problem will be of permanent help. But when you approach your problem with the right attitude, you can expect victory over the problem, whether the desired solution comes or not.

Jesus had much to say about attitudes. The *Beatitudes*, which are part of His *Sermon on the Mount*, have often been called the “*be attitudes*” because they describe what we should be.



If you studied the first course in this series, *Christian Maturity* by Rick Howard, you have already considered the teaching of the Beatitudes (1980, p. 152). They are recorded in Matthew 5:3-10. These are the attitudes of heart and character which the Holy Spirit will produce in believers who allow Him to do so.

Application

9 In this exercise we will summarize in the left column Rick Howard's comments on each of the Beatitudes. In the right column we will list attitudes which are *opposite* to those taught by Jesus. Match the wrong attitude to its opposite right attitude. Can

you see how the wrong attitudes can be a source of problems, or can make existing problems much worse? (See Matthew 5:3-10.)

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|---------|---|--|
| a | Verse 3: <i>The poor in spirit</i> , an attitude of dependency on God | 1) Willful
(wants own way) |
| b | Verse 4: <i>Those who mourn</i> , an attitude of sorrow for sin which results in confession and repentance | 2) Disobedient
3) Proud
4) Independent |
| c | Verse 5: <i>The meek</i> , attitude of humility and submission to God | 5) Without hope
6) Sinful |
| d | Verse 6: <i>Those who hunger and thirst for righteousness</i> , attitude of obedience | 7) Unforgiving
8) Troublemaker |
| e | Verse 7: <i>The merciful</i> , attitude of forgiveness | |
| f | Verse 8: <i>The pure in heart</i> , attitude of purity | |
| g | Verse 9: <i>The peacemakers</i> , attitude of one who wants to make peace (See James 3:17.18) | |
| h | Verse 10: <i>Those who are persecuted because of righteousness</i> , attitude of trusting God in all things | |

Love Is the Key

Objective 5. Use 1 Corinthians 13:4-8 to outline what love IS and IS NOT; and what love DOES and DOES NOT do.

Throughout the Scriptures, love is given as the key to finding solutions for problems. Once someone asked Jesus, "Of all the commandments, which is the most important?" (Mark 12:28). Here is His answer (Mark 12:29-31):

"The most important one . . . is this: . . . 'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Application

10 Read 1 Corinthians 13:4-8 and write in the correct columns what it says that love *is* and *is not*, and what love *does* and *does not* do.

LOVE IS	LOVE IS NOT	LOVE DOES	LOVE DOES NOT
.....
.....



Just think of all the problems that could be avoided if we would determine to show the kind of love described by Paul! That is the attitude God wants us to have, and if we have it we don't need to worry about breaking the Law. In Romans 13:8-10 the apostle Paul expressed this:

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellow man has fulfilled the law. The commandments, "Do not commit adultery," "Do not murder," "Do not steal," "Do not covet," and whatever other commandment there may be, are summed up in this one rule: "Love your neighbor as yourself" Love does no harm to its neighbor. Therefore love is the fulfillment of the law.

Application

- 11** How did Christ fulfill the Law? With
- 12** How can we fulfill the Law? With



We have just briefly illustrated in this section how the Bible gives us guidelines for problem solving. You will want to refer back to these references as we proceed through the course, and we will continue to look into the Scriptures to find answers for specific problems. The teachings of Jesus and the apostles are rich in practical

instruction for our everyday lives, and we can gain much by reading God's Word daily and applying the truths in it to our own situations.

USE YOUR OTHER RESOURCES

Prayer and Holy Spirit Guidance

Objective 6. *Identify from Scriptures ways that prayer and the Holy Spirit will help us solve problems.*

In this very personal ministry to you, God Himself will help you solve your problems. You can take them to God in prayer and He will either show you the solution so that you understand what you must do, or He will work in circumstances so that the problem is solved in other ways. To have this kind of relationship with God, establish the habit of communicating often with Him!

Application

13 Read the Scriptures listed in the right column. Identify what each one gives as a way prayer will help us. Then match each Scripture with the ways of solving problems given in the left column.

- | | |
|---|----------------------|
| a Overcome temptation | 1) 1 Chronicles 16:1 |
| b Receive joy | 2) Matthew 26:41 |
| c Develop perseverance | 3) James 5:13 |
| d Receive strength | 4) Ephesians 6:18 |
| e Relieve affliction (suffering) | 5) John 16:24 |

John 16:13 promises that the Holy Spirit will guide you into all truth. You can also count on the Holy Spirit to direct your daily path. *He will always direct you according to biblical principles.*

Your word is a lamp to guide me and a light for my path. I will keep my solemn promise to obey your just instructions (Psalm 119:105-106 TEV).

To frequent prayer, offered with praise and thanksgiving, must be added *obedience*. We have talked about obedience before. Did you notice in the Psalm you just read that the Psalmist connected light for his path to the fact that he was going to keep his promise

to obey God's instructions? Answered prayer and obedience go hand in hand. Impossible problems can be solved through prayer!

Application

14 Read Luke 12:12, John 14:26, 1 Corinthians 2:13, and explain what these Scriptures tell us the Holy Spirit will do for us.

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Common Sense and Reason

Objective 7. *Select examples that illustrate the use of common sense or reason to solve a problem.*

God has given each of us a certain capacity for considering obvious facts and making a judgment. He must expect us to use this ability. You probably use common sense and reasoning to solve many problems every day. In fact, it becomes such a familiar process that it may be overlooked.

For example, a friend of mine had a problem with children in her neighborhood. Seven of them had gotten into the habit of coming into her yard every morning to play with her two children, and often they would stay the whole day. First she considered all the facts:

1. It was good to have her own children nearby so that she knew what they were doing.
2. Her children needed to be with other children often.
3. Having so many children in her yard all day was often unpleasant, or inconvenient for her.

There are several common-sense solutions to this problem. My friend used her common sense to limit the amount of time the children could visit in her yard. She chose a simple solution to the problem.

We also experience times when God's solution to one of our problems might indeed be quite uncommon! He might lead you in ways that would not be easy for other people to understand. Nevertheless, for most of the ordinary situations of life, common sense and our ability to reason are important problem-solving tools.

Application

- 15** Which of the following would you consider to be unreasonable solutions to the problem just described?
- a** Scold the mothers of the other children for not keeping them in their own yards.
 - b** Arrange with the other mothers for the children to play in a different yard each day.
 - c** Refuse to allow her own children to play in the yard, so that the other children would go away.
 - d** Tell the other children they may come into the yard to play only after asking permission of her.
- 16** Which of these are examples of our use of common sense or reason to solve a problem? Circle the letter in front of your choices.
- a** Studying carefully to pass a test
 - b** Making excuses for a foolish mistake we made
 - c** Resting after working hard
 - d** Crossing the street to avoid meeting someone who has been unkind
 - e** Asking forgiveness when we have offended someone
 - f** Waiting to purchase a new watch until other bills are paid
 - g** Staying away from people who have a bad influence on us
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Conscience and Self-Control

Objective 8. *Recognize true statements concerning the proper use of conscience and self-control.*

Conscience is the word we use to name that inner voice or “feeling” that tells us what is right or wrong. Sometimes your conscience can be a tool in helping you solve your problems. I must say *sometimes*, because if you have ignored your conscience, its messages may be unclear. This sad possibility is taught in Romans 1:18-32. The pattern is explained in verse 28: “Because those people refuse to keep in mind the true knowledge about God, he has given them over to corrupted minds . . .” (TEV). Your conscience is misused when it sends out warnings that you continue to ignore.

If you ask the Holy Spirit to guide you, and if you are obedient to His teaching, you can depend upon your conscience to warn you

about those things which are wrong. The person who is sensitive to the warnings of his conscience will feel guilt when he has done wrong, and he will want to ask God for forgiveness. Keep your conscience sensitive by paying attention to its inner warning voice! Then it can be a useful tool in helping you solve your problems. It will help you to know which solutions to reject.

There are three areas where *self-control* is necessary in order to avoid problems or solve existing problems which we have brought upon ourselves. They are the control of *thoughts*, *speech*, and *behavior*. I have linked them with conscience, because your conscience will warn you when you are weak in any of these areas.

Thoughts are the roots of spoken words and outward acts. Jesus taught that murder has its roots in angry thoughts and words; adultery begins with thinking unclean thoughts (Matthew 5:21-30). Your thoughts are in your direct control. You can refuse to dwell on thoughts that will lead to trouble. Follow the teachings of Scripture:

“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” (Philippians 4:8).

One way to put good thoughts into your mind is to read books that will inspire and help you. There are many good Christian books that give us insight into the problems and experiences of other Christians. When I read such books and learn how God has brought guidance to others in solving their problems, I can be encouraged that He will also guide me. A Christian should be very careful in his selection of books, magazines, television or radio programs, and other forms of entertainment, so that he can control his thoughts carefully.

Control of *speech* is probably the most difficult task for all of us. The apostle James tells us in James 3:2, “If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check [control].” Read verses 3 through 12 in this chapter. These verses emphasize what a deadly weapon the tongue can be. Surely it can cause us a great deal of trouble if we do not control it.

Application

17 Read Proverbs 10:19; 17:28; and 30:32. What is the message of these proverbs? Choose the correct answer.

- a) Never talk to anyone who is wiser than you.
- b) Be careful what you say—control your tongue.
- c) You can show how wise you are by saying what you think.

18 What is the message of Proverbs 21:23 and 10:14?

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Here are some results of an uncontrolled tongue:

1. *Separates friends* (Proverbs 16:28): “A gossip separates close friends.”
2. *Causes deadly wounds* (Proverbs 18:8): “The words of a gossip are like choice morsels; they go down to a man’s inmost parts.”
3. *Causes discord among brethren* (Proverbs 6:16, 19): “There are six things the Lord hates . . . a false witness who pours out lies and a man who stirs up dissension among brothers.”

Once you have learned to better control of your thoughts and speech, you will also be able to better control your *behavior*. In all of this, you need the help of the Holy Spirit, because your sinful nature would lead you to do that which is wrong. The apostle Paul recognized this. He discussed it in Romans 7:18-19, and 24-25:

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil that I do not want to—this I keep on doing . . . What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord!

Application

19 Circle the letter preceding TRUE statements concerning your conscience and self-control.

- a) My conscience is an “inner voice” that God has given me to guard me against sin.

- b When I ignore my conscience, it will still give me clear warning of those things which are wrong.
 - c I can count on my conscience to give me correct signals as long as I allow the Holy Spirit to guide and teach me.
 - d What I say and do has its roots in what I think.
 - e The things I read and listen to have no lasting effect on my thoughts.
 - f If I learn to control my tongue, I will have no problem controlling other areas of my life.
 - g I need the power of Jesus Christ in my life in order to practice self-control successfully.
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Other People

Objective 9. *Analyze your own feelings about seeking help with problems from other people and compare your feelings with attitudes suggested in this lesson.*

Many of your problems can be solved by following your conscience and using common sense and reason. You can find solutions to other problems through prayer and the guidance of the Holy Spirit. Sometimes a problem is so heavy and so personal that you should take it only to God, and allow Him to work out the solution in your heart. But often God uses other people as His instruments in helping you find solutions for your problems.

Friends and caring people. You might begin by seeking out a wise and godly friend (one who can be trusted to keep a confidence). Friends have the advantage of not being emotionally involved in the problem. Since they are outside the situation, they can look at the problem from a different angle. Their advice should always be according to scriptural teaching.

Christian friends can often be a blessing to one another in this way. Prayer groups, Sunday school classes, and other small groups within the church can share together and pray together. I have seen wonderful solutions to problems come as a result of united prayer by a caring church family.

On the other hand, *you* can be the friend that someone else needs. I hope your study of this course will help you to be more

sensitive to the needs of others, and better able to help them find solutions to their problems.

Professional counselors. There are some problems so serious or complex that God's best way of helping us is through the advice of someone with special knowledge or training. Medical or psychological problems often need this kind of specialized help. There are delicate or sensitive matters that should not be shared with friends; they may not have enough knowledge to help you find the best solutions.

In such cases, expert advice should be sought from a caring pastor, professional Christian counselors, doctors, or others who have made the area of your concern their special study. God can use their judgments just as He can use yours. Be sure to choose a Christian counselor, or one who will not oppose the Christian principles by which you live.

Application

20 People have different feelings about sharing their problems with others. Use this checklist to analyze your own feelings or experience, then compare your feelings with the positive suggestions we have made.

	I AGREE	I DISAGREE
a I don't want to bother other people with my problems.		
b It would seem like a sign of weakness to ask for help with a problem.		
c I do not have any Christian friends to share a problem with.		
d It is embarrassing to let someone else know I have a problem.		
e I don't share my problems because people have enough of their own troubles to worry about.		

f	I have learned that you can't trust other people with your problems.		
g	My friends don't want to be bothered with my problems.		
h	I have often received help with problems from Christian friends.		
i	I have often helped my friends with their problems.		
j	Everyone has problems, so it is no disgrace to admit that I need help with a problem.		
k	Christians should count it a privilege to share prayer burdens with their brothers and sisters in Christ.		
l	A wise counselor will keep your problem to himself unless you have asked him to share it with others.		



In this lesson we have discussed the Christian approach to finding solutions to our problems. In the next lesson we will discuss basic principles of problem solving and how you can apply these principles to problems in your own life. We hope this study will enrich your life and be an encouragement to you.

self-test

MULTIPLE CHOICE. Choose the one best answer to complete each statement

- 1 Confession includes admitting that I have sinned, and that
 - a) God loves me.
 - b) I love my neighbor.
 - c) Jesus is Lord.
- 2 The most important problem I will ever face in life is my
 - a) selfishness.
 - b) sin problem.
 - c) lack of self-control.
- 3 Christ's resurrection is important for my salvation because it
 - a) provides the way for me to be released from the penalty of death.
 - b) is related to Adam's sin and my sinful nature.
 - c) is my only proof that Christ is the Son of God.
 - d) gives me victory over Sin.
- 4 We prove our love for Christ by
 - a) saying we love Him.
 - b) refusing to get angry.
 - c) avoiding problems.
 - d) obeying His Word.
- 5 All possible solutions to a problem must be examined in the light of
 - a) common sense.
 - b) conscience.
 - c) Scripture.
 - d) advice of friends.

TRUE-FALSE Write **T** in front of the TRUE statements, and write **F** in front of those that are FALSE

- **6** The Bible contains God's instructions for avoiding problems.
- **7** Christ came to replace the Law.
- **8** The teachings of Christ actually require less of us than does the Old Testament Law.
- **9** Christ emphasized what we should be as much as what we should do.

- **10** A wrong attitude can make any problem worse.
- **11** Prayer and the guidance of the Holy Spirit are only necessary when common sense fails.
- **12** The most important commandment is to control your tongue.
- **13** The Law is fulfilled by an attitude of love.
- **14** A person's conscience is the same as Holy Spirit guidance.
- **15** We must keep our thoughts in control if we want to control our speech and behavior.
- **16** A good way to examine the advice of a friend is to find out if it is in agreement with scriptural teaching.

answers to study questions

11 love.

1 He must confess his sins, and confess that Jesus is Lord.

12 love.

2 He forgives us, He cleanses (purifies) us, and He saves us from the penalty of sin.

13 a 2) Matthew 26:41.

b 5) John 16:24.

c 4) Ephesians 6:18.

d 1) 1 Chronicles 16:1.

e 3) James 5:13.

3 That God has raised Jesus Christ from the dead.

14 He will teach us.

4 Death came into the world through the sin of Adam. Because we have his sinful nature, we are born in sin. Christ's resurrection provided for our release from the penalty of sin, which is death. Because of Christ, we can have eternal life!

15 I would consider answers a and c to be unreasonable solutions to the problems.

5 Your answer. If you have solved the sin problem in your life, you should be able to answer yes to all of these statements. Do you see the need to solve this most important problem before trying to solve others?

16 a Yes.

b No.

c Yes.

d No.

e Yes. (This may also involve our conscience.)

f Yes.

g Yes.

6 First, in order for us to obey Christ, we must know what He wants us to do. We find this in His teachings. Second, the Bible contains God's instructions for the way we, His creation, should live to have successful lives.

17 b) Be careful what you say—control your tongue.

7 (Your answers may not be exactly like mine. I have suggested some common results. There could, of course, be many other results.)

Commandment broken:	Possible results
a No. 1	— Family problems, spiritual death, etc.
b No. 8	— Their sin will be discovered, everyone will know what they have done; they will be expelled from school, etc.
c Nos. 7 and 10	— Guilt feelings; unhappiness of his wife; two broken homes, etc.
d Nos. 9 and 10	— Damage to the neighbor's name; discovery by the neighbor of what she said; the neighbor may become her enemy and seek ways to hurt her in return, etc.

18 If you do not control your tongue, you will bring trouble and ruin upon yourself.

8 Your answers. Can you see why God gave us these commandments, and why Jesus and other New Testament teachers emphasized the importance of obeying them?

- 19**
- a True.
 - b False.
 - c True.
 - d True.
 - e False.
 - f True.
 - g True.

9 Your answers. Here are mine:

- a 4) Independent
- b 1) Willful *or* 6) Sinful.
- c 3) Proud *or* 1) Willful.
- d 2) Disobedient
- e 7) Unforgiving.
- f 6) Sinful.
- g 8) Troublemaker.
- h 5) Without hope.

20 I hope you checked I DISAGREE for answers **a** through **g** and I AGREE for answers **h** through **l**.

10 (These answers are taken from the NIV version of the Bible. Your version may use slightly different words, but the meaning is the same.)

LOVE IS	LOVE IS NOT	LOVE DOES	LOVE DOES NOT
— patient	— proud	— rejoices with truth	— envy
— kind	— rude	— protects	— boast
	— self-seeking	— trusts	— keep a record of wrongs
	— easily angered	— hopes	— delight in evil
		— perseveres	— fail

For Your Notes
