

# Ephesians Series

Lesson #177

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Dean Bible Ministries

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# Basic Spiritual Skills: Confidently Trusting God

Ephesians 4:26–27



# EPHESIANS

THE WEALTH, WALK  
& WARFARE  
OF THE BELIEVER

**Eph. 4:26, “ ‘Be angry, and do not sin’: do not let the sun go down on your wrath,**

**Eph. 4:27, “nor give place to the devil.” ~NKJV**

# Anger is a Gateway Sin



**Psa. 119:11, “Your word I have hidden in my heart, that I might not sin against You.”**

**1. We believe the Bible, and only the Bible, has the answer.**

**2 Pet. 1:3, “as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,**

**2 Pet. 1:4, “by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”**

## **2. Spiritual transformation vs. psychological transformation**

**Rom. 12:2, “And do not be pressed into the mold of your culture’s values and methodology, but be transformed by the total renovation of how and what you think, that your life will be evidence that the will of God (what He says in the Bible) is good and acceptable and (perfect) complete.”  
~RD paraphrase**

**Rom. 12:2, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” ~NKJV**

**3. The world system, the spirit of the age, which we refer to as human viewpoint, the way of the flesh, is set in direct conflict with the Word of God. Satan vs. God, human viewpoint vs. Divine viewpoint.**

**Prov. 14:12, “There is a way that seems right to a man, but its end is the way of death.”**

**Prov. 14:27, “The fear of the LORD is a fountain of life, to turn one away from the snares of death.”**

**Prov. 16:25, “There is a way that seems right to a man, but its end is the way of death.”**



**Basic Spiritual Skills:  
How to Use Divine Solutions  
Psalm 62:3–12**

## **Three Enemies of Every Believer**

### **1. The Devil**

**1 Pet. 5:8, “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”**

### **2. The World**

**John 14:30, “I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me.”**

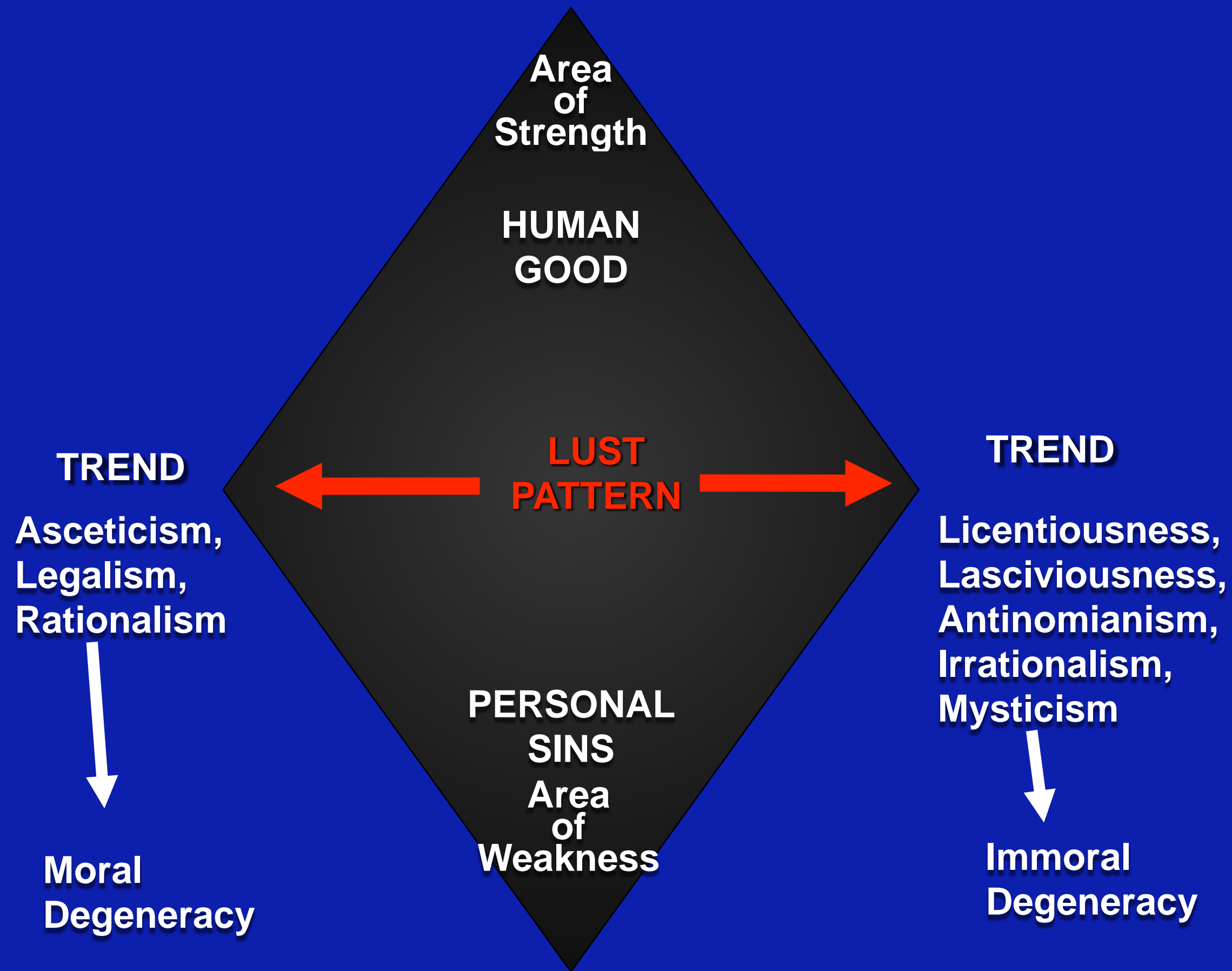
# Three Enemies of Every Believer

## 3. The Flesh [Sin Nature]

Rom. 8:13, “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”

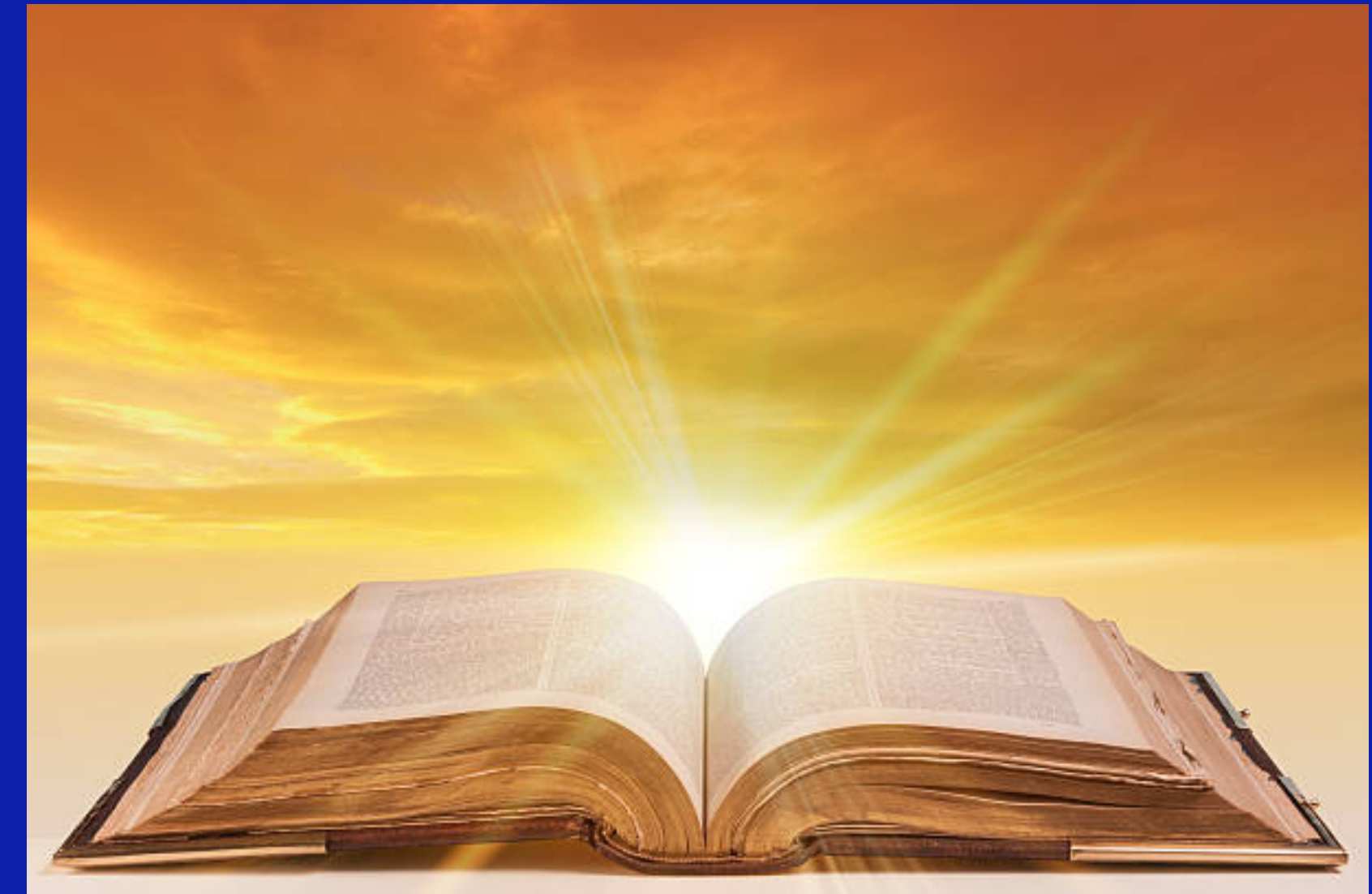
**Jer. 2:13, “For My people have committed two evils: They have forsaken Me, the fountain of living waters, and hewn themselves cisterns—broken cisterns that can hold no water.” ~NKJV**

# Human Viewpoint Solutions



Prov. 14:12, “There is a way that seems right to a man, but its end is the way of death.”

# Divine Viewpoint Solutions



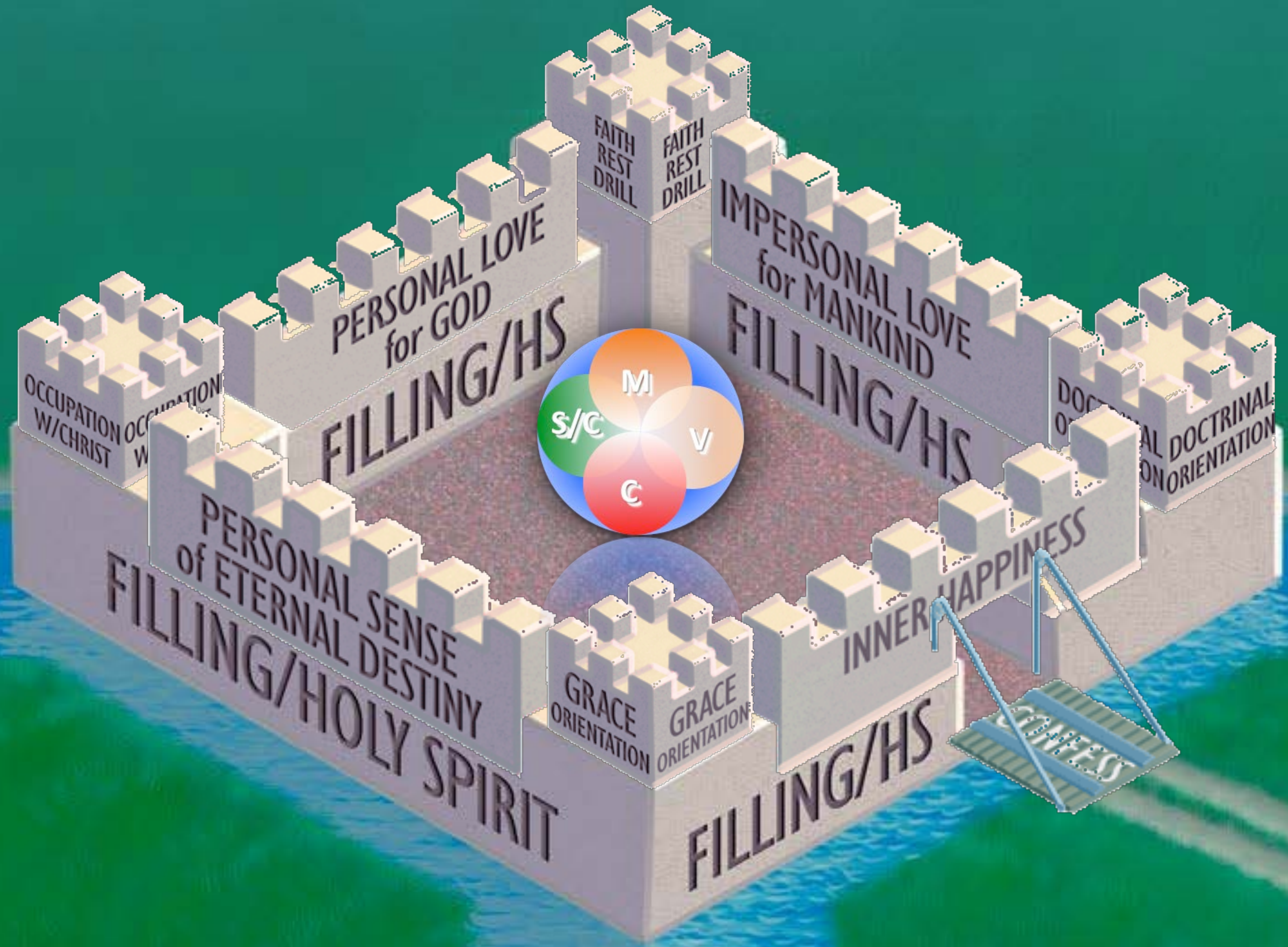
Psa. 119:50, “This is my comfort in my affliction, for Your Word has given me life.”

**Deut. 30:19, “I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;”**

**What the Bible Teaches About**

**Spiritual Skills for  
LIFE**







# **Soul Fortress Principles**

- 1. Construction of the soul fortress takes a lifetime.**
- 2. Construction is piecemeal and dynamic.**
- 3. Utilization of the spiritual skills enables us to stay inside the fortress. Failure to use these skills leaves us outside, vulnerable to damage from sin, the world, and the devil.**
- 4. When we fail to utilize the spiritual skills, we default to the arrogance skills.**

# **Soul Fortress Principles**

**5. We either live in the soul fortress, the equivalent of walking by the Holy Spirit (HS), walking in the light, walking in truth, living on the basis of being in Christ (the New Man),**

**or we are outside, walking according to our sin nature, walking in darkness, living on the basis of the lie, living like we are still in Adam (in the Old Man).**

# Arrogance Skills

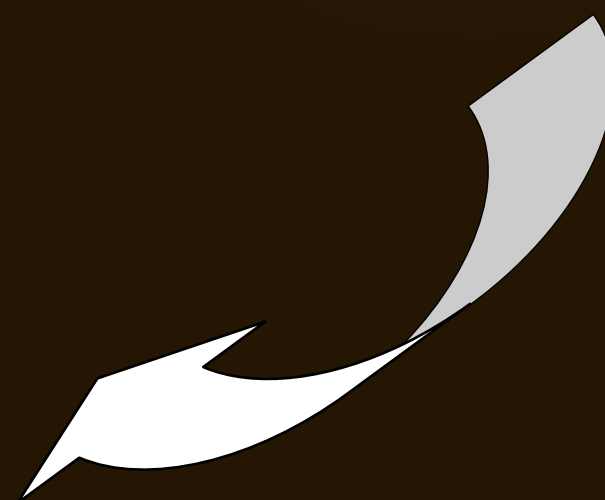
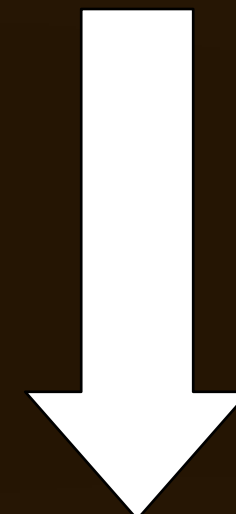
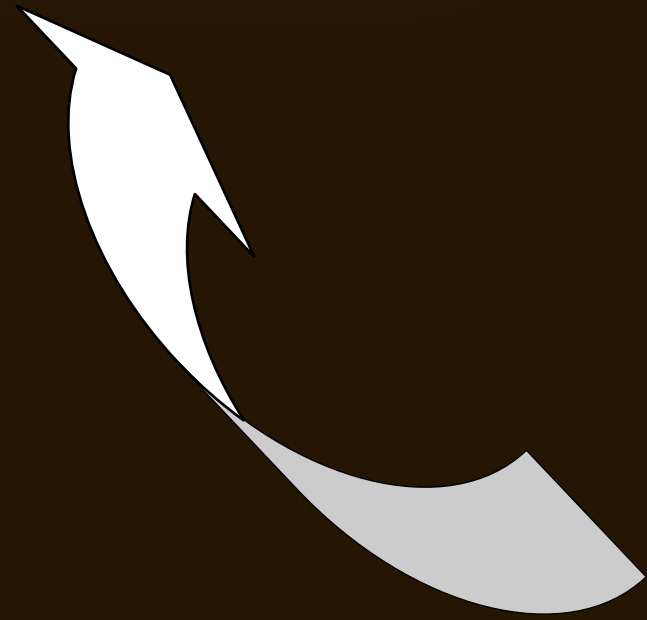
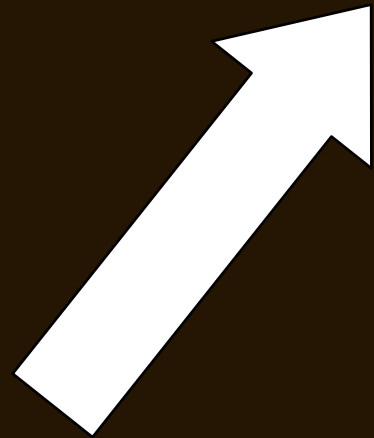
Self-absorption

Self-deification

Self-deception

Self-indulgence

Self-justification



# Arrogance Skills

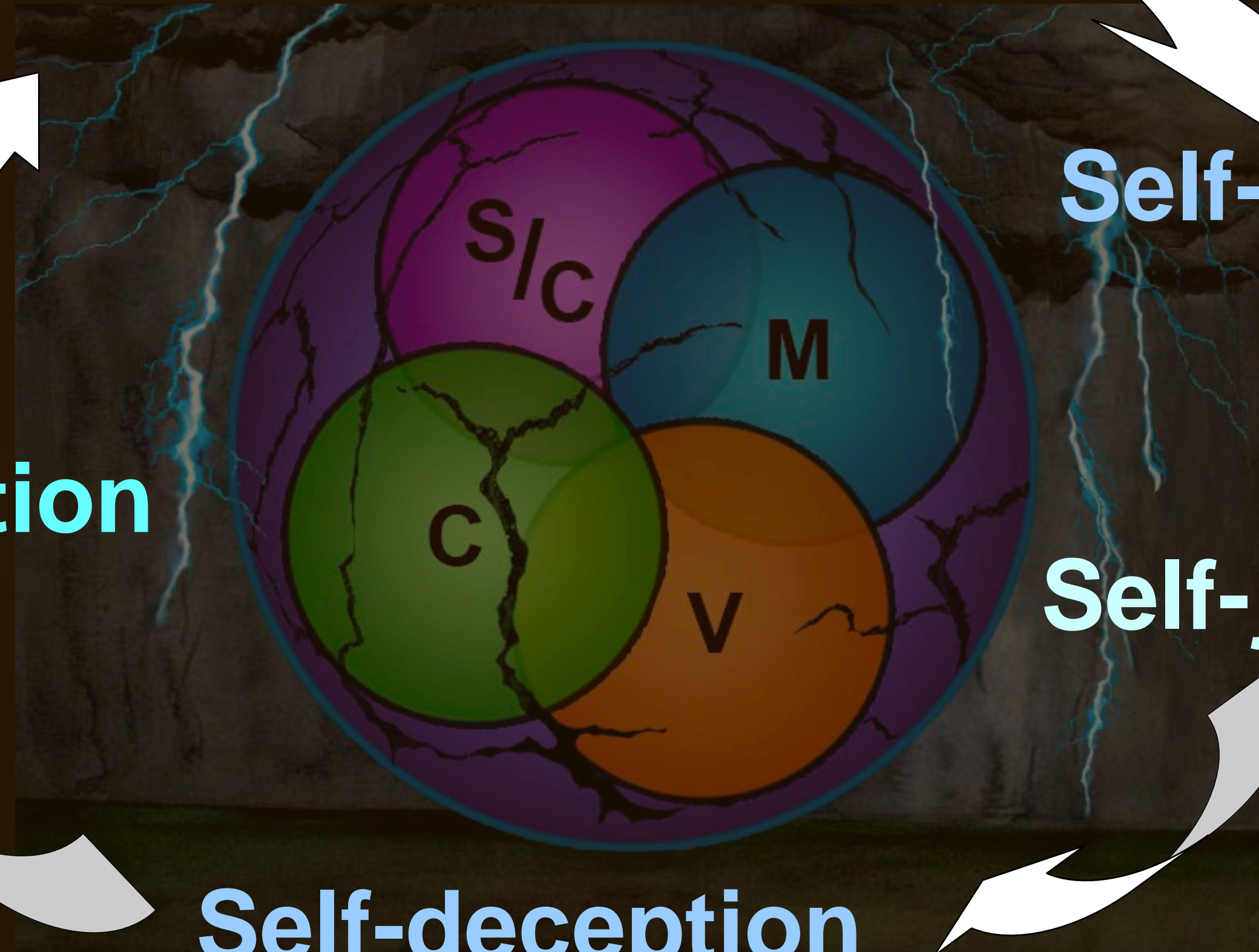
Self-absorption

Self-deification

Self-deception

Self-indulgence

Self-justification



**Eternal  
Realities**

**Temporal  
Realities**

**“POSITIONAL TRUTH”**

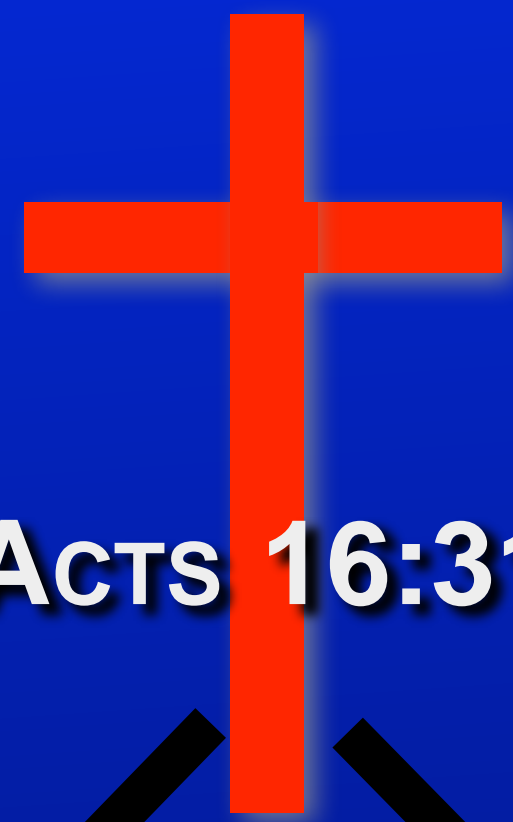
**ACTS 16:31**

**IN CHRIST**

**Baptism by the  
Holy Spirit**

**FILLED BY  
THE  
HOLY SPIRIT**

**“Walking by the  
Holy Spirit”**



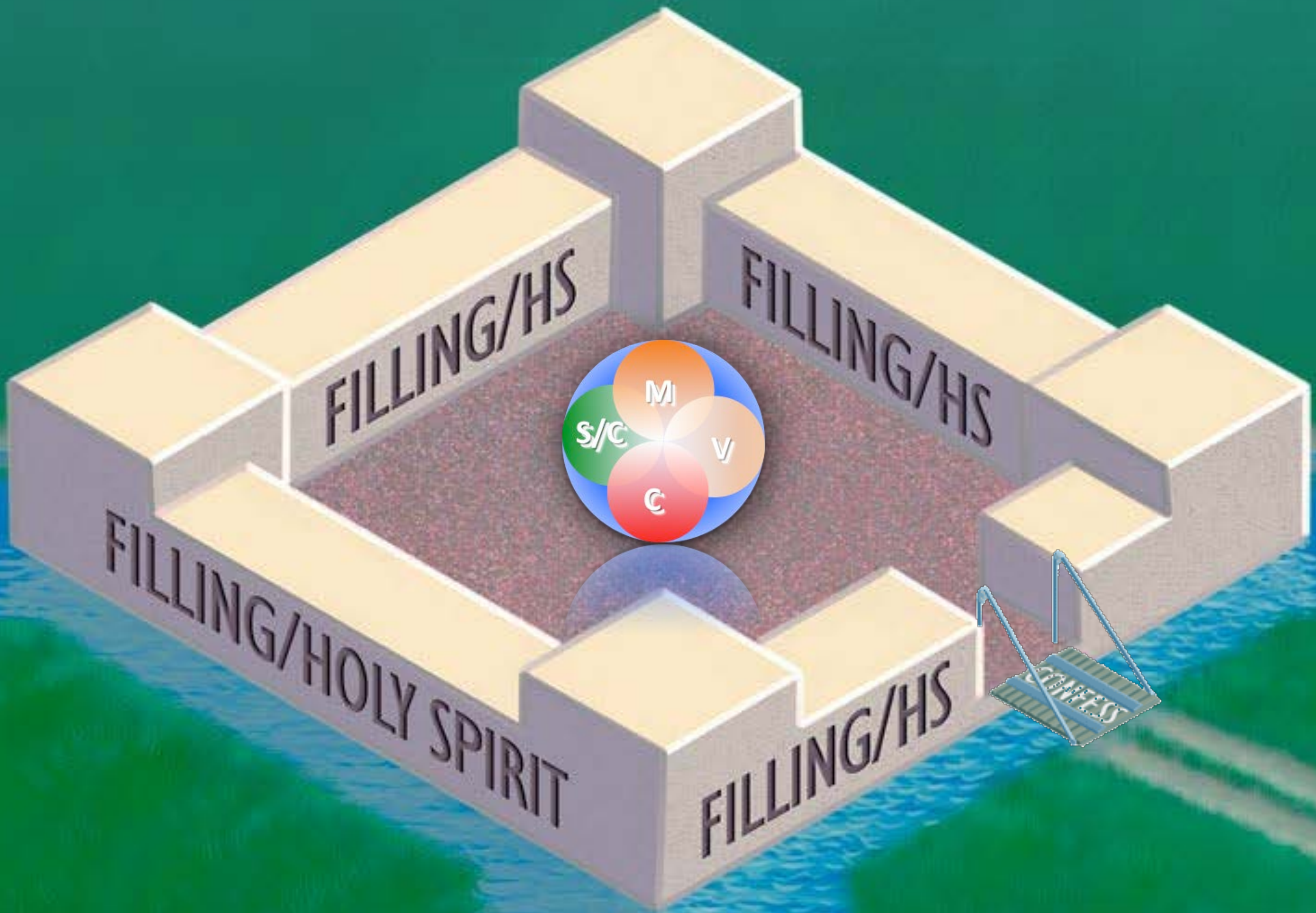
# Soul Fortress Principles

Psa. 18:2, “The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”



מְצוּדָה-2 *metzuda-2*  
comm fem sing constr  
stronghold

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**Psa 32:5, “I acknowledged my sin to You, and my iniquity I have not hidden. I said, ‘I will confess my transgressions to the LORD,’ and You forgave the iniquity of my sin. Selah”**

**יָדָע *yada***

**hif imperf 1**

**com sing**

**to know**



## **The Result:**

**Total forgiveness; God forgets, so should we.**

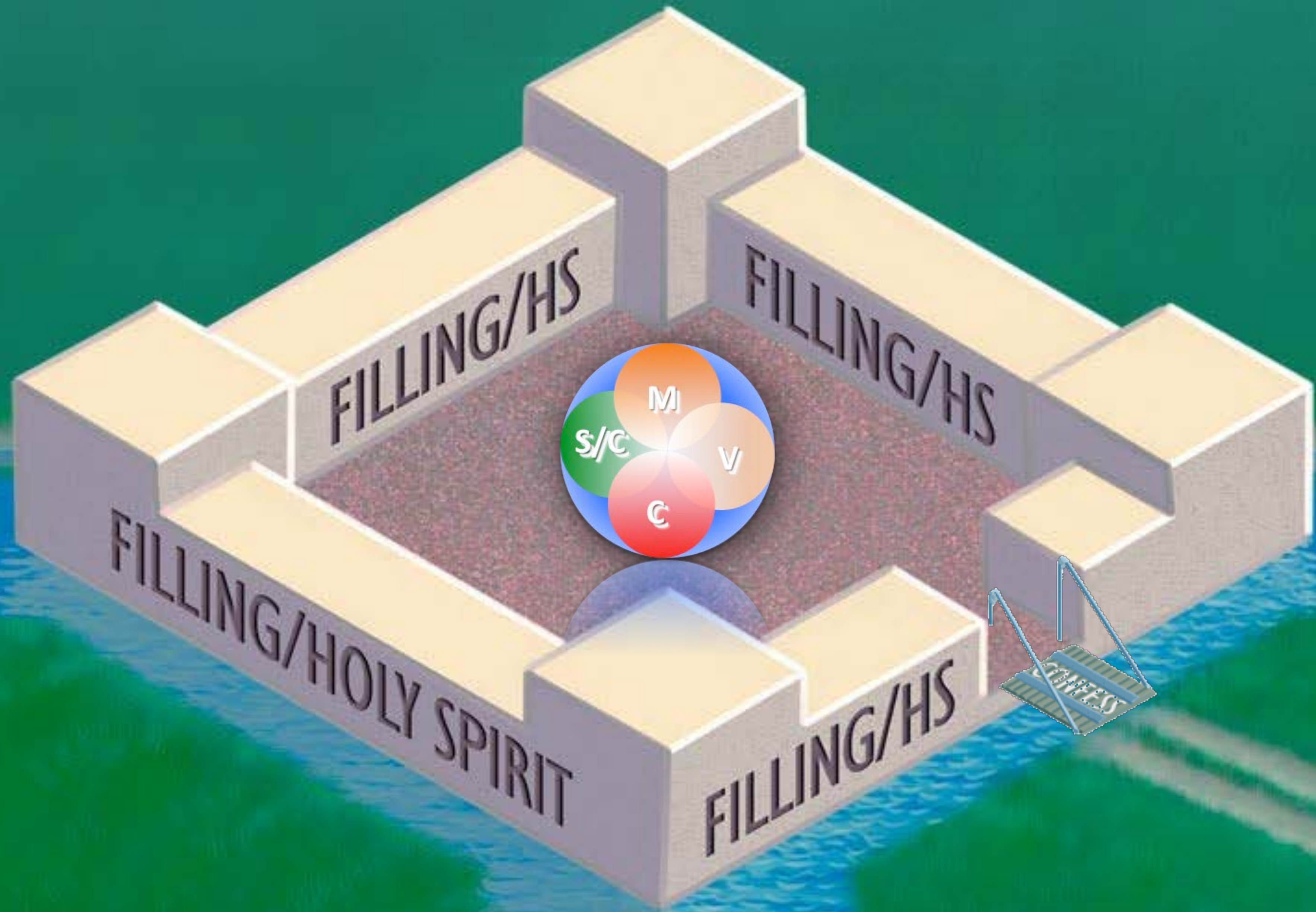
**Psa. 103:12, “As far as the east is from the west, so far has He removed our transgressions from us.”**

**Isa. 43:25, “I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.” ~NKJV**

# #1 Confession of Sin

**1 John 1:9, “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”**

**Psa. 66:18, “If I regard wickedness in my heart, the Lord will not hear;”**



**Gal. 5:16, “I say then: Walk by means of the Spirit, and you shall not bring to completion the lust of the flesh.”**

**Rom. 8:5, “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.”**

**Eph. 4:30, “And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”**

**Eph. 5:18, “And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,” ~NKJV**

**Eph. 5:18, “And do not be drunk by using wine as a means of spirituality, which is a total waste, but be filled by means of the Spirit.” ~RD**

## #2 Filling/Walking “by Means of the Holy Spirit”

Eph. 5:18, “And do not get drunk with wine, for that is dissipation, but be filled with [by means of] the Spirit,  
Eph. 5:19, “speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,” ~NKJV

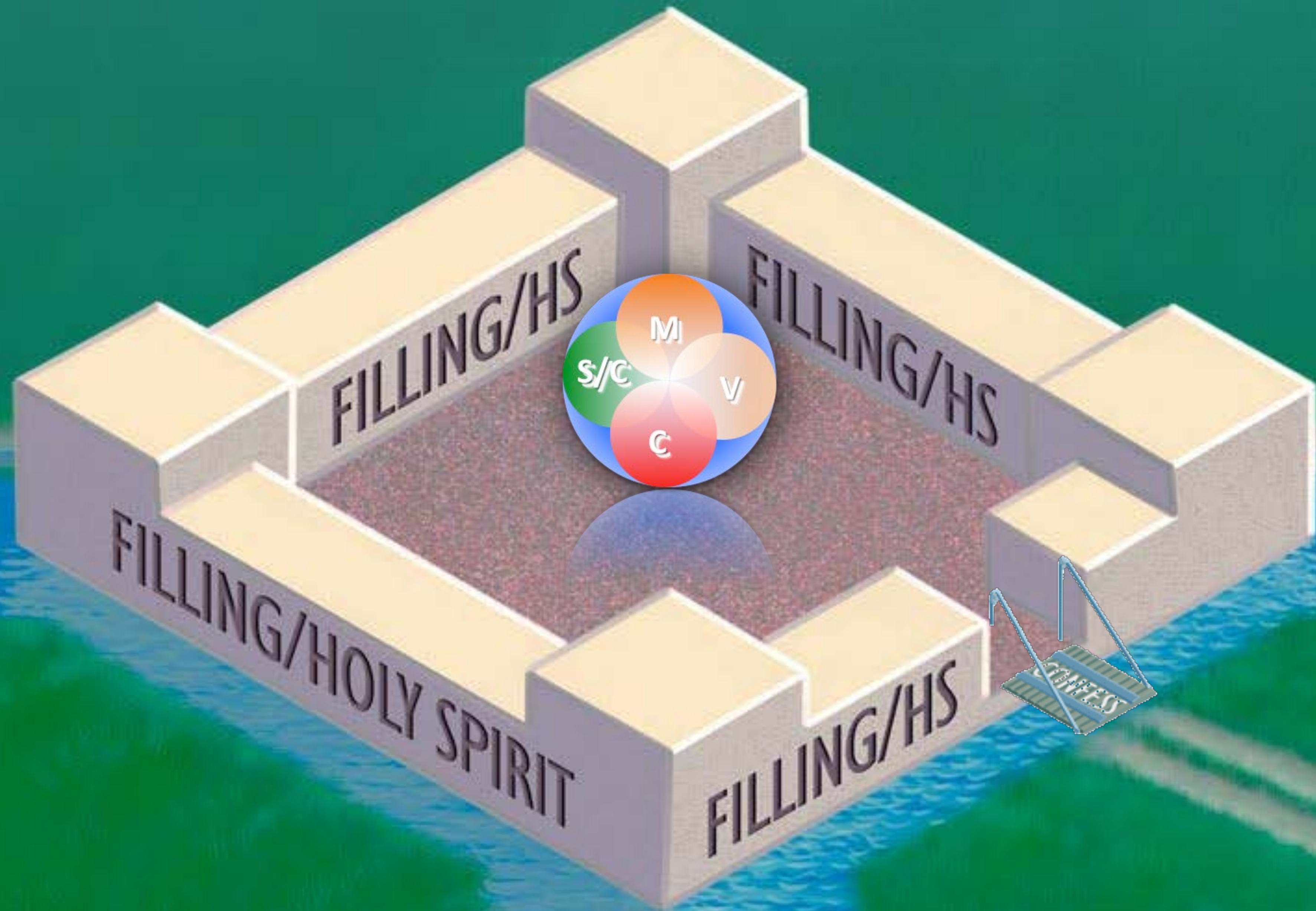
Col. 3:16, “Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.”

Gal. 5:16, “But I say, walk by [means of] the Spirit, and you will not carry out the desire of the flesh.”

## **#2 Filling/Walking “by means of the HS”**

**When we are walking [living moment by moment] by means of the Holy Spirit, then the HS fills us with the Word of Christ, so that it can richly dwell within us and produce spiritual growth, spiritual transformation, renovate our thinking, and develop the fruit of the Spirit toward the goal of making us like Christ.**





# #3 Faith-Rest Drill

## **#3 Faith-Rest Drill**

**The believer trusts God to fulfill His promises, relies upon biblical principles, and thinks through doctrinal rationales, resulting in a relaxed mental attitude because God is taking care of the situation.**

- Grab a verse or part of a verse**
- Mix it with faith, trusting in God**
- Do what it says to do (mental attitude, communication, behavior)**
- Relax in God's provision and oversight**

## #3 Faith-Rest Drill

**Psa. 56:3**, “Whenever I am afraid, I will trust in You.

**Psa. 56:4**, “In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?”

**Psa. 56:11**, “In God I have put my trust; I will not be afraid. What can man do to me?”

## #3 Faith-Rest Drill

**Psa. 56:9**, “When I cry out to You, then my enemies will turn back; This I know, because God is for me.

**Psa. 56:10**, “In God (I will praise His word), in the LORD (I will praise His word),

**Psa. 56:11**, “In God I have put my trust; I will not be afraid. What can man do to me?”

## #3 Faith-Rest Drill

**Heb. 4:2, “For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.”**

## #3 Faith-Rest Drill

**Psa. 5:11, “But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name be joyful in You.**

**Psa. 5:12, “For You, O Lord, will bless the righteous; With favor You will surround him as with a shield.” ~NKJV**

**חָשָׂה *chashah* qal part  
masc plur constr to  
take refuge;  
Figuratively to trust**

**סָכַח *sakhakh*-1  
hif imperf 2 masc sing  
basic meaning was of a  
covered structure, to  
protect**

## #3 Faith-Rest Drill

Psa. 16:1, “Preserve me, O God, for in You I put my trust.”

שמר *shamar* qal  
imper masc sing  
to keep, watch,  
preserve

חסה *chashah* qal part  
masc plur constr  
to take refuge;  
fig. to trust



# Soul Fortress Principles

Psa. 18:2, “The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”



חֲשָׁהָהָ *chashah qal part*  
masc plur constr  
to take refuge;  
figuratively to trust

מְצוּדָה-2 *metzuda-2*  
comm fem sing constr  
stronghold

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## #3 Faith-Rest Drill

**Psa. 25:2**, “O my God, I trust in You; Let me not be ashamed; Let not my enemies triumph over me.”

1-בַּטַּח *batach*-1 to trust, to be confident

**Psa. 25:20**, “Keep my soul, and deliver me; Let me not be ashamed, for I put my trust in You.”

חָשָׁה *chashah* qal part masc plur constr to take refuge

**Psa. 62:8**, “Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah”

1-בַּטַּח *batach*-1 to trust, to be confident

## #3 Faith-Rest Drill

**Psa. 25:2, “O my God, I trust in You; Let me not be ashamed;  
Let not my enemies triumph over me.**

**Psa. 25:3, “Indeed, let no one who waits on You be ashamed;  
Let those be ashamed who deal treacherously without  
cause.”**

**1 בַּטַּח *batach*-1 qal perf 1 com sing to trust, to be confident**

## #3 Faith-Rest Drill

**Psa. 37:3, “Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.**

**Psa. 37:4, “Delight yourself also in the LORD, and He shall give you the desires of your heart.**

**Psa. 37:5, “Commit your way to the LORD, trust also in Him, and He shall bring it to pass.”**

**1-בטח *batach*-1 qal imp 1 com sing to trust, to be confident**

**גלל *galal* qal imper masc sing  
to roll, commit, trust, or roll away**

## #3 Faith-Rest Drill

Psa. 115:11, “You who fear the LORD, trust in the LORD; He is their help and their shield.”

1־בַּטַח *batach*-1 qal imp 1 com sing to trust, to be confident

## #3 Faith-Rest Drill

**Psa. 55:22, “Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.” ~NKJV**

**שָׁלַךְ *shalakh* Hiphel imper masc sing to throw, fling, cast**

**1 Pet. 5:7, “by casting all your care on Him, because He cares for you.” ~NKJV**

## #3 Faith-Rest Drill

**Prov. 3:5, “Trust in the LORD with all your heart  
And do not lean on your own understanding.”**

**Prov. 3:6, “In all your ways acknowledge Him,  
And He will make your paths straight.”**

## **#3 Faith-Rest Drill**

**Jer. 17:5, “Thus says the LORD: ‘Cursed is the man who has confidence in human beings and their philosophies; And makes flesh his strength, whose heart departs from the LORD.**

**~RD paraphrase**

**Jer. 17:6, “ ‘For he shall be like a shrub in the desert, and shall not see when good comes, but shall inhabit the parched places in the wilderness, in a salt land which is not inhabited.**

**Jer. 17:7, “ ‘Blessed is the man who confidently trusts in the LORD, and whose confident expectation is the LORD.**

**Jer. 17:8, “ ‘For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; But its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.’ ”**



