

# Ephesians Series

Lesson #178

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Dean Bible Ministries

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**Basic Spiritual Skills:  
Aligning Our Lives to Grace**

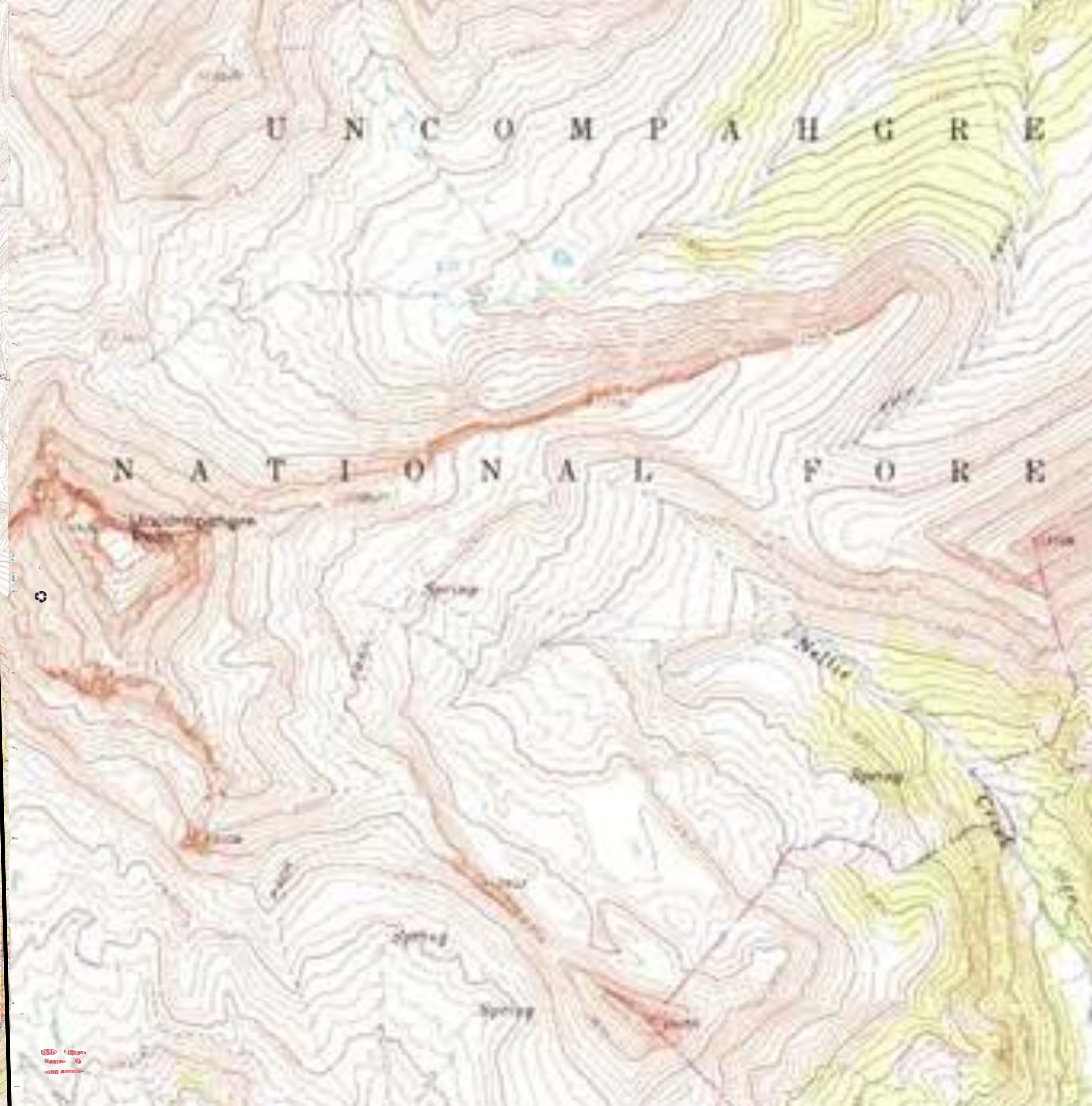
**Ephesians 4:26–27**



# EPHESIANS

THE WEALTH, WALK  
& WARFARE  
OF THE BELIEVER







**Align our lives with God's grace**

**Align ourselves with the Bible**

**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]**

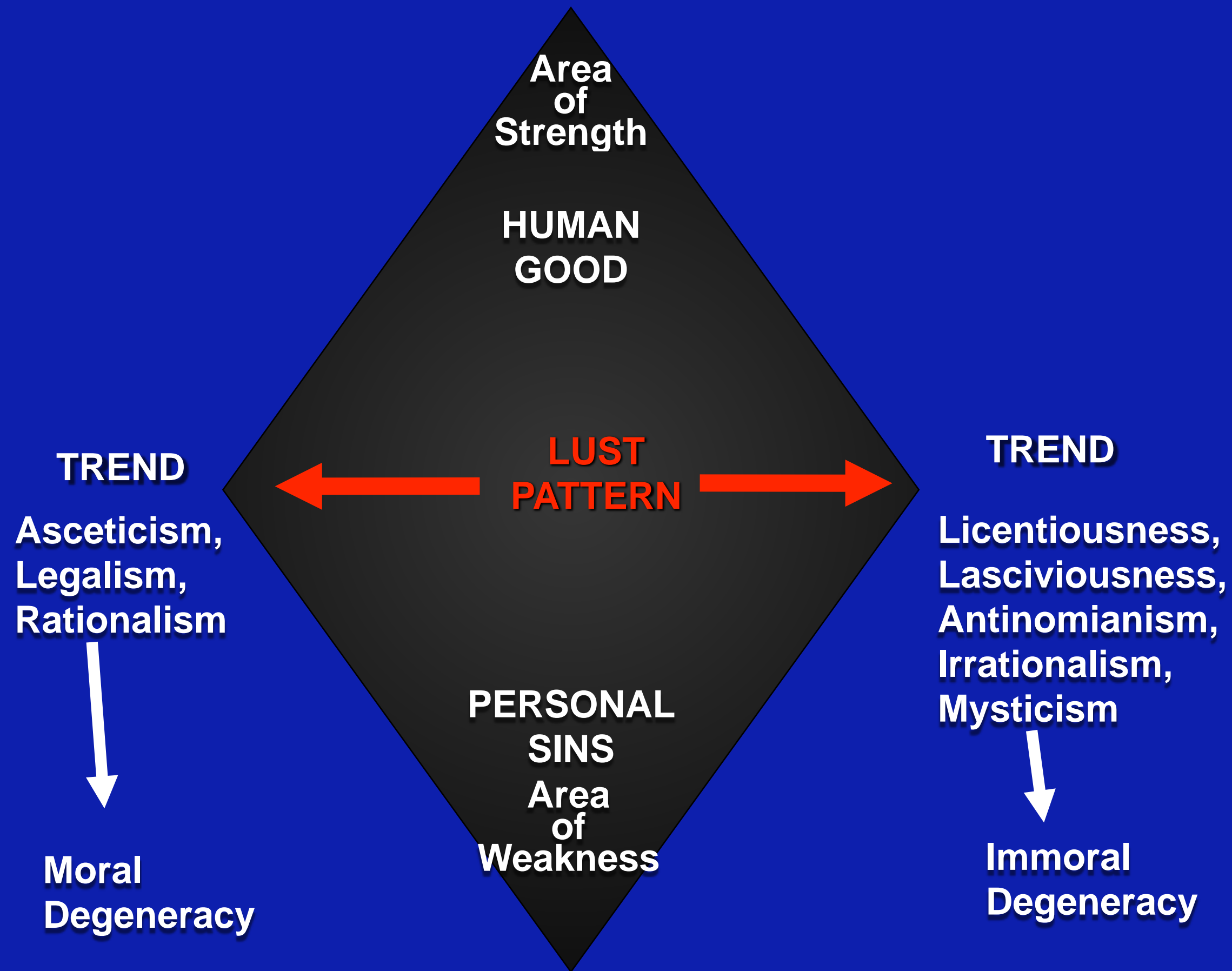
**Rom. 8:13, “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”**



**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]**

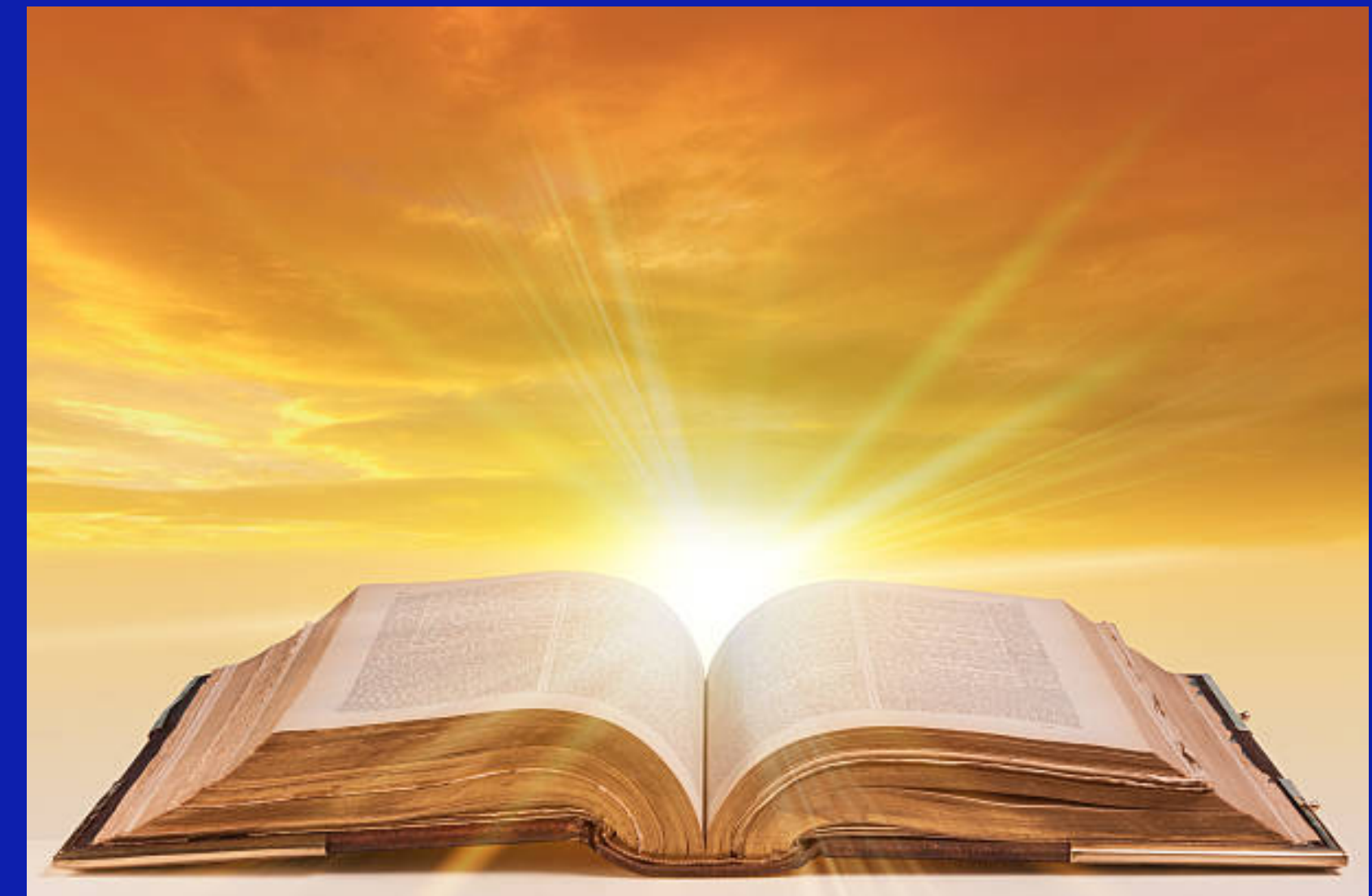


# Human Viewpoint Solutions



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;”**

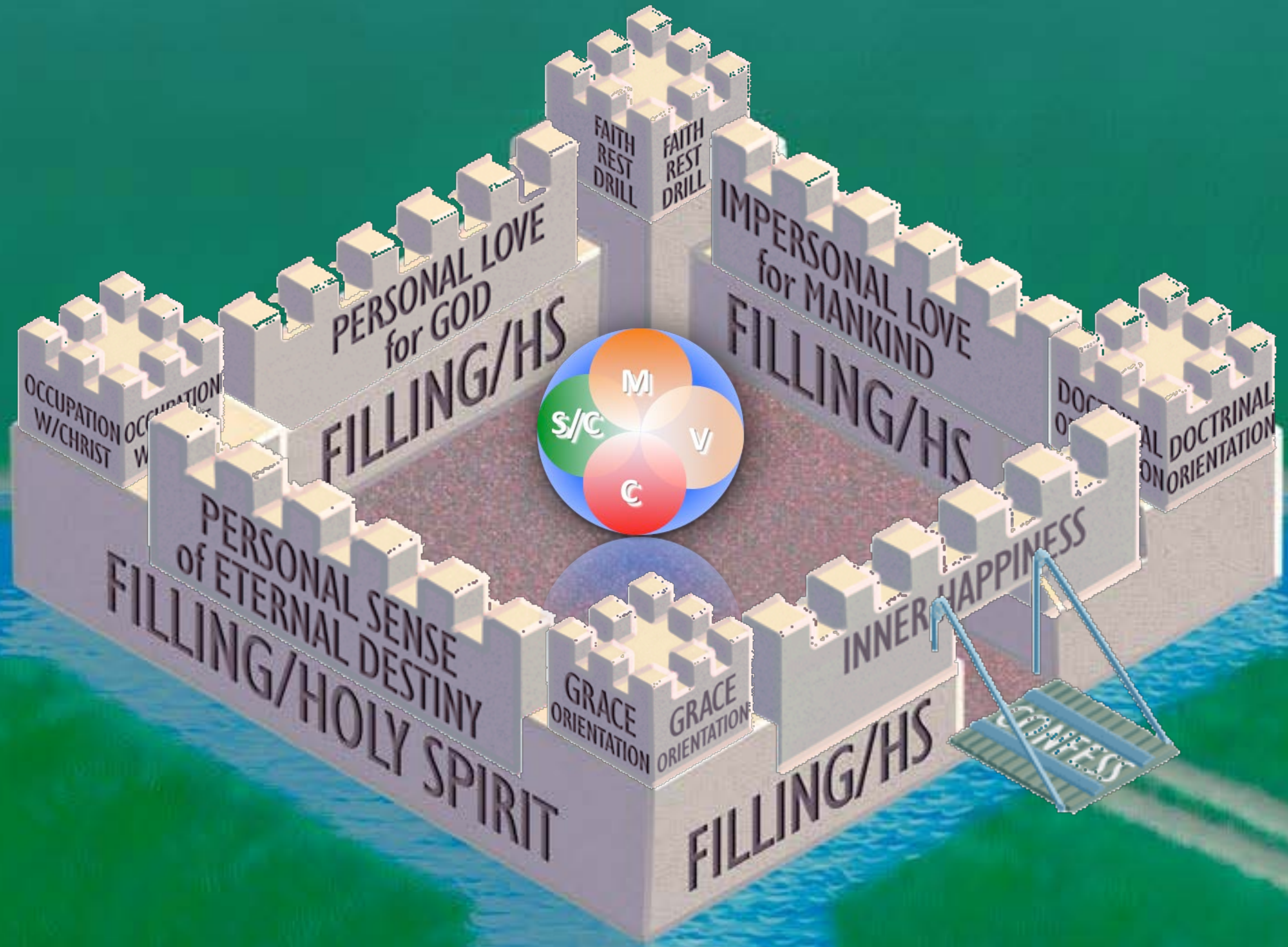


**What the Bible Teaches About**

**Spiritual Skills for  
LIFE**









**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

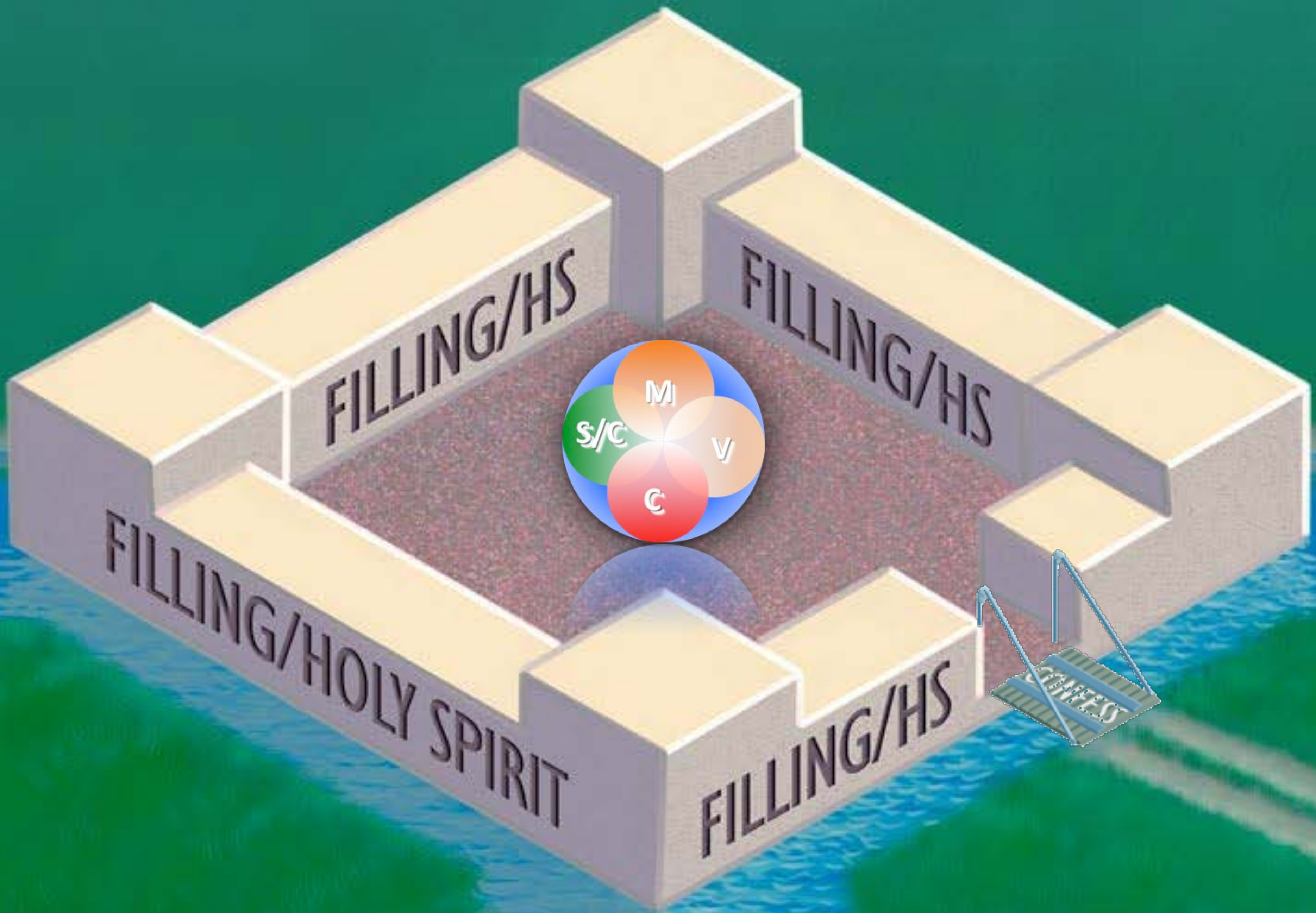
Psa. 18:2, “The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”



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

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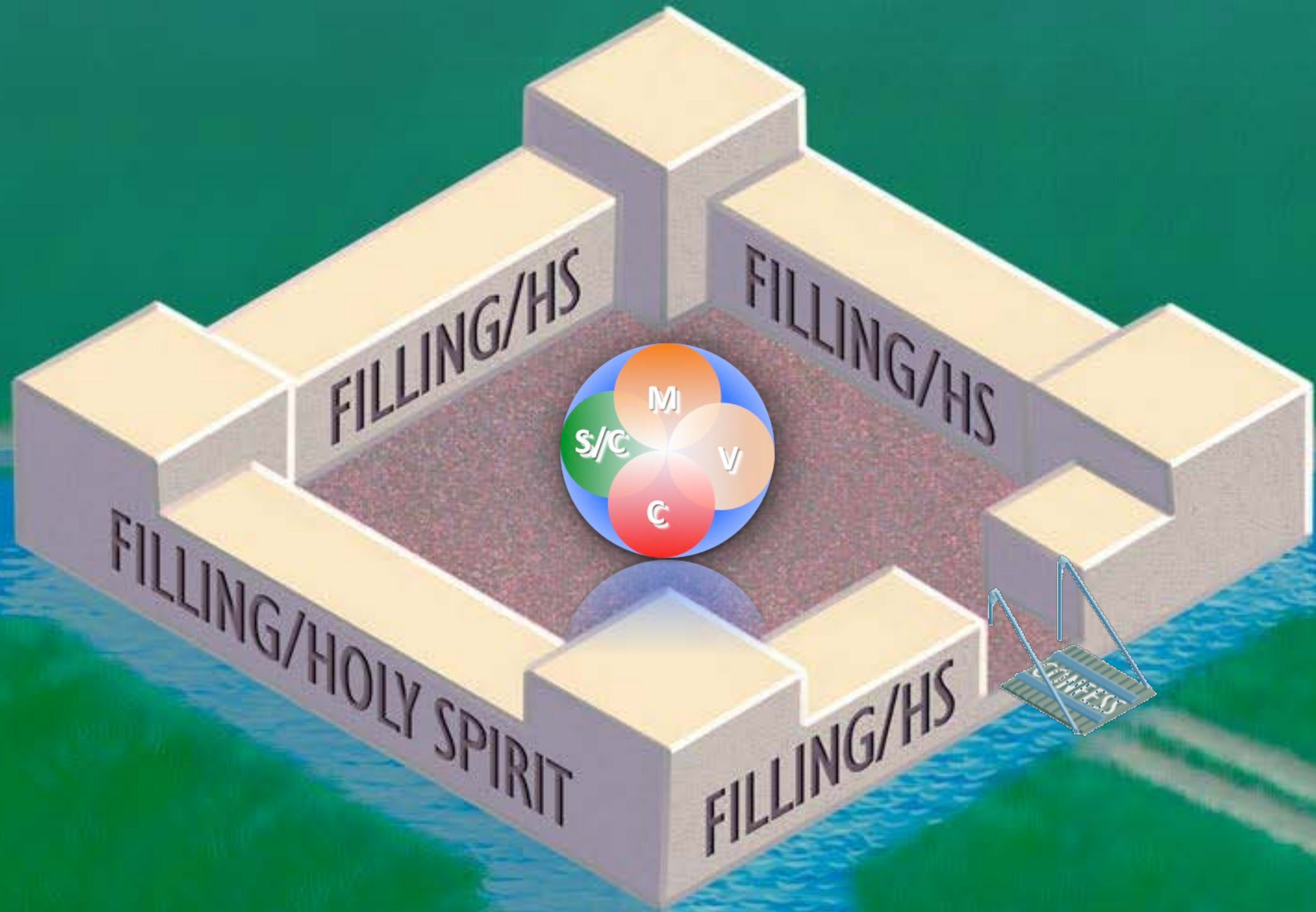


# #1 Confession of Sin

**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.”**

**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]**







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

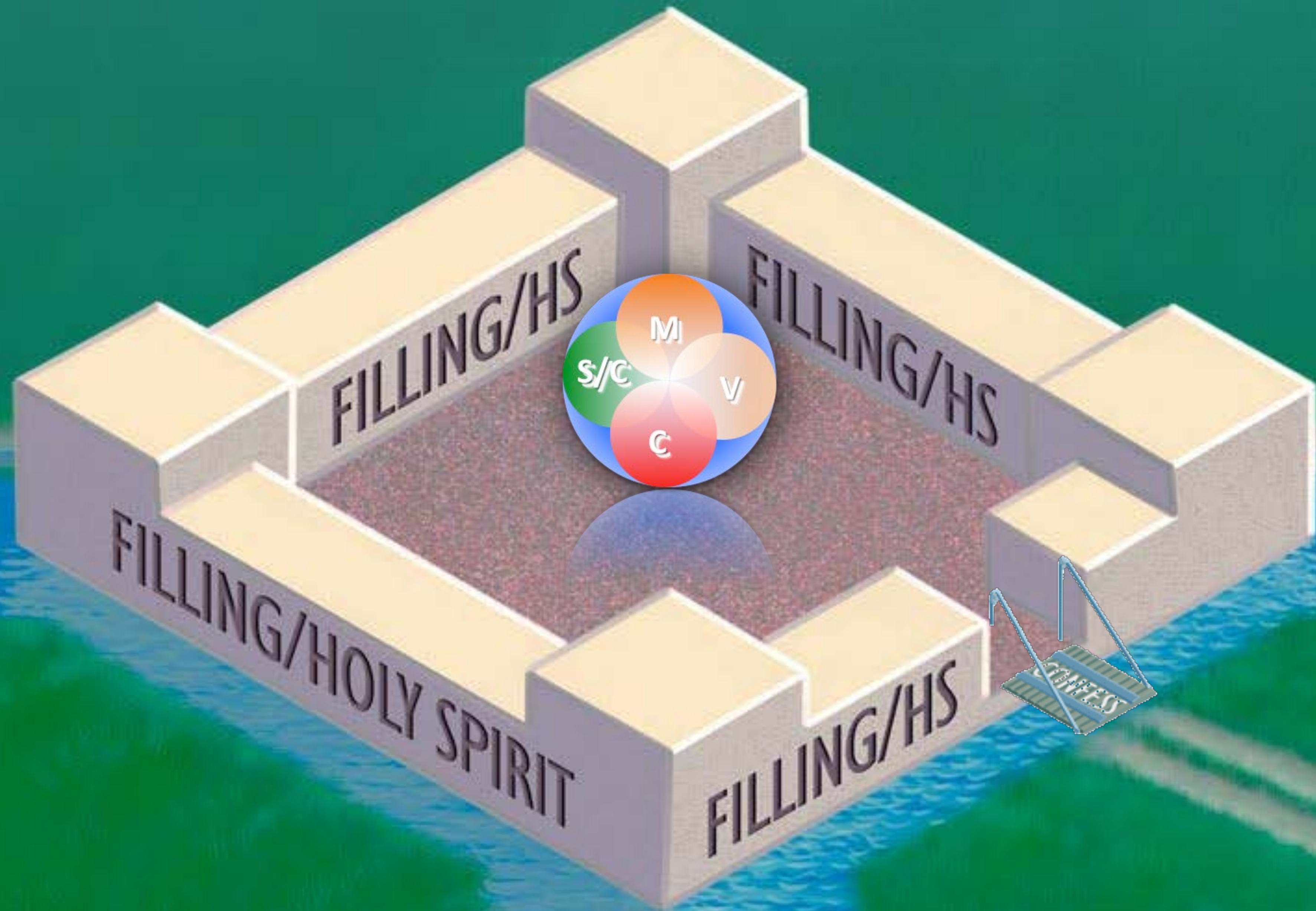
**Eph. 5:18, “And do not be drunk by using wine as a means of spirituality, which is a total waste, but be filled by means of the Spirit.” [RD]**



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

**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.”**

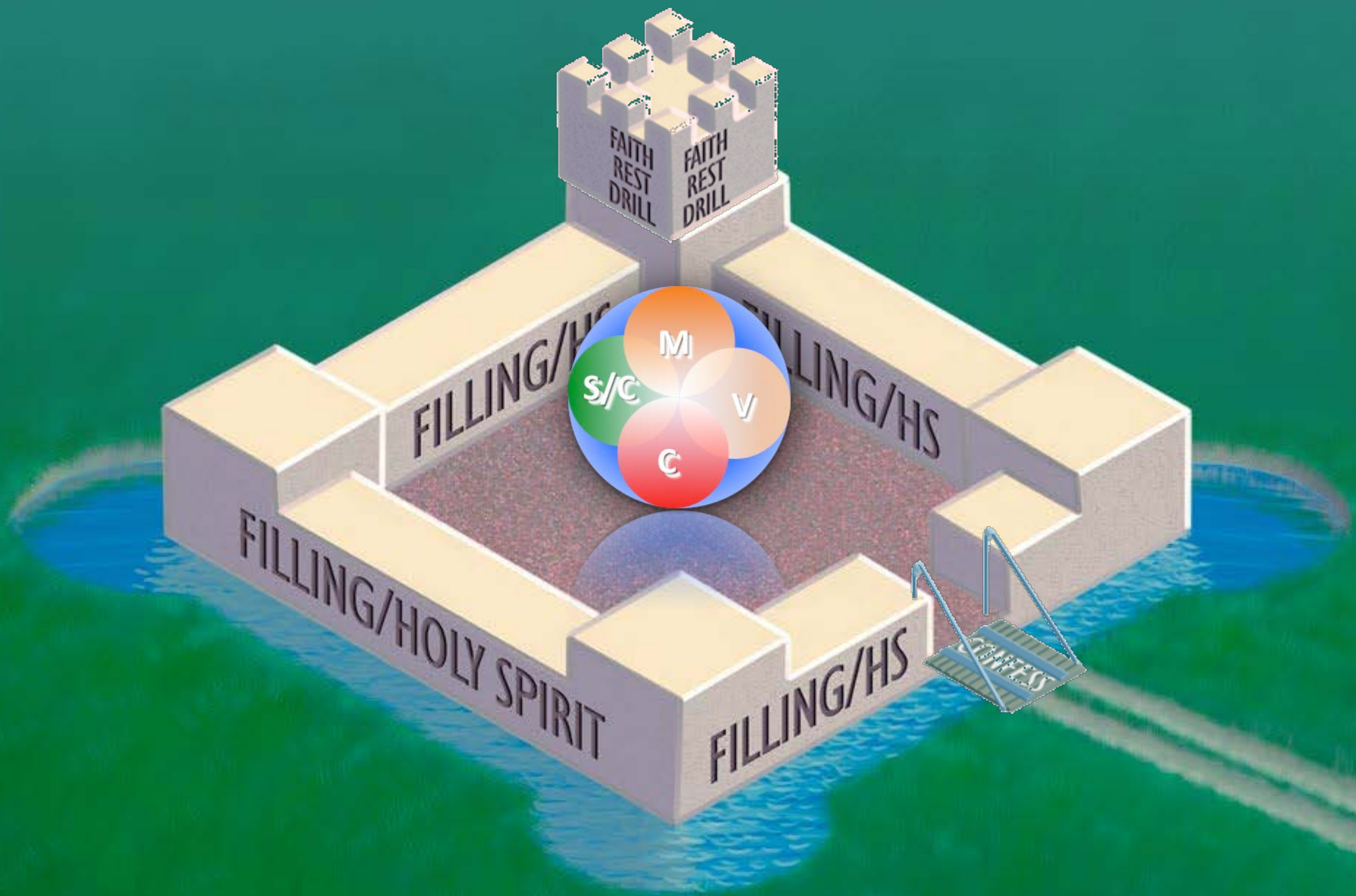
## #3 Faith-Rest Drill

**Psa. 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]**





# #4 Grace Orientation



## **#4 Grace Orientation**

- **Conforming or aligning our thinking toward people, situations, and events with God's grace policy.**
- **Grace means that God has freely given us everything we need on the basis of who He is and what Christ did on the cross.**
- **Grace orientation involves humility, is the basis for loving others, treat others in kindness and graciousness, and also involves the development of our spiritual gifts (grace gifts).**

## **#4 Grace Orientation**

- **Grace means that God has already freely given to us everything we need (prosperity and adversity tests) to advance to spiritual maturity.**
- **Grace means that our relationship to God is not based on our merit, activities, or actions.**



## #4 Grace Orientation

**2 Pet. 1:3, “seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.**

**2 Pet. 1:4, “For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.”**

# #4 Grace Orientation

## Three areas of Grace

### 1. Grace before salvation: Common grace

**Matt. 5:44, “But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,**

**Matt. 5:45, “that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”**



# #4 Grace Orientation

## Three areas of Grace

### 1. Grace before salvation: Work of the Holy Spirit

**John 16:7**, “Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.

**John 16:8**, “And when He has come, He will convict the world of sin, and of righteousness, and of judgment:

**John 16:9**, “of sin, because they do not believe in Me;

**John 16:10**, “of righteousness, because I go to My Father and you see Me no more;

**John 16:11**, “of judgment, because the ruler of this world is judged.”

# #4 Grace Orientation

## Three areas of Grace

### 2. Grace at salvation: the sufficiency of the cross

**Eph. 2:8, “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,**

**Eph. 2:9, “not of works, lest anyone should boast.”**

**John 3:16 “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”**



# #4 Grace Orientation

## Three areas of Grace

**3. Grace after salvation: the sufficiency of Scripture, the sufficiency of grace**

**2 Pet. 3:18, “but grow [by means of] the grace and knowledge of our Lord and Savior Jesus Christ.”**

## #4 Grace Orientation

**2 Cor. 12:9, “And He has said to me, ‘My grace is sufficient for you, for power is perfected in weakness.’ ”**