



The Fighter Verses

Study Set One

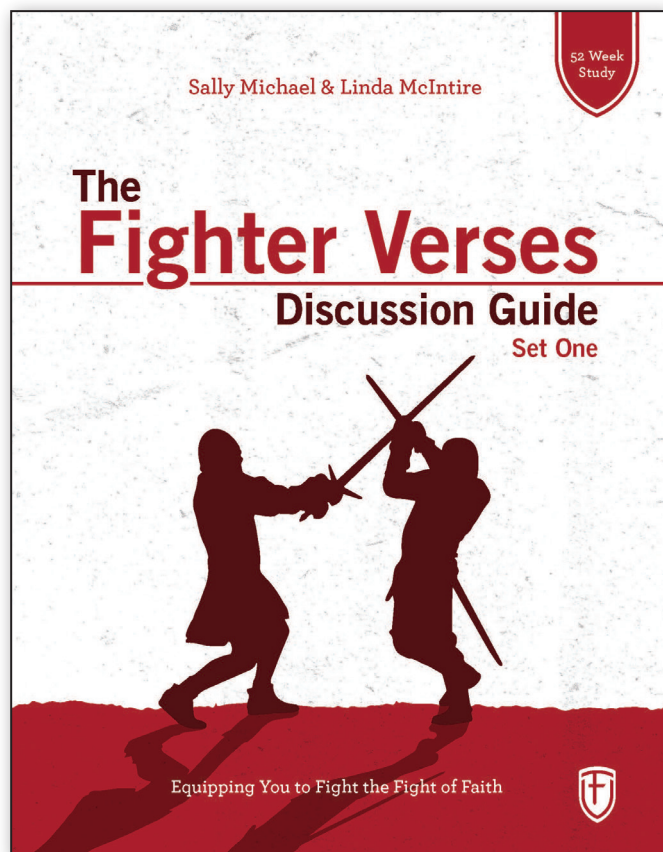
Equipping You to Fight the Fight of Faith

Building relationships that are deep, lasting, and meaningful requires time spent listening and talking together. Nurturing a relationship with God is no different. **The Fighter Verses Study** is a year-long devotional that will help you spend quality "bites" of time with God as you study the verses found in Set One of the Fighter Verses Bible memory program.

The Fighter Verses Study is perfect for family devotions, small group discussions, individual study, intergenerational classes and homeschool or school programs.

"Ever since the beginning, the Fighter Verses plan for memorizing Scripture has been part of my spiritual warfare, helping me fight unbelief and Satan and sin. ...What could be more valuable than teaching families not only to know the Scriptures, but also to linger over them as they discuss and color, and to pray them into reality."

—John Piper, Founder and Teacher, desiringGod.org



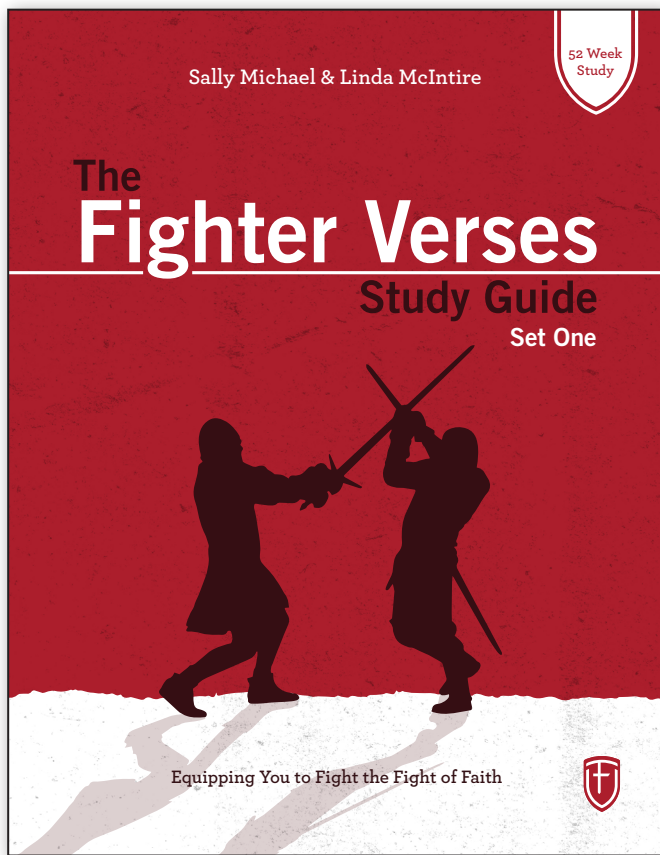
Discussion Guide

For Fathers, Small Group Leaders,
Teachers or Individuals

The **Discussion Guide** includes 52 lessons, each based on a verse or short passage.

Lessons include an introduction to the context of the passage and two or three parts looking at different sections of the text. Each part includes questions that will lead you to a better understanding of the verses. These can be answered personally or discussed in a group. At the end of each part are application questions, prayer points and an encouragement to journal and memorize the verse.

*The **Discussion Guide** includes suggested answers to the questions in the right-hand margin as well as teaching prompts for fathers, small group leaders or teachers.*



Study Guide

For Study Participants
or Individuals

The **Study Guide** includes the same main content for each of the 52 lessons found in the Discussion Guide.

The **Study Guide** will help participants in a family or small group study ponder and understand each week's Scripture passage through guided questions which can be answered personally and discussed as a group.

*The **Study Guide** does NOT include suggested answers to the discussion questions or teaching prompts. Individuals using the study on their own may choose from either the discussion or study guide, depending on whether or not they want the answers to the discussion questions.*

Quarterly Study

An Option for a Shorter Study,
Available for the Discussion
Guide and the Study Guide

Are you looking for a study to fill a summer session? Or do you want to try it in your small group without committing to a full year?

The **Quarterly Study** option takes the exact same content from the discussion and study guides and breaks it down into four, 13-week parts.

Each part is an independent study that can be done by itself or as a series. Start with Part A, or the one that lines up with your progress in memorizing Fighter Verses, or choose one with your favorite verse. It's up to you where to start, but once you do, you will not want it to end!





Coloring Book

For Children (ages 2 – 102)

The **Coloring Book** gives children of all ages a visual representation of each of the 52 verses along with a key truth statement to focus on.

This is a great resource to help younger children engage during a family or group discussion of the study and it encourages them memorize the verse along with the whole family.

These original illustrations include a blend of powerful Bible stories brought to life; children in real-life, modern-day moments; and beautiful nature scenes.

*The Coloring Book can be used alongside **The Fighter Verses Study**, by children memorizing **Fighter Verses**, or by itself as an encouraging, Bible-based coloring resource for children.*

Journal

To Record Your Reflections,
Insights and Action Steps

Use the **Journal** in your personal quiet time with the Lord to reflect on the Fighter Verses and record truths that have made an impact on your life, actions steps you want to take, or how God is using the verses you memorize in your everyday life.

The **Journal** sets aside two pages for each passage and includes the verse written out along with a short paragraph to explain the verse or challenge you as you study.

*The Journal can be used as an extension of **The Fighter Verses Study** or by individuals who are simply memorizing the **Fighter Verses** and want to incorporate it into their personal study or devotional times.*



Fighter Verses, Set One

1. Deuteronomy 7:9 *Faithfulness of God*
2. Deuteronomy 10:12-13 *Obedying God*
3. John 1:12-13 *Salvation*
4. Romans 11:33-36 *Sovereignty of God*
5. Romans 12:1-12 *Sanctification*
6. Psalm 56:3-4 *Battling Fear*
7. Psalm 62:5-7 [8] *Trusting God*
8. Romans 8:1 *Work of Christ*
9. 1 John 2:15-17 *Battling Sin*
10. Philippians 2:5-7 *Humility of Christ*
11. Philippians 2:8-9 *Humility of Christ*
12. Philippians 2:10-11 *Supremacy of Jesus*
13. Philippians 2:12-13 *Sanctification*
14. James 1:2-3 *Endurance*
15. James 1:4-5 *Endurance*
16. Psalm 1:1-2 *Word of the Lord*
17. Psalm 1:3-4 *Word of the Lord*
18. Psalm 1:5-6 *Word of the Lord*
19. Colossians 3:1-3 *Life in Christ*
20. Ephesians 4:26 *Battling Anger*
21. Isaiah 40:28-29 *Sovereignty of God*
22. Isaiah 40:30-31 *Waiting on God*
23. Psalm 86:5-7 *Faithfulness of God*
24. 1 Timothy 2:5 *Supremacy of Jesus*
25. 1 Peter 1:3-5 *Salvation*
26. Ephesians 6:10-11 *Spiritual Warfare*
27. Ephesians 6:12-13 *Spiritual Warfare*
28. Ephesians 6:14-15 *Spiritual Warfare*
29. Ephesians 6:16-17 [18] *Spiritual Warfare*
30. Philippians 1:6 *Security in God*
31. Matthew 10:28 *Battling Fear*
32. Romans 1:16 [17] *Gospel*
33. Matthew 11:28-30 *Depending on Christ*
34. Psalm 20:6-7 [8] *Trusting God*
35. James 1:12 *Endurance*
36. 2 Corinthians 9:6-7 *Generosity*
37. 2 Corinthians 9:8 *Generosity*
38. 2 Corinthians 12:9 [10] *Depending on Christ*
39. Isaiah 64:4 *Waiting on God*
40. Titus 3:4-6 *Work of Christ*
41. Isaiah 46:9-10 [11] *Sovereignty of God*
42. Proverbs 1:10 *Battling Sin*
43. Proverbs 3:5-6 [7] *Trusting God*
44. Proverbs 19:11 *Battling Anger*
45. John 15:5 *Life in Christ*
46. John 14:2-3 *Eternity*
47. Psalm 125:1-2 *Trusting God*
48. Psalm 141:3-4a *Speech*
49. 1 John 1:8-9 *Battling Sin*
50. Psalm 23:1-2 *Guidance of God*
51. Psalm 23:3-4 *Guidance of God*
52. Psalm 23:5-6 *Guidance of God*

Preface

Do you long to have the Word of God engraved on your soul; to be instructed, guided, counseled, corrected, and convicted by Scripture; to have your worldview shaped by the Word, and not by the world? Memorizing the Word makes it possible to meditate on the Word, which carries the potential of shaping our thinking and our affections.

In his book, *Teach Them Diligently: How to Use the Scriptures in Child Training*, Louis Paul Priolo paraphrases the thoughts of Heywood Oliver, a Puritan preacher, regarding meditation on the Word.

Lack of meditation is the primary reason that so many professing Christians, in spite of exposure to the most excellent teaching still remain ignorant, unstable, and unfruitful, “ever learning, but never able to come to the knowledge of the truth.” Instruction flows in upon them from all sides; but their hearts and minds are like sieves, out of which everything runs as fast as it is poured in. The impressions which truth makes on their minds are as temporary as characters traced on the sands of the seashore, which the next wave erases forever. But meditation imprints truth deeply on the conscience, and engraves it on the tablets of the inner man, as with the point of a diamond or laser beam. It thus becomes incorporated into the soul; and forms, as it were, a part of it; and it is ever present, to regulate the heart’s affections and to control and guide all of its movements.¹

This is an echo of what the Bible teaches us in Psalm 1:

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.—Psalm 1:1-2

Fighter Verses are memory verses specifically chosen to help believers “fight the fight of faith.” These memorized verses will inform, instruct, guide, strengthen, and comfort the soul through the daily struggles and joys of life. Meditation on these verses may “regulate the heart’s affections and control and guide all of its movements.” They are profitable for:

- **Fighting the Fight of Faith**—fighting temptation, unbelief, discouragement, despair; fighting for joy and peace; fighting to place your full confidence in God
- **Growing Strong**—strong in the Word, strong when life is manageable, and strong in faith even when difficulties abound
- **Fighting for Others**—encouraging the fainthearted and pointing unbelievers to Jesus

The Fighter Verse memory program provides a systematic means for you to memorize God’s Word and meditate on it “day and night.” This Study Guide will help you discover a treasure of wisdom in each of the Fighter Verse passages as you discover the teaching of our great God.

May your faith and confidence in God grow as you see the character and work of God revealed in these verses. May you discover the joy of mining the Word of love and learn to observe, interpret, and personally apply it. And may God’s Word be imprinted on your mind and firmly established in your heart.

***In the way of your testimonies I delight as much as in all riches.
I will meditate on your precepts and fix my eyes on your ways.
I will delight in your statutes; I will not forget your word.
Deal bountifully with your servant, that I may live and keep your word.
Open my eyes, that I may behold wondrous things out of your law.
—Psalm 119:14-18***

1. Priolo, Louis Paul. *Teach Them Diligently: How to Use Scriptures in Child Training*. (Stanley, North Carolina: Timeless Texts, 2000).

Preface

A Word to Parents

The Fighter Verse Study resources were developed for those who have been yearning for an easy-to-use, spiritually profitable resource for leading family devotions. These resources have the potential to deepen the understanding of Bible passages for the adults while also engaging children in seeing the truth of the Scriptures. For both adults and children, the resources encourage not just understanding the meaning of the text, but also personal application. Within the context of a family, you will be able to spur one another on to “live” these verses and fellowship with the living God.

Family devotions are often Satan’s battleground to defeat spiritual leadership in the home. Spiritual attacks seem to come on all sides when we attempt to gather our families around God’s Word. Realizing that we are in a spiritual battle that requires spiritual weapons will go far in defeating weariness, inattention, and interruptions that often bring about defeat. *Pray* for your own heart and for those of anyone you may be leading. *Pray* that Satan would be bound, and God’s Word would not return void.

When devotional time seems like a failure, don’t give up. Persevere and trust in God’s promises. Little by little, the Word of God may awaken or strengthen your faith. Immersing your family in the Word will push back the draw of the world. God is faithful and has promised that our “labor in the Lord is not in vain.” The God of the Universe, the Creator of the Ends of the Earth, is on your side!

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.—1 Corinthians 15:58

A Word to Small Group Leaders

Small groups are a wonderful means of sharing the Word, instructing and encouraging each other, promoting spiritual growth, and praying for each other. They can be live-giving and challenging, especially if everyone takes time before you meet to work through each lesson, thinking through the passage, and recording insights and questions. This Discussion Guide will help the small group leader guide the discussion to cover important points.

By giving the members the tools necessary to discern the meaning of a text (rather than just what each person thinks about its meaning), the Fighter Verses Study resources provide each participant with the potential be enriched by the Word of God, receiving good instruction, as well as a challenge to personally apply the truth in order to...

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

A Word to Individuals

There is no substitute for meditating on the Word of God through the memorized Word. As you ponder each Fighter Verse, ask God to help you embrace this truth deep in your heart. Work through the study as you make your own observations, interpretation, and applications of the text. As you answer the questions, ask God to speak to you through His Word. Determine to be a doer of the Word as He reveals what you must think, be and do in response to the truth.

After you have done your own study, check the answer key for any insights you may have missed and complete the journal section during the week as the Lord brings opportunities for you to apply His Word to your own life. As you discover who God is and contemplate His involvement in your life, may you experience the truth of this verse:

Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!—Psalm 34:8

Fighter Verse 1 

Deuteronomy 7:9

Deuteronomy 7:9—“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”

Prayer

Pray that God will open your mind, and the minds of your family or small group to understand His Word, and that your hearts will be ready to respond to what He teaches you (Luke 24:45).

Introduction

Context

Out of all the peoples of the earth, God chose Abraham and his family, the Hebrews, to be His own special people (Genesis 12:1-3). He formed them into the nation of Israel and made a covenant with them, promising to be their God forever at Mt. Sinai (Exodus 19:4-8). Though God was faithful to His chosen people, Israel failed to trust God and wandered in the wilderness for 40 years.

Deuteronomy takes place at the end of the wilderness wandering. Israel is about to enter the Promised Land, and Moses is about to die. But before these events take place, Moses gives a farewell address to Israel. In his address, Moses rehearses Israel's history with God and reminds the Israelites of His law. He also gives them instructions on how to live as God's people, and warns them of the danger of associating with the pagan nations in the Promised Land. He is, in essence, reminding them that they are God's treasured possession, a holy nation to be fully committed to God alone.

In Deuteronomy 7, Moses contrasts for Israel the curse of being rejected by God and the blessing of being His people. Israel is told to completely destroy the nations and their gods, and then they are reminded of the covenant with their God.

Deuteronomy 7:6-13a—“For you are a people holy to the LORD your God. The LORD your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. ⁷It was not because you were more in number than any other people that the LORD set his love on you and chose you, for you were the fewest of all peoples, ⁸but it is because the LORD loves you and is keeping the oath that he swore to your fathers, that the LORD has brought you out with a mighty hand and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt. ⁹Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations, ¹⁰and repays to their face those who hate him, by destroying them. He will not be slack with one who hates him. He will repay him to his face. ¹¹You shall therefore be careful to do the commandment and the statutes and the rules that I command you today. ¹²And because you listen to these rules and keep and do them, the LORD your God will keep with you the covenant and the steadfast love that he swore to your fathers. ¹³He will love you, bless you, and multiply you...”

(If younger children are present, summarize the above background material so they can understand the context of the Fighter Verse, and then ask the following questions.)

Bible Study Tip—Context

Looking at a verse or word in context can aid in correctly understanding and interpreting the verse. Remember: **Context is king!**

Bible Study Tip—Connecting Words

Pay attention to connecting words, as they are often important clues to understanding the text. When you read the word “therefore,” ask, “What is the ‘therefore’ there for?” It usually signifies a reason, cause, or ground. In Deuteronomy 7:9, Moses is drawing a conclusion based on prior statements. He is explaining that God's past character and actions have shown that He can be trusted.

Remember: **Grammar matters!**

Deuteronomy 7:9

1. *How would you have felt if you had been standing there listening to Moses that day?*

2. *What would make you feel peaceful and courageous as you stood listening?*

Part 1: Who is God?

(Ask a child/someone to read the Fighter Verse, or read it together as a family/group.)

Deuteronomy 7:9—“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”

3. *What is God called in this verse?*

The LORD

LORD in all capital letters is God’s personal name, “I am” or, in the Hebrew language, *Yahweh*. The name *Yahweh* tells us what God is like.

4. *What is the meaning of “Yahweh” or LORD?*

5. *How should knowing what “LORD” means have helped the Israelites that day?*

6. *Notice that the first word of Deuteronomy 7:9 is “know.” If you know and believe that God is all that He says He is, how does that help you when He asks you to do something or promises you something?*

Answer Key for Part 1

1. perhaps fearful that you could not keep the commandments and the laws, uncertain of what was going to happen when you entered Canaan, or thankful that God chose you to be his people, ready to do what God asked, certain that God would be with you
2. being God's beloved people; that He would keep His word or covenant
3. the LORD, your God, the faithful God
4. Sovereign (God is in charge of all things; He rules over all), Self-Sufficient (God doesn't need anything or anyone), Eternal (God has no beginning and no ending; He lives forever), Almighty (God can do anything), Unchanging (God never changes)
5. Since God can do anything, the enemies were not stronger than Him; God never changes, so they could trust Him to help them; He is the ruler over everything, so they needed to obey Him.
6. You are certain; you don't doubt; you can't be persuaded to change your mind.

Fighter Verse 1

7. How does knowing what God is like help you today?

Your God

8. What is the Bible telling us by calling God "**your God**"?

God is not only the authority, great and mighty, but He is also a personal God, inviting people to be in relationship with Him—to be a part of His family. This is a close personal, loving relationship.

9. How did the people of Israel become God's people?

10. Is the LORD **your** God?¹ If your answer is, "Yes," how did you become a part of God's family? If your answer is, "No," what is stopping you from asking Jesus to be your Savior? (If someone in your group doesn't know if he is a child of God, take some time after the devotion to share your own personal testimony, explaining the meaning of salvation and asking more questions.)

The Faithful God

This verse also calls God "the **faithful God**."

11. What does **faithful** mean?

12. What has happened in Israel's history that shows that God is faithful?

7. For example: "When I pray, I know God can do something about my request."

8. God is a personal God.

9. Remember details from Deuteronomy 7:6-13—God chose them to be His people and they promised to love Him and obey Him.

10. For "yes": I believe I am a sinner and I need a Savior; Jesus paid the price for my sin by dying on the cross; I confess my sins and accept His payment for them; I am trusting Jesus for forgiveness of my sins; I give my life to Him and want to obey Him. For "no": answers will vary.

11. He always does what He says He will do; He keeps His promises. He always cares for His people.

12. For example: He made Abraham's family the great nation of Israel, as He promised; He rescued Joseph from prison, Jacob and his family from famine, and the Hebrews from slavery in Egypt; He split the Red Sea and brought the Hebrews to safety; He gave Israel food and water in the wilderness.

1. Galatians 3:7 explains how the Gentiles are now able to be part of God's chosen people.

Deuteronomy 7:9

13. *What would happen to your faith if God made promises, but did not always keep them?*

We can know that God will keep all the promises He made because He does not lie (Numbers 23:19).

14. *Remembering what you learned about the attributes of the LORD, compare and contrast what happens when God and humans make promises. (What is the same? What is different?)*

15. *Can you think of any promises God has made that are recorded in the Bible?*

16. *How has God shown Himself to be faithful to your family or to you personally?*

Part 1 Summary

How would you summarize the first part of Deuteronomy 7:9, " Know therefore that the LORD your God is God, the faithful God..."?

13. We could not trust what He said; we would doubt and might eventually ignore His promises.

14. Both the Lord and humans can make promises out of concern and love with every intention of keeping them. God has all the power, resources, foreknowledge, and total control to always keep a promise, but we have none of those things. We cannot control the weather, other people's actions, or unforeseen circumstances, and often cannot keep our promises.

15. For example: Never again to destroy the earth by a flood—Genesis 9:12-15; to provide for all our needs—Philippians 4:19; if we believe in Jesus we will have everlasting life—John 3:16

16. Answers will vary.

Application

Is there anything in God's Word that you know God wants you to do, but you are not doing it or not doing it as well as you could? What could you do to be more aware of God's faithfulness to you (or us as a family)? Is there anyone you (we) could pray for who does not belong to the family of God?

Prayer

Pray the Fighter Verse for yourself and, if applicable, for your family. Perhaps you could personalize the verse by saying, "Know therefore [your family's last name or the first names of those present] that the LORD your God is God..."; thank God that He is sovereign, self-sufficient, almighty, eternal, and unchanging; thank God that He invites man to be in relationship with Him and is faithful to His people, etc.)

Deuteronomy 7:9—"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,"

Journal

Encourage each person to take his Journal to a special place and spend some quiet time with the Lord, thinking about today's discussion and praying that God would personally show him what God wants him to think, be, and do as a result of this discussion. Challenge each person to quietly wait and listen for anything God might want to say to him in the Word. Then have him write about any new insights or specific actions God leads him to take. At the beginning of the next devotional time, each person can share the insights God gave him, the action steps He called him to take, and any results that occurred.

This Week

- Memorize Deuteronomy 7:9.
- Encourage someone with this week's Fighter Verse.
- Check the Fighter Verses App for devotion and memorization quizzes. And, if you use the English Standard Version of the Bible, there are also Fighter Verses songs and trivia questions.
- Prayerfully consider how God would have you to respond to this teaching and record what the Lord has revealed to you in The Fighter Verses Journal.

Part 2: What is a Covenant?

(Ask a child to read the Fighter Verse, or read it together as a family.)

Deuteronomy 7:9—"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,"

Deuteronomy 7:9

(Show the following contract, or one for your house, your marriage license, etc.)

Sample Contract

Identities of the Parties

Trinity Publications, 158 West Broadway, Brookings, South Dakota, hereinafter referred to as Seller, and First Community Church, 2615 Main Street, Arlington, South Dakota, hereinafter referred to as Buyer, hereby agree on this 14th day of December, in the year of 2015, to the following terms.

Description of the Goods

Seller agrees to deliver to Buyer, on or before January 4, 2016, the following goods: 100 Glorifying God books, item 040050, priced at \$12.95 each, for a total price of \$1,295.00 (with free delivery).

Rights and Obligations

Buyer agrees to accept the goods and pay for them in full upon receipt. Goods are deemed received by Buyer upon delivery to Buyer's address above. Buyer has the right to examine the goods upon receipt and has 30 days in which to notify seller of any claim for damages based on the condition, quantity, or quality of the goods. Such notice must specify the details of the claim. Failure to provide such notice within the requisite time period constitutes irrevocable acceptance of the goods. Until received by Buyer, all risk of loss to the above-described goods is borne by Seller. Seller warrants that the goods are free from any and all security interests, liens, and encumbrances.

Attestation

Agreed to this 14th day of December, in the year 2015, and signed by:

Mike Doe, General Manager of Trinity Publications

Rev. Charles Jones, Senior Pastor of First Community Church

1. This is a contract. Can you explain what it is and why a contract would be needed?

(If you are using your own contract, briefly explain the terms or use the following example: A book publisher promises to deliver 100 books, and a church promises to pay a certain amount of money for them.)

A covenant is like a contract. It is a very serious promise that a person must not break. Our Fighter Verse is about a covenant.

(If you have older children, ask them to look up the following verses.)

Exodus 19:4-6—“You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. ⁵Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; ⁶and you shall be to me a kingdom of priests and a holy nation. These are the words that you shall speak to the people of Israel.”

Answer Key for Part 2

1. A contract is an agreement between two people, or a person and a company, two parties. It is like a promise. Each person promises to do something.

The Parties Involved and the Terms

2. *Who were the two parties involved in this covenant?*

3. *What is God's part of the covenant?*

4. *What does this promise mean?*

5. *Did the people of Israel have to wonder or doubt that God would keep His part of the covenant? Why, or why not?*

6. *In promising to take Israel as His people, God also made a requirement of Israel. What was it?*

Israel's response is recorded in Exodus 19:8. (Ask a child/person to read Exodus 19:8 in his Bible.)

Exodus 19:8—All the people answered together and said, "All that the LORD has spoken we will do." And Moses reported the words of the people to the LORD.

7. *So, did Israel understand and agree to the terms of the covenant?*

8. *How does Deuteronomy 7:9 describe the people with whom God makes His covenant?*

Length

9. *According to our Fighter Verse this week, how long did God promise to keep this covenant?*

We don't know exactly how long a generation is, but in the Bible a generation is 40 years.

10. *How long then is "a thousand generations"? (If your children are able, ask them to multiply 1000 by 40. If not, do it for them.)*

2. God and Israel

3. to take Israel as His people and make them a holy nation

4. God will care for them, love them, and be faithful to them.

5. No, because He had proven Himself to be trustworthy and faithful to Israel in the past, and because He promised to be faithful to His people at Mt. Sinai.

6. that they would worship and obey Him alone; that they would be faithful to Him

7. yes

8. those who love Him and keep His commandments

9. to a thousand generations

10. 40,000 years

Deuteronomy 7:9

This is longer than all of recorded history. “A thousand generations” is another way of saying, “forever.” God remembers and keeps His covenant forever. He never breaks His promise; and His promise never ends.

11. *What does this tell you about God?*

Point to Ponder

In the case of most contracts, those who need something offer the contract. In the opening illustration, the church had a need for books and initiated the contract. The publisher received the contract because they could provide the service that was required. (If you have used your own contract, change these statements accordingly.)

12. *In Exodus 19:4-6, who initiated the covenant? Was He the one with the need? Why, or why not?*

13. *Why do you think God offered the covenant?*

14. *What do you think this says about God?*

Israel made a commitment to obey everything God had said in the covenant He made with them. So they became His people and received the benefits of the covenant.

God first made His covenant with Abraham and his children. He stated that covenant again to the Israelites, the people who were born to Abraham’s family at Mt. Sinai. But how can anyone who is not a descendent of Abraham (born to Abraham’s family) be part of God’s family?

Because of Jesus’ perfect law-keeping and His payment for sin on the cross, God has made a new covenant of “grace.” God’s grace is His kindness to undeserving sinners. By grace—because of His kindness—God accepts Jesus’ payment of sin. Let’s see who this covenant is for.

(Read Galatians 2:15-16 and Galatians 3:7.)²

Galatians 2:15-16—We ourselves are Jews by birth and not Gentile sinners;¹⁶ yet we know that a person is not justified by works of the law but through faith in Jesus Christ, so we also have believed in Christ Jesus, in order to be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified.

2. For greater understanding of the justification of those of the faith of Abraham, you could read Romans 4:16-25.

11. He is faithful; He loves His people forever; He will never break His promise; He is good; He can be counted on

12. God; No, He is all-sufficient and needs nothing.

13. The Israelites had a need to be loved and cared for, to be protected and provided for, but they were unable to do that themselves; God is kind and merciful to undeserving sinners, like the people of Israel.

14. He loves people. In His wisdom, He had a plan, and He had the resources to supply everything Israel needed and the power to protect them.

Fighter Verse 1

Galatians 3:7—Know then that it is those of faith who are the sons of Abraham.

15. What does Paul tell us in Galatians 3:7 makes a person “justified” or acceptable to a holy God?

15. trusting in Jesus for the forgiveness of their sins and not in their own works

16. From Galatians 3:7, we see who are meant by Abraham and all of his offspring. Who are his offspring?

16. anyone who shares his faith

17. Do you share his faith?

17. Answers will vary.

18. From Exodus 19:8, we know Israel's response to the covenant God made with them. What is your response to God's covenant of grace?

18. Answers will vary.

Part 2 Summary

How would you summarize the second part of Deuteronomy 7:9, “...who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”?

Application

As we think about our commitment to God and His commands and ways, how committed do you think you are? What occasions in the past few weeks help you to measure the strength of your commitment? Where did your commitment waver? When was it strong? What will help you to strengthen your commitment? This week, let's ask the Lord to give us opportunities to see how committed we really are to Him.

Deuteronomy 7:9

Prayer

Pray the Fighter Verse for yourself and others.

Deuteronomy 7:9—“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”

Pray for each person to be strengthened in commitment to the Lord this week.

Journal

Encourage each person to take his Journal to a special place and spend some quiet time with the Lord, thinking about today's discussion and praying that God would personally show him what God wants him to think, be, and do as a result of this discussion. Challenge each person to quietly wait and listen for anything God might want to say to him in the Word. Then have him write about any new insights or specific actions God leads him to take. At the beginning of the next devotional time, each person can share the insights God gave him, the action steps He called him to take, and any results that occurred.

This Week

- Memorize Deuteronomy 7:9.
- Encourage someone with this week's Fighter Verse.
- Check the Fighter Verses App for devotion and memorization quizzes. And, if you use the English Standard Version of the Bible, there are also Fighter Verses songs and trivia questions.
- Prayerfully consider how God would have you to respond to this teaching and record what the Lord has revealed to you in The Fighter Verses Journal.

Fighter Verse 1 

Deuteronomy 7:9

Deuteronomy 7:9—“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”

Prayer

Pray that God will open your mind to understand His Word, and that your heart will be ready to respond to what He teaches you (Luke 24:45).

Introduction

Context

Out of all the peoples of the earth, God chose Abraham and his family, the Hebrews, to be His own special people (Genesis 12:1-3). He formed them into the nation of Israel and made a covenant with them, promising to be their God forever at Mt. Sinai (Exodus 19:4-8). Though God was faithful to His chosen people, Israel failed to trust God and wandered in the wilderness for 40 years.

Deuteronomy takes place at the end of the wilderness wandering. Israel is about to enter the Promised Land, and Moses is about to die. But before these events take place, Moses gives a farewell address to Israel. In his address, Moses rehearses Israel's history with God and reminds the Israelites of His law. He also gives them instructions on how to live as God's people, and warns them of the danger of associating with the pagan nations in the Promised Land. He is, in essence, reminding them that they are God's treasured possession, a holy nation to be fully committed to God alone.

In Deuteronomy 7, Moses contrasts for Israel the curse of being rejected by God and the blessing of being His people. Israel is told to completely destroy the nations and their gods, and then they are reminded of the covenant with their God.

Deuteronomy 7:6-13a—“For you are a people holy to the LORD your God. The LORD your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. ⁷It was not because you were more in number than any other people that the LORD set his love on you and chose you, for you were the fewest of all peoples, ⁸but it is because the LORD loves you and is keeping the oath that he swore to your fathers, that the LORD has brought you out with a mighty hand and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt. ⁹Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations, ¹⁰and repays to their face those who hate him, by destroying them. He will not be slack with one who hates him. He will repay him to his face. ¹¹You shall therefore be careful to do the commandment and the statutes and the rules that I command you today. ¹²And because you listen to these rules and keep and do them, the LORD your God will keep with you the covenant and the steadfast love that he swore to your fathers. ¹³He will love you, bless you, and multiply you...”

Bible Study Tip—Context

Looking at a verse or word in context can aid in correctly understanding and interpreting the verse. Remember: **Context is king!**

Bible Study Tip—Connecting Words

Pay attention to connecting words, as they are often important clues to understanding the text. When you read the word “therefore,” ask, “What is the ‘therefore’ there for?” It usually signifies a reason, cause, or ground. In Deuteronomy 7:9, Moses is drawing a conclusion based on prior statements. He is explaining that God's past character and actions have shown that He can be trusted.

Remember: **Grammar matters!**

Deuteronomy 7:9

1. How would you have felt if you had been standing there listening to Moses that day?
2. What would make you feel peaceful and courageous as you stood listening?

Part 1: Who is God?

Deuteronomy 7:9—“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”

3. What is God called in this verse?

The LORD

LORD in all capital letters is God’s personal name, “I am” or, in the Hebrew language, *Yahweh*. The name *Yahweh* tells us what God is like.

4. What is the meaning of “Yahweh” or LORD?
5. How should knowing what “LORD” means have helped the Israelites that day?
6. Notice that the first word of Deuteronomy 7:9 is “**know**.” If you **know** and believe that God is all that He says He is, how does that help you when He asks you to do something or promises you something?
7. How does knowing what God is like help you today?

Your God

8. What is the Bible telling us by calling God “**your God**”?

God is not only the authority, great and mighty, but He is also a personal God, inviting people to be in relationship with Him—to be a part of His family. This is a close personal, loving relationship.

Fighter Verse 1

9. *How did the people of Israel become God's people?*
10. *Is the LORD **your** God? ¹ If your answer is, "Yes," how did you become a part of God's family? If your answer is, "No," what is stopping you from asking Jesus to be your Savior?*

The Faithful God

This verse also calls God "the **faithful God**."

11. *What does **faithful** mean?*
12. *What has happened in Israel's history that shows that God is faithful?*
13. *What would happen to your faith if God made promises, but did not always keep them?*

We can know that God will keep all the promises He made because He does not lie (Numbers 23:19).

14. *Remembering what you learned about the attributes of the LORD, compare and contrast what happens when God and humans make promises. (What is the same? What is different?)*
15. *Can you think of any promises God has made that are recorded in the Bible?*

1. Galatians 3:7 explains how the Gentiles are now able to be part of God's chosen people.

Deuteronomy 7:9

16. How has God shown Himself to be faithful to your family or to you personally?

Part 1 Summary

How would you summarize the first part of Deuteronomy 7:9, " Know therefore that the LORD your God is God, the faithful God..."?

Application

Is there anything in God's Word that you know God wants you to do, but you are not doing it or not doing it as well as you could? What could you do to be more aware of God's faithfulness to you? Is there anyone you could pray for who does not belong to the family of God?

Prayer

Pray the Fighter Verse for yourself and, if applicable, for your family. Perhaps you could personalize the verse by saying, "Know therefore [your family's last name or the first names of those present] that the LORD your God is God..."; thank God that He is sovereign, self-sufficient, almighty, eternal, and unchanging; thank God that He invites man to be in relationship with Him and is faithful to His people, etc.)

Deuteronomy 7:9—"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,"

Journal

Take your Journal to a special place and spend some quiet time with the Lord, thinking about today's lesson and praying that God would personally show you what God wants you to think, be, and do as a result. Quietly wait and listen for anything God might want to say to you in the Word. Then write about any new insights or specific actions God leads you to take.

This Week

- Memorize Deuteronomy 7:9.
- Encourage someone with this week's Fighter Verse.
- Check the Fighter Verses App for devotion and memorization quizzes. And, if you use the English Standard Version of the Bible, there are also Fighter Verses songs and trivia questions.
- Prayerfully consider how God would have you to respond to this teaching and record what the Lord has revealed to you in The Fighter Verses Journal.

Part 2: What is a Covenant?

Deuteronomy 7:9—“*Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,*”

Sample Contract

Identities of the Parties

Trinity Publications, 158 West Broadway, Brookings, South Dakota, hereinafter referred to as Seller, and First Community Church, 2615 Main Street, Arlington, South Dakota, hereinafter referred to as Buyer, hereby agree on this 14th day of December, in the year of 2015, to the following terms.

Description of the Goods

Seller agrees to deliver to Buyer, on or before January 4, 2016, the following goods: 100 Glorifying God books, item 040050, priced at \$12.95 each, for a total price of \$1,295.00 (with free delivery).

Rights and Obligations

Buyer agrees to accept the goods and pay for them in full upon receipt. Goods are deemed received by Buyer upon delivery to Buyer's address above. Buyer has the right to examine the goods upon receipt and has 30 days in which to notify seller of any claim for damages based on the condition, quantity, or quality of the goods. Such notice must specify the details of the claim. Failure to provide such notice within the requisite time period constitutes irrevocable acceptance of the goods. Until received by Buyer, all risk of loss to the above-described goods is borne by Seller. Seller warrants that the goods are free from any and all security interests, liens, and encumbrances.

Attestation

Agreed to this 14th day of December, in the year 2015, and signed by:

Mike Doe, General Manager of Trinity Publications

Rev. Charles Jones, Senior Pastor of First Community Church

1. Looking at the sample contract above, explain what it is and why a contract would be needed.

A covenant is like a contract, a very serious promise a person must not break. Our Fighter Verse is about a covenant.

Exodus 19:4-6—“*You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. ⁵Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; ⁶and you shall be to me a kingdom of priests and a holy nation. These are the words that you shall speak to the people of Israel.*”

Deuteronomy 7:9

The Parties Involved and the Terms

2. *Who were the two parties involved in this covenant?*

3. *What is God's part of the covenant?*

4. *What does this promise mean?*

5. *Did the people of Israel have to wonder or doubt that God would keep His part of the covenant? Why, or why not?*

6. *In promising to take Israel as His people, God also made a requirement of Israel. What was it?*

Israel's response is recorded in Exodus 19:8.

Exodus 19:8—All the people answered together and said, "All that the LORD has spoken we will do." And Moses reported the words of the people to the LORD.

7. *So, did Israel understand and agree to the terms of the covenant?*

8. *How does Deuteronomy 7:9 describe the people with whom God makes His covenant?*

Length

9. *According to our Fighter Verse this week, how long did God promise to keep this covenant?*

We don't know exactly how long a generation is, but in the Bible a generation is 40 years.

10. *How long then is "a thousand generations"?*

This is longer than all of recorded history. "A thousand generations" is another way of saying, "forever." God remembers and keeps His covenant forever. He never breaks His promise; and His promise never ends.

11. *What does this tell you about God?*

Point to Ponder

In the case of most contracts, those who need something offer the contract. In the opening illustration, the church had a need for books and initiated the contract. The publisher received the contract because they could provide the service that was required.

12. *In Exodus 19:4-6, who initiated the covenant? Was He the one with the need? Why, or why not?*

13. *Why do you think God offered the covenant?*

14. *What do you think this says about God?*

Israel made a commitment to obey everything God had said in the covenant He made with them. So they became His people and received the benefits of the covenant.

God first made His covenant with Abraham and his children. He stated that covenant again to the Israelites, the people who were born to Abraham's family at Mt. Sinai. But how can anyone who is not a descendent of Abraham (born to Abraham's family) be part of God's family?

Because of Jesus' perfect law-keeping and His payment for sin on the cross, God has made a new covenant of "grace." God's grace is His kindness to undeserving sinners. By grace—because of His kindness—God accepts Jesus' payment of sin. Let's see who this covenant is for.

Galatians 2:15-16—We ourselves are Jews by birth and not Gentile sinners; ¹⁶yet we know that a person is not justified by works of the law but through faith in Jesus Christ, so we also have believed in Christ Jesus, in order to be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified.

Galatians 3:7—Know then that it is those of faith who are the sons of Abraham.

15. *What does Paul tell us in Galatians 3:7 makes a person "justified" or acceptable to a holy God?*

16. *From Galatians 3:7, we see who are meant by Abraham and all of his offspring. Who are his offspring?*

17. *Do you share his faith?*

18. *From Exodus 19:8, we know Israel's response to the covenant God made with them. What is your response to God's covenant of grace?*

Deuteronomy 7:9

Part 2 Summary

How would you summarize the second part of Deuteronomy 7:9, "...who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,"?

Application

As we think about our commitment to God and His commands and ways, how committed do you think you are? What occasions in the past few weeks help you to measure the strength of your commitment? Where did your commitment waver? When was it strong? What will help you to strengthen your commitment? This week, let's ask the Lord to give us opportunities to see how committed we really are to Him.

Prayer

Pray the Fighter Verse for yourself and others.

Deuteronomy 7:9—"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,"

Journal

Take your Journal to a special place and spend some quiet time with the Lord, thinking about today's lesson and praying that God would personally show you what God wants you to think, be, and do as a result. Quietly wait and listen for anything God might want to say to you in the Word. Then write about any new insights or specific actions God leads you to take.

This Week

- Memorize Deuteronomy 7:9.
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DEUTERONOMY 7:9

“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”—Deuteronomy 7:9

God, who lives forever and can do anything, is faithful and desires us to have a relationship with Him. He is able and can be trusted to keep His promises forever with all those who love and obey Him.

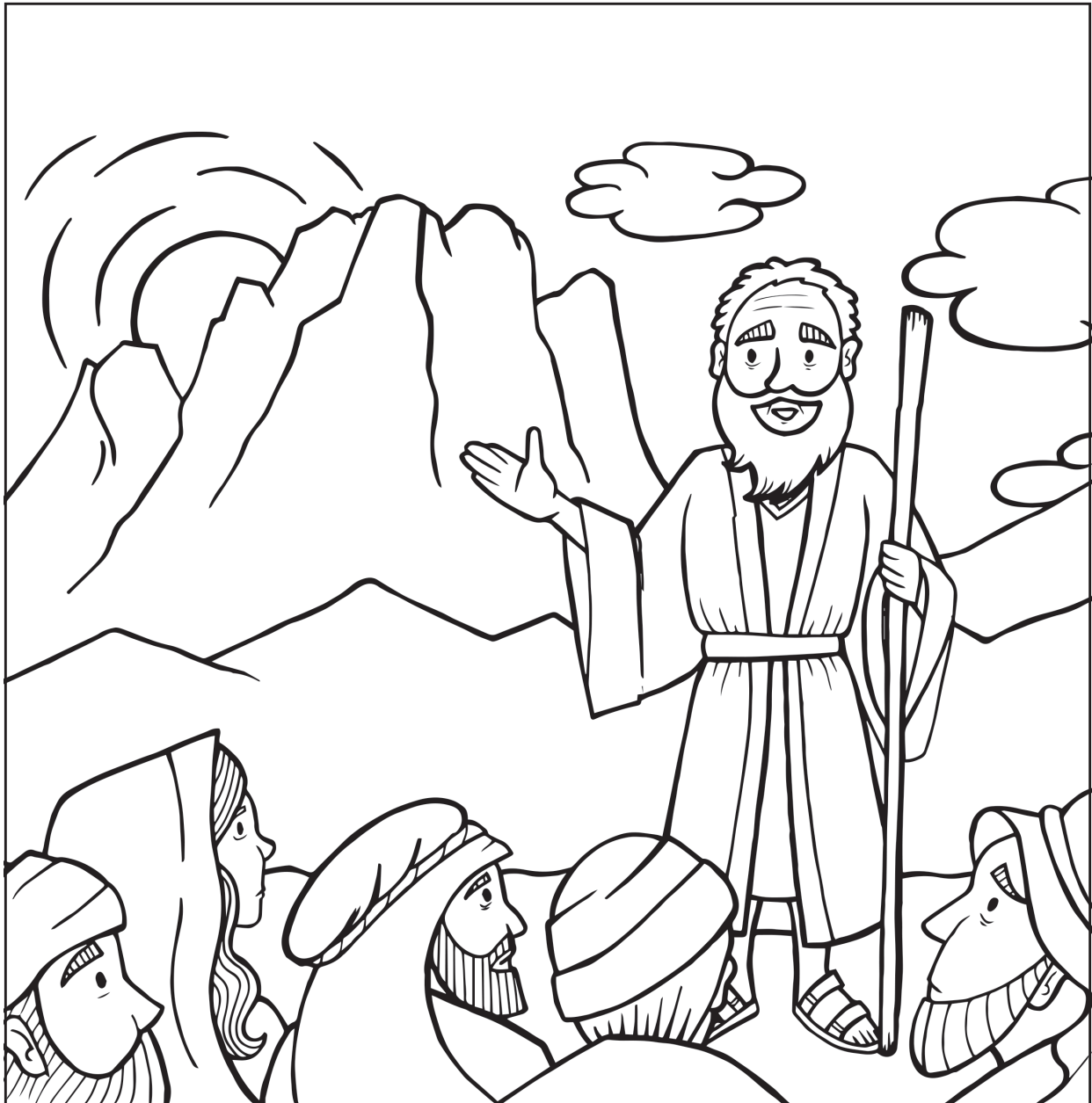
What does God want me to think, be, and do?



The Fighter Verses
Coloring Book, Set 1

FIGHTER VERSE 1 Deuteronomy 7:9

“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,”—*Deuteronomy 7:9*



God keeps His promise forever.

Fighter Verse 20 

Ephesians 4:26

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Prayer

Pray that God will open your mind and the minds of your family or small group to understand His Word, and that your hearts will be ready to respond to what He teaches you (Luke 24:45).

Introduction

This Fighter Verse could easily be misunderstood if sound **principles of interpretation** are not used. The command, “Be angry” could be wrongly interpreted as license to vent anger, or to take offense.

But looking at the verse in context quickly shows us that this is not what Paul has in mind, because in verse 31 he says, “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.” How can we explain these two seemingly contradictory commands?

Employing sound principles of interpretation, we look at cross references and note that verse 26 is a quote from Psalm 4:4, “Be angry, and do not sin.”

The context of this psalm is that David has been falsely accused by his enemies, who are attempting to kill him. David and those who are loyal to him should be angry at the injustice being done. This is a righteous anger, but even in their righteous anger, they should not give in to sin.

In studying this Fighter Verse, we will discover the difference between righteous anger and unrighteous anger, and how to avoid sinning in our anger.

Part 1: Righteous Anger

Illustration

Have you ever heard the counsel, “Have a good time. Don’t do anything I wouldn’t do”? Or, “Have fun. But don’t do anything wrong”? What is the speaker saying?

The speaker is giving permission for someone to go out and enjoy himself, but with limitations. The “fun” the person can have is within boundaries. It is not an unrestricted, no limits, do-anything-you-want-to-do fun, but fun that is controlled and appropriate.

This is the same sense that our Fighter Verse expresses. (Ask someone to read Ephesians 4:26.)

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Bible Study Tip—Principles of Interpretation ¹

In order to correctly interpret a passage, it is important to use sound **principles of interpretation**. These would include:

- Study the verse in context.
- Look for the author’s intended meaning.
- Interpret the text literally, unless there is a reason not to do so.
- Remember the Bible uses ordinary, everyday language, not technical language.
- Interpret texts in light of progressive revelation.
- Doctrine should be based on clear Scripture passages.
- Define unclear or key words in light of the biblical usage of the word.
- Unclear passages should be interpreted in light of clear passages.
- Main rule: Use the Bible to interpret the Bible.

1. This list is, in part, adapted from: David Bryant’s “Clouds of Heaven,” published in 2006: 2007/01/writing-and-leading-bible-studies-part.html#more

Ephesians 4:26

Let's see what Paul is saying:

- There is a right place for anger and a right kind of anger.
- There are two kinds of anger—righteous anger and unrighteous anger.
- But even the right anger—righteous anger—is an anger with limitations.

Now, let's first see what Paul is not saying.

- Paul is not saying that unrighteous or wrong anger is okay.
- He specifically tells us not to express unrighteous anger in verse 31. He tells us to put it away.

(Ask someone to read Ephesians 4:31.)

Ephesians 4:31—Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

1. *What does unrighteous anger look like?*

Unrighteous anger is often a selfish anger. It is motivated by a personal agenda. It is the frustration, irritation, resentment, or bitterness that comes from being inconvenienced, offended, or from not getting what I want. It is very dangerous, because it is the first step toward murder (Matthew 5:21, 22).

2. *Recall a time recently when you became unrighteously angry. Can you identify the selfish reason for your anger?*

3. *What should you do if you have responded with unrighteous anger?*

4. *What do you think righteous anger is?*

- Righteous anger is anger at evil and sin. It is anger that is angry at what God is angry at.
- Righteous anger is not self-centered, but is focused on God, His kingdom, rights, and concerns.²
- Righteous anger is accompanied by other godly qualities, and it expresses itself in godly ways.³

2. Jones, Robert D. *Uprooting Anger*. (Phillipsburg, N.J.: P & R Pub., 2005), 29.

3. *ibid.*

Answer Key for Part 1

1. holding a grudge; “flying off the handle”—uncontrolled anger; attacking another person; trying to “get even”—revenge; saying hurtful things to others; being irritated with another person because you have been inconvenienced; it is explosive
2. Answers will vary.
3. repent and ask God for forgiveness; ask for His perspective on the issue; if your anger has hurt someone else, you need to ask his forgiveness; ask God to give you His grace to respond differently in the future
4. Answers will vary.

5. *What kinds of things should make us righteously angry?*

6. *Can you think of any instances of righteous anger in the Bible?*

7. *What motivated the actions of the people in the previous question?*

Here are some questions that David Powlison, a Christian counselor and author, suggests to help us discern if anger is righteous.⁴ (Discuss the following questions.)

- Do you get angry about the right things?
- Do you express your anger in the right way?
- How long does your anger last?
- How controlled is your anger?
- What motivates your anger?
- Is your anger “primed and ready” to respond to another person’s habitual sins?
- What is the effect of your anger?

Anger for the right reasons at the right things is not wrong. But it can be expressed wrongly. It can be reacted to sinfully. This is why Paul tells us, “Be angry and do not sin.”

8. *What are some sinful responses to anger?*

9. *What are some appropriate ways to handle righteous anger?*

10. *What should be the desired effect of righteous anger?*

5. Answers will vary, such as: God’s name being taken in vain; child abuse, adultery, abortion, murder, and other sinful actions; injustice
6. Answers will vary, such as: Jesus’ indignation at the disciples for not allowing the children to come to Him; Jesus’ anger at the way His Father’s house, the temple, was being dishonored; Jesus’ anger at the Pharisees because of their opposition to His healing on the Sabbath (Mark 3:5); God’s anger at idolatry; Moses’ anger at the worship of the golden calf (Exodus 32:19)
7. love; love for God Himself, His ways, His commands, and His honor
8. gossip; exploding; pouting; despair; bombing an abortion clinic
9. praying about the wrong or evil being done; taking positive action to correct injustice; speaking the truth in love; helping the person with the problem, rather than attacking them
10. repentance; righting the wrong; apology; change in behavior for the better; glory to God

4. Jones, Robert D. *Uprooting Anger*. (Phillipsburg, N.J.: P & R Pub., 2005), 30.

Ephesians 4:26

11. In Ephesians 4:1, Paul urges us to "walk in a manner worthy of the calling to which you have been called" as Christians. He then describes this new life in Christ. "Be angry and do not sin" is part of this new life. We should be angry at the things that hurt others and offend God; we should be angry at sin. In our "old life," very often we and other worldly people did not always get angry at sinful things. Sometimes we accepted them and even celebrated them. What does it look like when people accept and celebrate sin?

11. they laugh at your concern over sin; they shrug and say, "whatever"; don't care if they are not affected by it; they make and vote for legislation to support sin

Part 1 Summary

How would you summarize this discussion of Ephesians 4:26a?

Application

Have you ever done or said something hurtful to someone and had them respond with righteous anger or no anger at all? Share that with the group.

Are there any sinful, unlawful, or unwise issues that you have been righteously angry about, but have not taken an active part in doing anything to bring about change?

Prayer

Pray the Fighter Verse for yourself and others.

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Journal

Encourage each person to take his Journal to a special place and spend some quiet time with the Lord, thinking about today's discussion and praying that God would personally show him what God wants him to think, be, and do as a result of this discussion. Challenge each person to quietly wait and listen for anything God might want to say to him in the Word. Then have him write about any new insights or specific actions God leads him to take. At the beginning of the next devotional time, each person can share the insights God gave him, the action steps He called him to take, and any results that occurred.

This Week

- Memorize Ephesians 4:26.
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- Prayerfully consider how God would have you to respond to this teaching and record what the Lord has revealed to you in The Fighter Verses Journal.

Part 2: Fighting Sin

(Ask someone to recite or read the Fighter Verse.)

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

1. *In the second half of this verse, Paul is putting a limitation or a check on righteous anger, like "Have a good time, but don't do anything wrong." What is the limitation Paul is putting on anger?*
2. *Paul is giving us some good advice. In your own words, what is the principle he is teaching?*
3. *Why do you think Paul tells us to deal with our anger quickly?*

Answer Key for Part 2

1. don't let the sun go down on your anger; don't stay angry; don't carry your anger overnight
2. to deal with your anger quickly
3. anger is dangerous and we can easily be tempted to sin in it; it is hard to rightly handle anger, so we must not dwell on it but move away from it quickly

Ephesians 4:26

4. *If your righteous anger is against a specific sin, such as abortion, each day you will need to evaluate your righteous anger and make sure you have not slipped into sinful anger. What might a righteous anger turned sinful look like in the case of the abortion issue?*

5. *What can easily happen if we do not resolve our anger quickly?*

Illustration

Godly anger in us is like a fire. Fires are good—they make us warm, they cook our food, they burn garbage. But a fire can get out of control, and then it isn't good. It does a lot of damage—burning down houses and forests, even killing people.

Just as fires must be treated with care and respect, so righteous anger must be treated with care and respect.

6. *How can you treat righteous anger with care and respect?*

7. *Many have wisely said: "Anger is one letter short of danger." When you are wrongly angry, why is it good advice not to let the sun go down on your anger?*

(Ask someone to read Ephesians 4:26-27.)

Ephesians 4:26-27—Be angry and do not sin; do not let the sun go down on your anger,²⁷ and give no opportunity to the devil.

8. *What does verse 27 show you?*

4. hating people who perform abortions, promote freedom of choice, or choose to abort their babies; holding derogatory signs at an abortion clinic
5. we can become bitter or resentful; we can dwell on it, and it can consume us; we can cross the line into unrighteous anger; we can get out of control—righteous anger is under control
6. recognize that it can get out of control and ask God to help you and to give you a positive way of resolving the matter that is the object of your anger; guard your heart and, if wrong attitudes start to come in, confess your sin and ask God for help; ask a mature Christian how to handle your anger or to keep you accountable
7. because sinful anger is very damaging to yourself and others; we should repent quickly from our sin or it will grow; if we are not quick to resolve things, we can become bitter or cause a broken relationship between us and another person
8. the devil is looking for opportunities to cause us to sin; our anger is a doorway in which Satan can walk through in tempting us to sin

Part 2 Summary

How would you summarize this discussion of Ephesians 4:26?

Application

John Trapp, in warning of the fine line between righteous and unrighteous anger, said: "It is not a sin to be angry, but hard not to sin when we are angry."⁵ Share a time when you were righteously angry at sin, and then suddenly found that you had slipped into sinful anger and had let that anger fester overnight or longer. How did you handle the situation once you were convicted of letting "the sun go down on your anger"?

Prayer

Pray the Fighter Verse for yourself and others.

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

5. This quote can be found at: <http://standardbearer.rfpa.org/articles/be-ye-angry-and-sin-not-1>. This website attributes it to an article by the Puritan preacher John Trapp, which was reprinted in the *Sword and Trowel* magazine, volume 4, 1993, published by the Metropolitan Tabernacle in London, England.

Ephesians 4:26

Journal

Encourage each person to take his Journal to a special place and spend some quiet time with the Lord, thinking about today's discussion and praying that God would personally show him what God wants him to think, be, and do as a result of this discussion. Challenge each person to quietly wait and listen for anything God might want to say to him in the Word. Then have him write about any new insights or specific actions God leads him to take. At the beginning of the next devotional time, each person can share the insights God gave him, the action steps He called him to take, and any results that occurred.

This Week

- Memorize Ephesians 4:26.
- Encourage someone with this week's Fighter Verse.
- Check the Fighter Verses App for devotion and memorization quizzes. And, if you use the English Standard Version of the Bible, there are also Fighter Verses songs and trivia questions.
- Prayerfully consider how God would have you to respond to this teaching and record what the Lord has revealed to you in The Fighter Verses Journal.

Fighter Verse 20 

Ephesians 4:26

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Prayer

Pray that God will open your mind to understand His Word, and that your heart will be ready to respond to what He teaches you (Luke 24:45).

Introduction

This Fighter Verse could easily be misunderstood if sound **principles of interpretation** are not used. The command, “Be angry” could be wrongly interpreted as license to vent anger, or to take offense.

But looking at the verse in context quickly shows us that this is not what Paul has in mind, because in verse 31 he says, “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.” How can we explain these two seemingly contradictory commands?

Employing sound principles of interpretation, we look at cross references and note that verse 26 is a quote from Psalm 4:4, “Be angry, and do not sin.”

The context of this psalm is that David has been falsely accused by his enemies, who are attempting to kill him. David and those who are loyal to him should be angry at the injustice being done. This is a righteous anger, but even in their righteous anger, they should not give in to sin.

In studying this Fighter Verse, we will discover the difference between righteous anger and unrighteous anger, and how to avoid sinning in our anger.

Part 1: Righteous Anger

Illustration

Have you ever heard the counsel, “Have a good time. Don’t do anything I wouldn’t do”? Or, “Have fun. But don’t do anything wrong”? What is the speaker saying?

The speaker is giving permission for someone to go out and enjoy himself, but with limitations. The “fun” the person can have is within boundaries. It is not an unrestricted, no limits, do-anything-you-want-to-do fun, but fun that is controlled and appropriate.

This is the same sense that our Fighter Verse expresses.

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Bible Study Tip—Principles of Interpretation ¹

In order to correctly interpret a passage, it is important to use sound **principles of interpretation**. These would include:

- Study the verse in context.
- Look for the author’s intended meaning.
- Interpret the text literally, unless there is a reason not to do so.
- Remember the Bible uses ordinary, everyday language, not technical language.
- Interpret texts in light of progressive revelation.
- Doctrine should be based on clear Scripture passages.
- Define unclear or key words in light of the biblical usage of the word.
- Unclear passages should be interpreted in light of clear passages.
- Main rule: Use the Bible to interpret the Bible.

1. This list is, in part, adapted from: David Bryant’s “Clouds of Heaven,” published in 2006: 2007/01/writing-and-leading-bible-studies-part.html#more

Ephesians 4:26

Let's see what Paul is saying:

- There is a right place for anger and a right kind of anger.
- There are two kinds of anger—righteous anger and unrighteous anger.
- But even the right anger—righteous anger—is an anger with limitations.

Now, let's first see what Paul is not saying.

- Paul is not saying that unrighteous or wrong anger is okay.
- He specifically tells us not to express unrighteous anger in verse 31. He tells us to put it away.

Ephesians 4:31—Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

1. *What does unrighteous anger look like?*

Unrighteous anger is often a selfish anger. It is motivated by a personal agenda. It is the frustration, irritation, resentment, or bitterness that comes from being inconvenienced, offended, or from not getting what I want. It is very dangerous, because it is the first step toward murder (Matthew 5:21, 22).

2. *Recall a time recently when you became unrighteously angry. Can you identify the selfish reason for your anger?*

3. *What should you do if you have responded with unrighteous anger?*

4. *What do you think righteous anger is?*

- Righteous anger is anger at evil and sin. It is anger that is angry at what God is angry at.
- Righteous anger is not self-centered, but is focused on God, His kingdom, rights, and concerns.²
- Righteous anger is accompanied by other godly qualities, and it expresses itself in godly ways.³

5. *What kinds of things should make us righteously angry?*

6. *Can you think of any instances of righteous anger in the Bible?*

2. Jones, Robert D. *Uprooting Anger*. (Phillipsburg, N.J.: P & R Pub., 2005), 29.

3. *ibid.*

7. *What motivated the actions of the people in the previous question?*

Here are some questions that David Powlison, a Christian counselor and author, suggests to help us discern if anger is righteous.⁴

- Do you get angry about the right things?
- Do you express your anger in the right way?
- How long does your anger last?
- How controlled is your anger?
- What motivates your anger?
- Is your anger “primed and ready” to respond to another person’s habitual sins?
- What is the effect of your anger?

Anger for the right reasons at the right things is not wrong. But it can be expressed wrongly. It can be reacted to sinfully. This is why Paul tells us, “Be angry and do not sin.”

8. *What are some sinful responses to anger?*

9. *What are some appropriate ways to handle righteous anger?*

10. *What should be the desired effect of righteous anger?*

11. *In Ephesians 4:1, Paul urges us to “walk in a manner worthy of the calling to which you have been called” as Christians. He then describes this new life in Christ. “Be angry and do not sin” is part of this new life. We should be angry at the things that hurt others and offend God; we should be angry at sin. In our “old life,” very often we and other worldly people did not always get angry at sinful things. Sometimes we accepted them and even celebrated them. What does it look like when people accept and celebrate sin?*

Part 1 Summary

How would you summarize this part on Ephesians 4:26a?

4. *ibid*, 30.

Ephesians 4:26

Application

Have you ever done or said something hurtful to someone and had them respond with righteous anger or no anger at all? Are there any sinful, unlawful, or unwise issues that you have been righteously angry about, but have not taken an active part in doing anything to bring about change?

Prayer

Pray the Fighter Verse for yourself and others.

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

Journal

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Part 2: Fighting Sin

Ephesians 4:26—Be angry and do not sin; do not let the sun go down on your anger,

1. *In the second half of this verse, Paul is putting a limitation or a check on righteous anger, like "Have a good time, but don't do anything wrong." What is the limitation Paul is putting on anger?*

2. Paul is giving us some good advice. In your own words, what is the principle he is teaching?
3. Why do you think Paul tells us to deal with our anger quickly?
4. If your righteous anger is against a specific sin, such as abortion, each day you will need to evaluate your righteous anger and make sure you have not slipped into sinful anger. What might a righteous anger turned sinful look like in the case of the abortion issue?
5. What can easily happen if we do not resolve our anger quickly?

Illustration

Godly anger in us is like a fire. Fires are good—they make us warm, they cook our food, they burn garbage. But a fire can get out of control, and then it isn't good. It does a lot of damage—burning down houses and forests, even killing people.

Just as fires must be treated with care and respect, so righteous anger must be treated with care and respect.

6. How can you treat righteous anger with care and respect?
7. Many have wisely said: "Anger is one letter short of danger." When you are wrongly angry, why is it good advice not to let the sun go down on your anger?

Ephesians 4:26-27—Be angry and do not sin; do not let the sun go down on your anger,²⁷ and give no opportunity to the devil.

8. What does verse 27 show you?

Part 2 Summary

How would you summarize this part on Ephesians 4:26?

Ephesians 4:26

Application

John Trapp, in warning of the fine line between righteous and unrighteous anger, said: "It is not a sin to be angry, but hard not to sin when we are angry."⁵ Share a time when you were righteously angry at sin, and then suddenly found that you had slipped into sinful anger and had let that anger fester overnight or longer. How did you handle the situation once you were convicted of letting "the sun go down on your anger"?

Prayer

Pray the Fighter Verse for yourself and others.

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Journal

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5. This quote can be found at: <http://standardbearer.rfpa.org/articles/be-ye-angry-and-sin-not-1>. This website attributes it to an article by the Puritan preacher John Trapp, which was reprinted in the *Sword and Trowel* magazine, volume 4, 1993, published by the Metropolitan Tabernacle in London, England.

EPHESIANS 4:26

*Be angry and do not sin; do not let the sun go down on your anger,
—Ephesians 4:26*

There is a place for righteous anger against what God is angry about—evil and sin. It is very difficult for us to be angry, even righteously, for very long without sinning. Therefore, we should guard our hearts against responding sinfully in our anger.

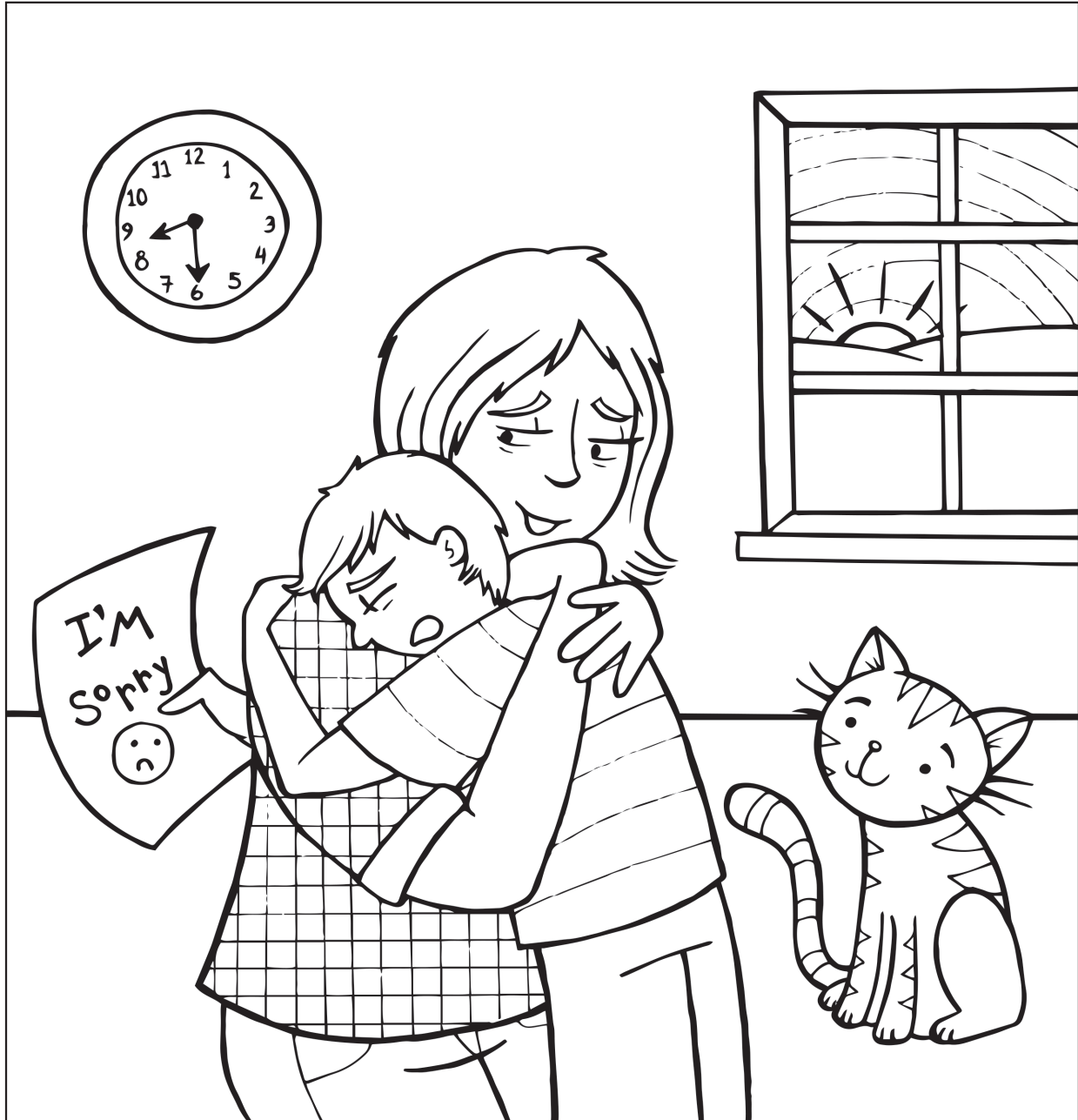
What does God want me to think, be, and do?

FIGHTER VERSE 20
Ephesians 4:26

The Fighter Verses
Coloring Book, Set 1



Be angry and do not sin; do not let the sun go down on your anger,
—Ephesians 4:26



Be angry at sin, but do not sin when you are angry.