



# God's Gauges for Humility

Bob Froese, PhD

## INTRODUCTION TO BIBLICAL COUNSELING

The goal is not simply giving people skills such as “7 basics to improve your marriage,” but rather taking every thought captive—2 Corinthians 10:4-6.

### I. LIES THE DEVIL WANTS US TO BELIEVE

A. “If you suffer, God doesn’t love you.”

- Luke 4:9-12, Psalm 91:11-12—This lie fits right into a “stronghold,” a natural way of thinking for us humans.

B. “The reason you suffer is that you don’t have enough faith.”

- Luke 21:16-18—Satan will use Scripture, but will twist it.

### II. GOD’S PURPOSE FOR TRIALS—ROMANS 5:3-5, PHILIPPIANS 1:19-21

A. \_\_\_\_\_

- You are either entering a trial, in the midst of a trial, or coming out of a trial.

B. \_\_\_\_\_

- Enemy #1—Blame: “It’s not my fault.”
- Enemy #2—Bail: “I’m quitting.”
- Enemy #3—Buckle: “I give up.”

C. \_\_\_\_\_

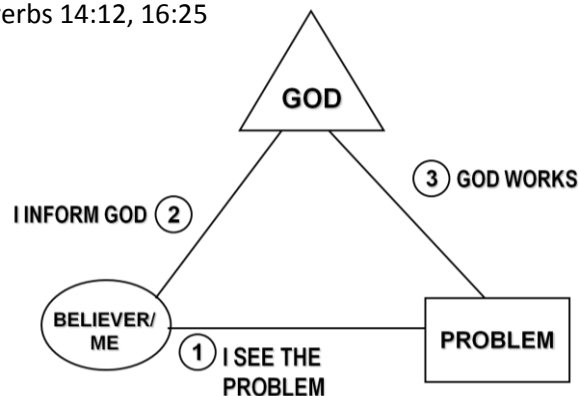
- Seeing all of life in light of the sovereignty of God—2 Samuel 16:5-13.

D. \_\_\_\_\_ (Confidence)

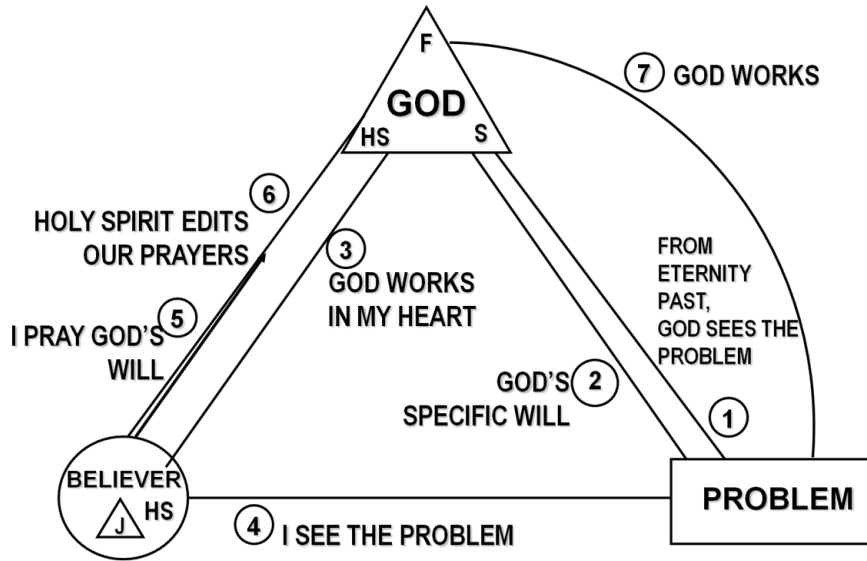
- Sadrach, Meshach, and Abednego—Daniel 3:8-25, especially vs. 17-18.

### III. THE OVERARCHING BIBLICAL DOCTRINE OF TRIALS

A. How we think—Proverbs 14:12, 16:25



B. What the Bible teaches—Romans 8:26-30



**PRACTICAL APPLICATION** (AKA Homework)

**FIVE GAUGES RE TRIALS—2 CORINTHIANS 12:7-10**

| Infirmities<br>Weaknesses<br>Physical ailments  | Reproaches<br>Insults<br>Being treated poorly   | Needs<br>Hardships<br>Going without  | Persecutions<br>Matthew 10:22, 24:9   | Distresses<br>Calamities<br>Stressful situations  |
|---|---|--|---|---|
|   |   |  |   |   |
| <ul style="list-style-type: none"> <li>• Am I complaining? I am proud.</li> <li>• Am I grateful, revealing humble dependence on God?</li> </ul> | <ul style="list-style-type: none"> <li>• Am I retaliating? I am proud.</li> <li>• Am I choosing to bless those who curse?</li> <li>• Romans 12:14-21</li> </ul> | <ul style="list-style-type: none"> <li>• Am I discontent? I am proud.</li> <li>• Am I content, revealing that I have humbly allowed God to teach me?</li> <li>• Philippians 4:10-13</li> </ul> | <ul style="list-style-type: none"> <li>• Am I a victim? Proud people remain victims.</li> <li>• Am I a victor, thanking God that I have been found worthy to be persecuted?</li> <li>• Acts 5:41</li> </ul> | <ul style="list-style-type: none"> <li>• Am I depressed? I am proud.</li> <li>• Am I calm, revealing that I am resting in God?</li> </ul> |