

## Verses to accompany the Self-Counseling Training (June 7, 2020)

### Jeremiah 17:5-10, 13

<sup>5</sup>This is what the LORD says:

“Cursed is the one who trusts in man,  
who draws strength from mere flesh  
and whose heart turns away from the LORD.

<sup>6</sup>That person will be like a bush in the wastelands;  
they will not see prosperity when it comes.  
They will dwell in the parched places of the desert,  
in a salt land where no one lives.

<sup>7</sup>“But blessed is the one who trusts in the LORD,  
whose confidence is in him.

<sup>8</sup>They will be like a tree planted by the water  
that sends out its roots by the stream.

It does not fear when heat comes;  
its leaves are always green.

It has no worries in a year of drought  
and never fails to bear fruit.”

<sup>9</sup>The heart is deceitful above all things  
and beyond cure.  
Who can understand it?

<sup>10</sup>“I the LORD search the heart  
and examine the mind,  
to reward each person according to their conduct,  
according to what their deeds deserve.”

13 Lord, you are the hope of Israel;  
all who forsake you will be put to shame.

Those who turn away from you will be written in the dust  
because they have forsaken the Lord,  
the spring of living water.

### Luke 6:43-45

<sup>43</sup>“No good tree bears bad fruit, nor does a bad tree bear good fruit. <sup>44</sup>Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. <sup>45</sup>A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

### Mark 7:15, 20-23

<sup>15</sup>Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.”

<sup>20</sup>He went on: “What comes out of a person is what defiles them. <sup>21</sup>For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder,<sup>22</sup> adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup>All these evils come from inside and defile a person.”

### Matthew 6:23

<sup>23</sup>But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

### James 4:1-10

**4** What causes fights and quarrels among you? Don’t they come from your desires that battle within you? <sup>2</sup>You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. <sup>3</sup>When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

<sup>4</sup>You adulterous people, don’t you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. <sup>5</sup>Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? <sup>6</sup>But he gives us more grace. That is why Scripture says:

“God opposes the proud  
but shows favor to the humble.”

<sup>7</sup>Submit yourselves, then, to God. Resist the devil, and he will flee from you. <sup>8</sup>Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup>Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. <sup>10</sup>Humble yourselves before the Lord, and he will lift you up.

## John 16:33

<sup>33</sup>“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

## Isaiah 9:6

<sup>6</sup>For to us a child is born,  
to us a son is given,  
and the government will be on his shoulders.  
And he will be called  
Wonderful Counselor, Mighty God,  
Everlasting Father, Prince of Peace.

## Acts 17:24-28

<sup>24</sup>“The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. <sup>25</sup>And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. <sup>26</sup>From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. <sup>27</sup>God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. <sup>28</sup>‘For in him we live and move and have our being.’ As some of your own poets have said, ‘We are his offspring.’

(I love Psalm 34 because it points to the One who hears our calls, answers, delivers, saves, teaches, sees us, is attentive to our cries, is close to the broken hearted, protects and rescues, etc. This is a beautiful picture of what is ours because of what the Cross has provided for us. God is the active One. Change is only possible when He rescues us. Self-redemption is not possible. We need a Redeemer.)

## Psalm 34

<sup>1</sup>I will extol the LORD at all times;  
his praise will always be on my lips.  
<sup>2</sup>I will glory in the LORD;  
let the afflicted hear and rejoice.  
<sup>3</sup>Glorify the LORD with me;  
let us exalt his name together.  
<sup>4</sup>I sought the LORD, and he answered me;  
he delivered me from all my fears.  
<sup>5</sup>Those who look to him are radiant;  
their faces are never covered with shame.  
<sup>6</sup>This poor man called, and the LORD heard him;  
he saved him out of all his troubles.

<sup>7</sup>The angel of the LORD encamps around those who fear him,  
and he delivers them.

<sup>8</sup>Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.

<sup>9</sup>Fear the LORD, you his holy people,  
for those who fear him lack nothing.

<sup>10</sup>The lions may grow weak and hungry,  
but those who seek the LORD lack no good thing.

<sup>11</sup>Come, my children, listen to me;  
I will teach you the fear of the LORD.

<sup>12</sup>Whoever of you loves life  
and desires to see many good days,

<sup>13</sup>keep your tongue from evil  
and your lips from telling lies.

<sup>14</sup>Turn from evil and do good;  
seek peace and pursue it.

<sup>15</sup>The eyes of the LORD are on the righteous,  
and his ears are attentive to their cry;

<sup>16</sup>but the face of the LORD is against those who do evil,  
to blot out their name from the earth.

<sup>17</sup>The righteous cry out, and the LORD hears them;  
he delivers them from all their troubles.

<sup>18</sup>The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.

<sup>19</sup>The righteous person may have many troubles,  
but the LORD delivers him from them all;

<sup>20</sup>he protects all his bones,  
not one of them will be broken.

<sup>21</sup>Evil will slay the wicked;  
the foes of the righteous will be condemned.

<sup>22</sup>The LORD will rescue his servants;  
no one who takes refuge in him will be condemned.

### John 14:15-17

<sup>15</sup>“If you love me, keep my commands. <sup>16</sup>And I will ask the Father, and he will give you another advocate to help you and be with you forever— <sup>17</sup>the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

### John 14:25-27

<sup>25</sup>“All this I have spoken while still with you. <sup>26</sup>But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. <sup>27</sup>Peace I leave with you; my peace I give

you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.