

Changing

GOD'S WAY

By Breaking the Chains of Sin

-WORKBOOK-

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HolyWALK_{Pure} PRESS

Milwaukee, WI - U.S.A.

Changing God's Way: By Breaking the Chains of Sin –WORKBOOK–

Published by ^{Holy}Walk_{Pure} Press

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ISBN 1-45631-008-9 EAN-9781456310080

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Cover Design by Michael J. Armbrust (THANK YOU Mike!)

Library of Congress Cataloging-in-Publication Data

Nelson, Dennis, 1962-

Changing God's Way: By Breaking the Chains of Sin / Dennis J. Nelson. -1st ed.

ISBN 1-45631-008-9 EAN-9781456310080

1. Sex-Religious aspects-Christianity.
2. Temptation.
3. Christian men-Religious life.

Printed in the United States of America

2012



This workbook is dedicated to the Christian men
who have struggled with habitual sexual sin
and unlocked the chains by living
"In Christ!"

May you walk onto God's Highway
and follow these men by producing Godly fruit.

Your Brother,

Dennis



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Changing GOD'S WAY

By Breaking the Chains of Sin

How to Begin

Changing God's way begins with washing the mind with God's word and seeking His face daily through prayer. This WORKBOOK is to be used with the book Changing God's Way By Breaking The Chains of Sins.¹ These lesson consists of twelve Chapters that are accompanied in the workbook within a 12 week x 7 day study Lessons. This is formatted for both individual and group use. Each week consists of the reading one Chapter from the book, reading Bible Passages, Prayer, Meditation / Memory Verse, Bible Study, and an optional Men's Group Discussion Questions.

What are God's principles to be learned that will change us God's way?

- Teaching of the God's word: "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work" (2 Tim. 3:16-17).
- Conviction of sin: The Holy Spirit "will convict the world concerning sin and righteousness and judgment; concerning sin...and concerning righteousness..." (John 16:7-11). The confession of sin, repentance, and forgiveness: "Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted" (Gal. 6:1; Jude).
- Training in righteousness through disciplined spirit lead discipleship: "But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law" (Gal. 5:16-18; Rom. 6-8).

Your 12 weeks will proceed as follows: Read the Introduction and Chapter One in the book Changing God's Way while completing Day 1's activities: Bible Passages; Prayer; and Meditation / Memory Verse. Then proceed on to days two through five,

¹ Note: Available through online book sellers or from www.thegreatstory.info/ChangingGodsWay.html

allowing an extra 90 minutes to complete the day 6 Bible Study. Following a six day schedule provides for a seventh day Sabbath or men's group meeting.

Weekly schedule:

- o Day 1 Chapter Reading, Bible Passages & Prayer
- o Day 2 Bible Passages & Prayer
- o Day 3 Bible Passages & Prayer
- o Day 4 Bible Passages & Prayer
- o Day 5 Bible Passages & Prayer
- o Day 6 Bible Study & Prayer
- o Day 7 Off / (Men's Group)

If you are part of a 12 week men's group complete Day 1 Session Reading and Day 6 Bible Study prior to meeting and be prepared to answers the men's group discussion questions. Day's 2 through Day 5 should be completed prior to the Bible Study.

The Bible Study comprises an Introduction: explaining the purposes and goals; What The Bible Says...about the chapter; Mile Marker #'s: The guide posts to God's highway of change; Prayer: Calling upon the Holy Spirit to change, guide, and protect us; Action: What do we need to do to stay on God's Highway; Group Discussion Question(s): men's group; Further Study: are additional resources consisting of books, the internet, audio, and video.

To plant your first mile maker, even if you are alone, verbally pray the statement below. Why do this? The Corinthians who were in sexual bondage were asked by Paul: "Wherefore I urge you to reaffirm your love for him. For to this end also I wrote, so that I might put you to the test, whether you are obedient in all things" (2 Cor. 2:8-9). This affirms your faith in Christ, sign it, and date it.² (If you are using this study in men's group have each individual profess their faith to the group.)

God, I know I am separated from You because of my sin.
The only way to You is through the crucified blood of Jesus Christ.
He died upon the cross for my sins and arose from the dead on the third day.
I confess I am a sinner and ask Your forgiveness and cleansing repentance.
I am declaring the new life that is only found living "In Christ."
I begin by asking Jesus Christ to show me how to love You with all my heart,
with all my soul, with my entire mind and with all my strength.

In Jesus' Name I Pray, AMEN.

_____ Signed³ Date: _____

² If your are unable to make this statement see your pastor or group leader.

³ This is your Mile Marker #1 the first guidepost to changing God's way.

You have just taken your first step down God's highway of Holiness. These mile markers are stakes in the road that are recording your walk "In Christ." What is a mile marker? Mile markers are stakes in the road that mark the distance traveled between two points. Jeremiah cried out to the people to "Set up for yourself roadmarks, Place for yourself guideposts; Direct your mind to the highway, The way by which you went" (Jer. 31:21). Just like highway mile markers these will record your progressive change into Christ. You will be asked to "mark" God's change in your life after each lesson. Isaiah for told this path and life "In Christ." He said "a highway will be there, a roadway, And it will be called the Highway of Holiness" (Isa. 35:8). This workbook leads to this road. Each week you will have a new mile marker to plant marking the way in which you went and the progress towards Changing God's Way. This is your first step on God's Highway number 1!



Isaiah foretold of this road "In Christ."
"A highway will be there, a roadway,
And it will be called the Highway of Holiness" (Isa. 35:8).

Notes:

“In Him you have been made complete,
and He is the head over all rule and authority;
and in Him you were also circumcised
with a circumcision made without hands,
in the removal of the body of the flesh
by the circumcision of Christ” (Col. 2:11).

Notes:

"Therefore if any person is in grafted in Christ the Messiah he is a new creation a new creature altogether; the old previous moral and spiritual condition has passed away. Behold, the fresh and new has come!" (2 Cor. 5:17 Amp.).



Lesson One:
King David; Our Example

Day 1⁴

- o Read Chapter #1: King David; Our Example
- o Bible Passages: 1 Samuel 8 - 15
- o Prayer: Psalms 51; 6
- o Meditation / Memory Verse: "I have found David the son of Jesse, A man after my heart, who will do all My will" (Acts 13:22).

Day 2

- o Bible Passages: 1 Samuel 16 - 26
- o Prayer: Psalms 51; 32

Day 3

- o Bible Passages: 1 Samuel 27 - 2 Samuel 5
- o Prayer: Psalms 51; 77

Day 4

- o Bible Passages: 2 Samuel 6 - 14
- o Prayer: Psalms 51; 101

Day 5

- o Bible Passages: 2 Samuel 15 - 24
- o Prayer: Psalm 51

Day 6

- o Bible Study #1 King David; Our Example

Day 7 Off

- o Or Men's Group Discussion Questions

⁴ Check the "O" when the tasks are completed.

Bible Study #1

King David; Our Example

Introduction: Men do not find the meaning to brokenness difficult but they do have a difficult time living whole hearted towards God. King David is God's example for living with God. David was a passionate man who loved many, but it is his whole hearted devotion that sets him apart. David would not settle for a mediocre walk and was either "all in" or "not." David's forgiveness follows: humble repentance; acknowledged sin; God's forgiveness; cleansed heart; and then a restored soul. David's Psalm 51 is the model for those who have sinned and desire restoration. The only true sacrifice is a broken spirit and this is the fertile ground where God's seeds grow. "I have found David the son of Jesse, A man after my heart, who will do all My will" (Acts 13:22b).

The Bible Says...

1. How did King David walk before God? (1 Kin. 3:6; 14:8)
2. David lived whole hearted towards God. How was this demonstrated? (Acts 13:22)
3. Read the advice give to David's son Solomon. How are we able to change our heart? (1 Chr. 28:9)
4. What happens if we do not follow this advice?
5. What type of mind are we supposed to have?
6. Why was David chosen king? (1 Sam. 16:7)
7. List the qualities of David's heart. (1 Sam. 17:32)
8. (1 Sam. 18:23b)
9. (1 Sam. 21:12)
10. (1 Sam. 24:5)

11. (1 Sam. 24:10)

12. (2 Sam. 6:5)

13. (2 Sam. 6:14-15)

14. (2 Sam. 6:16) Michal's heart?

15. What is the difference between David's vs. Michal's hearts? (2 Sam. 6:20-23)

16. Because of David's heart God promises what? (2 Sam. 7:8-17)

17. (Read 2 Sam. 7:18-29) This expresses David's heart and he asks God? (2 Sam. 7:29)

18. How does King David rule his house? (2 Sam. 8:15)

Read 2 Samuel chapters 11 and 12, list David's downward spiral of sins.

19. (2 Sam. 11:1b)

20. (2 Sam. 11:2)

21. (2 Sam. 11:4)

22. (2 Sam. 11:4-9)

23. (2 Sam. 11:13)

24. (2 Sam. 11:14-21)

25. His sins get progressively worse; David's disobedience and casual lusts precede his murder of Uriah. What is God's view? (2 Sam. 11:37)

26. Nathan confronts David and proclaims God's judgment. Write out David's response.
(2 Sam. 12:13a)
27. How does God responded? (2 Sam. 12:13b)
28. Reread Psalm 51 within the context and understanding of David's whole hearted love towards God. Make a list of 10-15 key words and phrases that illustrate David's whole heartedness and repentance.
29. A clean heart becomes the soil in which God plants His word. Write out Mat. 5:8...
30. Pure = clean (literally or figuratively) a clean and holy heart is a righteous heart before God. Although, God used animal sacrifices to demonstrate the principle of blood substitution is not His desire. But, what sacrifices do God take pleasure in?
(Psa. 51:16-17)

In our culture, false repentance or worldly remorse is the norm. Just like King Saul, many Christians do not know how to repent God's way. Saul acted with worldly remorseful, regretting the consequences for sin rather than the actual sin against God. He chose worldly remorse instead Godly repentance. (Read: 1 Sam. 13:13-14; 15:11, 22-25; 26:21)

31. Because of this God allowed what to happen to Saul? (1 Sam. 16:14)

The key to changing God's way is through a continual practice of repentance. When we sin judgment is always required, a death and a blood sacrifice are the only acceptable substitutes.

32. David's life is spared, but whose death is substituted? (2 Sam. 12:18)

33. The heart and mind are interconnected. Repentance comes when we allow our mind to see sin. Isaiah cried out that God would render the hearts of the people to accomplish what? (Isa. 6:10)

34. God requires authentic repentance. How does genuine repentance spring forth? (Psa. 51:17)

35. What is David's Example? (1 Kin. 15:3-5)

God have given us a free will so that we can align our will with His. This is expressed through worship and adoration of Him. When we sin we must cast ourselves upon the rock of Jesus.

36. What happens if we do not have a broken and contrite heart? (Luke 20:17-18)

37. What happens to a man who hardens his neck? (Pro. 29:1)

38. How are we to love God? (Mat. 22:37)

39. When we love God this way, how much is left for ourselves?

40. When our hope is "In Christ" we have a new covenant and God has then promised to do? (Heb. 10: 16)

41. This was proclaimed by Jeremiah. Write out Jer. 24: 7...

42. How do we change God's way? (Rom. 10: 9-10)

43. How does God look at us when we clean our hearts of sin? (Rom. 10: 10)

44. The acknowledgment of sin against God with a humble heart, a broken heart, a contrite heart, and repentant heart is the only way to change God's way! How does God save use from an unclean heart? (Eze. 36: 25-29)

45. What happens to a heart of stone?

46. David's heart was revived through repentance. Where do those dwell who follow in David's foot steps? (Isa. 57: 15)

Mile Marker #2: Read Psalm 51, why does a sinner need to be "broken" and "contrite" before God? What steps can you take today to maintain a "broken" and "contrite" heart?
List:

Prayer: Pray Psalm 51 making it your own prayer to God.

Action: Using Psalm 51 as a guide, the list of actions items from above, and the key terms in question #28 to construct your own Psalm. Use Notes: section or separate sheet of paper.

Group Discussion (Optional): Why do you think King David chose not to punish or kill Absalom for his sexual sins? Read your version of Psalm to the group and/or recite Acts 13:22.

Further Study:

- Book: Patrick Morley, *The Man in The Mirror: Solving the 24 Problems Men Face* (Grand Rapids: Zondervan, 1997).
- Internet: Internet: Dennis Nelson, "Be A Christian," available from The Great Story, <http://www.thegreatstory.info/christian.html> > (accessed September 27, 2010).
- Video: Sons Of Korah, "Psalm 51," available from You Tube, <<http://www.youtube.com/watch?v=pbILLkOmLdc>> (accessed September 23, 2010).
- Audio: A.W. Tozer, "What Does It Mean to Accept Christ," available from Sermon Audio, <http://www.sermonaudio.com/sermoninfo.asp?SID=8150968404> > (accessed September 27, 2010).

Notes:

"Even the righteousness of God through faith in Jesus Christ
for all those who believe; for there is no distinction" (Rom. 3:22).

Bible Study #1:

King David; Our Example

1. In truth, righteousness, and uprightness of heart towards God... who followed God with all his heart.
2. David a man after God's heart who will do all My will.
3. If we seek Him, He will let us find Him.
4. If we forsake Him, He will reject us forever.
5. "A willing mind!"
6. "For God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart."
7. Worried about others.
8. "I am a poor man and lightly esteemed."
9. Took matters to heart, seriousness.
10. Has a conscience.
11. Expresses pity for those who sin.
12. Leads others in celebrating God.
13. Dancing, trumpets, and shouting unto the Lord.
14. She despises David's heartfelt jubilation.
15. David is humble and Michal is proud.
16. I will be a father to him and he will be a son to Me; when he commits iniquity, I will correct him with the rod of men and the strokes of the sons of men, but My loving-kindness shall not depart from him...(2 Sam. 7:14-15).
17. To bless him and his house.
18. "David administered justice and righteousness for all his people."
19. (2 Sam. 11:1b) David, disobeyed (pride) by staying at home.
20. (2 Sam. 11:2) Lust, voyeurism, looking upon a naked woman.
21. (2 Sam. 11:4) Adultery with Bathsheba.
22. (2 Sam. 11:4-9) Conspires to cover up sin by recalling Uriah.
23. (2 Sam. 11:13) Gets Uriah drunk.
24. (2 Sam. 11:14-21) Conspiracy to commit murder and murder.
25. David has done evil in the sight of the Lord.
26. "I have sinned against the LORD."
27. "The LORD also has taken away your sin; you shall not die."
28. Answers vary.
29. "Blessed are the pure in heart, for they shall see God."
30. (Psa. 51:16-17) A broken and contrite heart.
31. "Now the Spirit of the LORD departed from Saul, and an evil spirit from the LORD terrorized him."
32. The death of the baby with Bathsheba.
33. So that we would see, hear, and understand with our heart and be healed.
34. "The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise."
35. David did what was right in the Lord's eyes for his whole life, expect with regards to Uriah.
36. Lest the rock (God's judgment) comedown and crush us.
37. It will be broken beyond remedy.
38. Loving God will all our heart, all our soul, and our entire mind, 100% devotion.
39. Nothing, 0%.
40. He will put a new law upon our heart and write them upon our minds.
41. "I will give them a heart to know Me, for I am the LORD; and they will be My people, and I will be their God, for they will return to Me with their whole heart."
42. When mouth and heart are united through a confession of sin and believing in our heart we will be saved.
43. Righteous, holy, and saved from our sins.
44. God sprinkles it clean and puts His Holy Spirit within us.
45. It becomes a heart of flesh saving us from all my uncleanness.
46. They dwell with the Holy One high in His holy place.

About the Author



Dennis J. Nelson, D.B.S., is a biblical counselor, commissioned minister, Walk Thru the Bible associate instructor, and author of the men's devotional *Changing God's Way by Breaking the Chains of Sin* and the companion Bible study *Changing God's Way WORKBOOK*. Dennis lives in Wisconsin and is the proud father of two children and the husband to one wife.

As a biblical counselor, Dennis specializes in marriage counseling, and men who are experiencing the trials in life. You will find he is available to teach the Walk Thru The Bible Old and New Testament seminars, men's breakfasts and other church events. If you are looking for more information, please visit www.TheGreatStory.info.

As we minister in Christ's grace and truth, may we walk together on God's Highway of Holiness that is only found "In Christ."

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