Spiritual Depression: Its Causes and Cure by D. Martyn Lloyd-Jones

STUDY GUIDE

By Brian James Mann

For use in Midweek studies, Sunday School, Small Groups, Counseling Sessions, etc.

Listen to the Original Sermons

Spiritual Depression began as a series of sermons Dr. Lloyd-Jones preached at Westminster Chapel in 1954. The MLJ Trust makes these recordings available free of charge, and listening to the matching sermon alongside each study is a rich companion to the reading and discussion.

Full series: Spiritual Depression sermons at mljtrust.org

- **Study #1:** General Considerations on Spiritual Depression (Psalm 42:5). Why Christians become downcast, how temperament and physical factors play a part, and why we must preach truth to ourselves.
- **Study #4:** Mind, Heart, and Will (Romans 6:17). The gospel claims the whole person, and an unbalanced grasp of doctrine robs believers of joy.
- **Study #5:** That One Sin (1 Timothy 1:16). Answering the believer haunted by a particular past sin with the full sufficiency of Christ's death.
- **Study #6:** Vain Regrets (1 Corinthians 15:8-10). Why dwelling on past failures is unfruitful, drawn from Paul's own example.
- **Study #7:** Fear of the Future (2 Timothy 1:7). How anxiety about tomorrow paralyzes present faithfulness, and the remedy of trusting God's power.
- **Study #8:** Feelings (2 Timothy 1:6). Feelings cannot be manufactured; seek righteousness and Christ rather than happiness itself.
- **Study #9:** Labourers in the Vineyard (Matthew 20:1-16). Grumbling in the Christian life comes from forgetting that everything is grace.
- **Study #10:** Where Is Your Faith? (Luke 8:22-25). The disciples in the storm, and why faith must be actively exercised.
- **Study #11:** Looking at the Waves (Matthew 14:22-33). Peter sinks when his eyes move from Christ to his circumstances.
- **Study #12:** The Spirit of Bondage (Romans 8:15-16). How the doctrine of adoption frees believers from serving God out of fear.
- **Study #13:** False Teaching (Galatians 4:15). Teaching that dilutes or adds to the gospel leaves believers confused and joyless.
- **Study #14:** Weary in Well Doing (Galatians 6:9). Facing the weariness of the long middle stretch of the Christian life.
- **Study #15:** Discipline (2 Peter 1:5-7). Diligence, guarded time with the Lord, and patient growth in faith and virtue.
- **Study #16:** Trials (1 Peter 1:6-7). How suffering refines and proves the genuineness of faith.

Studies #2, #3, and #17 through #20 do not have a matching recording in the online series, though the full series page includes several related sermons worth exploring.

Study #1

BIOGRAPHICAL FOREWORD

1. What does a counselor exist to do? (#4)
2. How should a counselor bring a person to the truth of a situation? (#4)
3. What can solve the majority of personal problems of a congregation? (#5)
4. How can knowing about the author of a book create interest and learning? (#7)

Ch. 1 GENERAL CONSIDERATION

Read Psalm 42

1. What does the footnote of the ESV in Psalm 42:5 say that the phrase "my salvation" is literally? What other verse does the ESV translate the same way? (Bible)[1]
2. Where does spiritual depression show most visibly according to Lloyd-Jones? (p. 13)
3. What is the solution for a sad face? (p. 13)
4. How does one's temperament make a difference in the diagnosis of problems in the Christian life? (p. 15) What examples parallel this in diet and exercise?
5. Define an introvert and an extrovert. (pp. 16-17)
6. What is the difference between examining one's self and introspection? (p. 17)
7. How does physical weakness affect the Christian in battle with the devil? (p. 19)
8. What is the cause of all spiritual depression? Who is a person listening to when they have spiritual depression? (p. 20)
9. To be cured of spiritual depression, what should we do instead of listening to ourselves? (p. 20-21)

[1] *The English Standard Version of the Bible 2001 edition is used in this study for reference. Lloyd-Jones used the KJV. The ESV parallels the KJV closely enough to make comparable notes, while offering an up-to-date translation of the Hebrew and Greek manuscripts. Where the ESV differs from the KJV in the book, this study guide attempts to note.*

Study #2

Ch. 2 THE TRUE FOUNDATION

Read Romans 3

1. How did men in the Bible stand out in their circumstances and conditions? (p. 23)
2. What is the essence of treatment for Spiritual Depression thus far? (p. 23)
3. How does one get in the condition to pray? (p.24)
4. How does Lloyd-Jones describe a Christian who does not understand the way of salvation? Why does he say they are in this condition? (p. 25)
5. What was John Wesley's testimony? (pp. 25-26)
6. How does Lloyd-Jones say the average person in the Church regards men as Christians? What is the source of this point of view? (p. 26)
7. What must we do in order to really have hope and peace? (p. 27)
8. How is righteousness obtained? (p. 27)
9. What importance does the conviction of sin have to do with this? Along these lines, how does order in the Bible matter? (p. 28)
10. What is the danger of describing sin in terms of action only? (p. 29)
11. How did this understanding of sin aid John Wesley in conviction and then salvation? (p. 30)
12. What person in Scripture does Lloyd-Jones use to illustrate the most terrible sin? (p. 31)
13. What are the two principles that Lloyd-Jones is dealing with in this sermon? (pp. 31-32)
14. What does 'The righteousness of God in Christ' mean? (p. 32)
15. How do we share in this righteousness? (p. 33)
16. What is the essence of Christian salvation? (p. 34)
17. What is the first step to be rid of Spiritual Depression? (p. 35)

Study #3

Ch. 3 MEN AS TREES, WALKING

Read Mark 8:22-26

1. What event in history brought peace and joy into the Church in a way that she had not known since the early centuries? (p. 37)
2. How does Lloyd-Jones describe the miserable Christian? What is he doing wrong? (p. 40-41)
3. What is the most comfortable type of religion? (p. 44)
4. Fill in the following outline from the sermon reading on pp. 42-48.

A. What they don't see clearly (i.e. condition). They have no clear understanding of certain p_____. (pp. 42-43)

- a. About the d_____ of Christ and it's a_____ n_____ and the d_____ of r_____.
- b. Their h_____ is not fully e_____.
- c. Their w_____ is d_____.

B. Why they don't see clearly (i.e. causes or reasons for the condition)

- a. They object to c_____-c_____ definitions. (p. 44)
- b. They never fully a_____ the teaching and a_____ of the Scriptures. (p. 44)
- c. They are not interested in d_____. (p. 45)
- d. They do not take the doctrines of the Scriptures in their r_____ o_____. (p. 46)

C. The cure for this condition

- a. Avoid making a p_____ c_____ that your blindness is cured. (p. 46)
- b. Avoid saying 'There is no point in g_____ o___.' (p. 47)
- c. To be h_____ and to answer the Lord's question t_____ and h_____. (p. 47)
- d. S_____ yourself to Him. (p. 47-48)

Study #4

Ch. 4 MIND, HEART, AND WILL

Read Romans 6:1-17

1. What opposition does Lloyd-Jones speak of concerning the "citizens of the Kingdom of God?" (p. 51)
2. Are there any in this kingdom who are exempt from the aforementioned opposition? (pp. 51-52)
3. What chiefly characterizes the activity of Satan? (p. 51)
4. What are the 'mumps and measles' of the soul? (p. 52)
5. While the first cause of spiritual depression may be Satan, the second cause is lack of b_____ in the Christian life. (pp. 52-53)
6. How does the preacher or evangelist play a role in this problem? (p. 53)
7. What are some ways you can think of to help the church of God in preparing ministers in the future to be balanced?
8. What was the major misunderstanding that Paul was dealing with in Ch. 6 of Romans? (p. 53b-54a)
9. "Spiritual depression or unhappiness in the Christian life is very often due to our failure to r_____ t_____ g_____ of the g_____." (p. 54)
10. What is the gospel a message of? (p. 54-56)
11. Describe the partial responses to the gospel that people give? Spec. head, heart, will. (pp. 56-60)
12. What order must these items come in? (p. 61)
13. Out of the head, heart, and will, which is the only one to be approached directly? (p. 62)
14. When this is done in proper order, what properly follows? (p. 61)

Study #5

Ch. 5 THAT ONE SIN

Read 1 Timothy 1:1-16

1. In general, why does the Christian deal with recurring guilt over sins of the past? (Give a summary of pp. 65-69a)
2. What makes a Christian a Christian according to Lloyd-Jones? (pp. 67a)
3. Explain how God used Paul as a model. I.e. Paul was used as a model for what and for whom? (pp. 69b-70a)
4. What were Joseph and David concerned with when they sinned? What language did they use to express this? (p. 71)
5. Describe God's view of sin and its relationship to the Law. (p. 72a)
6. What is the terrible sin that unhappy Christians are committing according to Lloyd-Jones? (pp. 72b-73)
7. What is wrong with praying frantically to be forgiven of a particular sin? (p. 73)
8. Describe how God sees the Christian in the state of justification.
9. Name at least three aspects of this condition. (p. 74b)
10. What does it mean to be in union with Christ? See Romans 5-6 and put in summary (p. 75)
11. How should we look at past sins specifically? Give a detailed summary and goal of such a look. (p. 75b)

Study #6

Ch. 6 VAIN REGRETS

Read 1 Cor. 15:8-10 and Matt. 20:1-16

1. What is the false advertising that Martin Lloyd-Jones speaks of when it comes to being a Christian? (p. 79)
2. What is the issue in this chapter that people are crippled by? (p. 80)
3. What is the answer to this issue from a common sense perspective? (p. 82-83) State the three arguments that MLJ gives.
4. What is the answer to this issue from a Scriptural perspective? (p. 86) Name the two deductions that MLJ gives.
5. What is the negative cause of this particular manifestation of spiritual depression called 'vain regret?' (p. 87)
6. What is the positive cause of this particular manifestation of spiritual depression called 'vain regret?' (p. 88)
7. What is the fundamental difference of interest we possess compared with the interest God has in our work? (p. 88-89). How does this show itself in the parable of Matt. 20?
8. What is the whole point of the parable in Matt. 20? What is this standpoint that illustrates the kingdom of God so clearly? And how does the Apostle state this in 1 Cor. 15:8-10? (p. 89)
9. What does the Old Testament teach us concerning the 'evening' of our lives? And what is the great vision and understanding of the coming of Christ that the prophet Joel was given? (p. 89-90)

Study #7

Ch. 7 FEAR OF THE FUTURE

Read 2 Timothy 1:7-18

1. According to Lloyd-Jones, what is the first cause of this condition of spiritual depression? How would you defend this reality to someone who may object to it? (p. 95)
2. How does God use differences of personality? (p. 96)
3. What is the second cause of this condition of spiritual depression? (p. 97) What is their focus upon? And how would you say this is this right and wrong? (pp. 96-97)
4. What was Timothy afraid of? (p. 98) And how does Paul state this in 2 Timothy?
5. What is the first step of treatment of this condition? (p. 98) What Scriptures would you use to deal with this matter?
6. What two failures (positive and negative) does Paul deal with concerning this condition in Timothy? (p. 99) What is the gift that we must greatly consider in this matter? (p. 100)
7. How should our temperaments not control us? Who should control us? (p. 101) Explain in detail how this works out in the Christian life. (pp. 101-102)
8. Why does Paul mention the 'love' in this matter? (pp. 102-103)
9. What does Paul mean by a 'sound mind?' Explain this in the disciples' lives, according to the teaching of Jesus. And then explain this in the young girl's life at the end of this chapter. (pp. 104-105)

Study #8

Ch. 8 FEELINGS

Read Second Timothy 1:6, Psalm 42:11, and Matthew 6:33

1. Name three problems, including the one at hand, that create a miserable Christian (Chapters 6-8)
2. What are the contributing factors to putting feelings in the first place and allowing them to rule you? The question of t_____, n_____, and the characteristic of certain d_____ (p. 113).
3. How would you correct a brother or sister in the Lord who is known for always speaking his or her mind?
4. You will never see until you have t_____. (p. 114)
5. Who were J.C Philpot (p. 113), Henry Martyn, and Thomas Sheppard (p. 115)?
6. Describe the difference between happiness and joy scripturally speaking. (pp. 115-116)
7. Name some methods to stir one's self up. (pp. 116-117)
8. What is the remedy to the predominance of feelings? (p. 117-118)

Study #9

Ch. 9 LABOURERS IN THE VINEYARD

Read Matthew 20:1-16

1. What are the two things that make it certain we will have troubles in the Christian life? (p. 121)
2. How many general truths do parables illustrate? Defend your answer with Scripture. (p. 123)
3. What question does the parable in Matt. 20:1-16 address? (pp. 123-24)
4. Causes of the trouble of the men in the aforementioned parable:
    - a. Their a_____ toward themselves. (p. 125)
    - b. A_____ their own work. (p. 126)
    - c. Began to m_____. (pp. 126-27)
    - d. J_____ of others. (p. 127)
    - e. A feeling that that householder was u_____. (pp. 127-28)
5. What is the controlling principle of the Kingdom of God? (pp. 128-29)
6. Let us get rid of this b_____ s_____. (p. 129)
7. How should you explain rewards in the Christian life? (p. 130)
8. Should we keep a record or account of all that we do in the Christian life? Why or why not? (pp. 130-31) How does Lloyd-Jones say this affected his ministry? (p. 131)
9. What does Lloyd-Jones mean when he says that the Christian life is full of romance? (pp. 131-32)

Study #10

Ch. 10 WHERE IS YOUR FAITH?

Read Luke 8:22-25

The Trial of Faith

1. Why did Jesus rebuke the disciples? And what does this teach about the Christian life? (p. 137)
2. What is so wrong with being controlled by one's feelings as a Christian? Explain the implications of being controlled by one's feelings toward God and toward other people. (pp. 138-39)
3. Explain what Martyn Lloyd-Jones means by "the trial of faith" using the Scriptures which he used: Hebrews 11; James 1:2; Philip. 1:29; John 16:33; Acts 14:22. (pp. 139-40)
4. "To be f_____ is to be f_____." (p. 140)

The Nature of Faith

1. Concerning the nature of faith, why can't faith be a mere matter of feeling? (p. 142)
2. What is faith positively and negatively speaking?
    - a. [Positively] Faith is something that has to be e_____. (p. 143)
    - b. [Negatively] Faith is the refusal to be c_____ by the s_____. Faith is the refusal to p_____. (p. 143)

The Application of Faith

1. Name and explain the following steps of applying one's faith.
    - a. T_____ charge of y_____. (pp. 143-44)
    - b. R_____ yourself of what you b_____ and k_____. "Faith a_____ like that" (p. 144-45)
    - c. Faith a_____ [what you b_____ and k_____] to the p_____

s_____. "Whatever your circumstances at this moment, bring all you k_____ to be true of your r_____ to God to bear upon it." (p. 145)

2. How can we be encouraged by this record of the disciples' trial of faith according to Lloyd-Jones? (pp. 146-47)

Study #11

Ch. 11 LOOKING AT THE WAVES

Read Matthew 14:22-33

1. Describe what Martyn Lloyd-Jones means by the Peter mentality or the Peter temperament. (pp. 151-52)
2. Describe how people create their own doubts. (p. 153)
3. D_____ are not incompatible with F_____. (p. 154)
4. How do we know that in the midst of his doubts Peter's faith was still there? (p. 154)
5. What things must we believe concerning the Lord to avoid the tyranny of doubts? (pp. 155-56)
6. What is the importance of the detail of the storm raging before Peter ever stepped out on the boat? And what does this teach us? (p. 157)
7. Fill in the blanks:
    - a. R_____ After-thoughts. (p. 158) Explain what this means.
    - b. I can never D_____ while we look at Him and are C_____ about Him. (p. 158)
    - c. You cannot live on I_____ Faith. (p. 158) Name the example given. (p. 159)
    - d. The only way to keep walking is to keep L_____ at Him. (p. 159)
    - e. Jesus will never let you S_____. (p. 159)
    - f. If Peter had looked at Him he would have gone on W_____ on the sea, he would have never become D_____. (p. 159)
    - g. Faith looks at J_____ . (p. 160)
8. Read Jude 24-25 and close in prayer.

Study #12

Ch. 12 THE SPIRIT OF BONDAGE

Read Romans 8:15-17

1. For ye have not received the spirit of B_____ again to F_____ (Rom. 8:15 KJV)
2. What are the Romans up against at the time of Paul's writing this epistle/letter? (p. 164)
3. Fill in the fears (from page 168):
    - a. A W_____ fear of God
    - b. A fear of the G_____ of the T_____
    - c. Afraid in a W_____ way of the P_____ of the D_____ (Cite the examples given from the Scriptures here & find the Scripture addresses of those examples.)
    - d. Afraid of the S_____ that is W_____ themselves
4. What is the answer to this spirit of bondage according to Paul? (p. 169) Does this mean we ought to be passive? How not so? (p. 171)
5. The presence of the Holy Spirit in us reminds us of our R_____ _____ _____. (p. 172) How does the Spirit do this?
    - a. He enables us to see that our object in the Christian life is not simply to attain a certain standard but to what??? (p. 172)
    - b. If I belong to God, then I must what???(p. 173)
6. P_____ must be intelligent. (p. 173) Explain this statement.
7. The presence of the Holy Spirit reminds us of O_____ D_____. (pp. 173-174) [More periods below.] [I also could not get any of these except the fourth.]
    - a. Our destiny is c_____ and s_____.
    - b. Nothing can P_____ it.
    - c. Realizing this, we can _____ ourselves even as He is _____.

- d. We feel there is no _____ _____ _____.

Study #13

Ch. 13 FALSE TEACHING

Read Galatians 4:15

1. The Galatians' trouble was due to false teaching. Describe how this has been the trouble of the Christian church throughout history, and how it has and is being overcome. (p. 178)
2. Describe the two forms that false teaching takes, and specifically describe the form of false teaching found in Galatians. (p. 179)
3. What made Paul write so vehemently to the church at Galatia? (p.182)
4. Why does Paul talk so much of himself in the first part of this letter of Galatians? What is the first thing Paul lays down to deal with this false teaching? (p. 182)
5. Can false teaching make people happy? (p.182) Why or why not.
6. Where does Paul's authority come from? (p. 183)
7. What is our only standard? (p. 183) How does this affect how we interpret the Bible?
8. Some people may deny certain aspects of the Christian faith, but what is the danger we are dealing with here? (p. 184)
9. What are we saying when we say that people are Christians based on their good works alone and not their beliefs? (p. 185)
10. What does the Roman Catholic Pope claim? (p. 186)
11. How does Lloyd-Jones encourage us to test movements who offer additional revelation to the Bible? (p 186-87)
12. What should we mainly be talking about, and why? (p. 189)

Study #14

Ch. 14 WEARY IN WELL DOING

Read Galatians 6:1-10

1. Why might one think the most difficult period in life is the middle period in life? (pp. 192-93) How may this middle period affect individuals, our work, our church, a collection of people, including a country or society? (p. 193)
2. We are considering people who are not so much tired _____ the work as tired _____ it. (pp. 193-94)
3. Three negative reactions to this weariness:
    - a. Give u____, or give w_____, or give i___ (p. 194)
    - b. R_____ yourself to it. (p. 194) Explain how most people do this.
    - c. Resort to a_____ s_____. (p. 195) Explain what this means and how it works itself out in the church. (pp. 195-96)
4. A positive response to this weariness: Self-Examination (p. 196)
    - a. I must therefore ask myself: W_____ am I w_____? Possible answers include:
        - i. W_____ too h_____ p_____.
        - ii. Living the Christian life, or doing Christian work, by m_____ of c_____ energy. (p. 197)
    - b. I must ask myself: W_____ have I been d_____ this work? (p. 197) Name some possible motives.
    - c. I must ask myself: Has the work k_____ me going? (p. 198) Explain the danger of this for those later in life.
5. Other cures for this weariness in a positive sense:
    - a. Realize you have g_____. (pp. 198-99)
    - b. Remember it is "w_____ d_____." (pp. 199) "The Christian life is not a t_____. The Christian life alone is worthy of the n_____ l_____. (p.200)
    - c. Realize something of the truth about the h_____. (p. 201)

- d. Above all consider the M_____ for Whom we work. (p. 201-202) How did He do it?

Study #15

Ch. 15 DISCIPLINE

Read 2 Peter 1:1-11

1. What was the fivefold condition of those Peter was speaking to? (p. 205)
    - a. b_____ and u_____
    - b. b_____ and c_____ n_____ see a_____ off
    - c. f_____ that they had been p_____ from their o_____ s_____.
2. In what respect is Peter's audience considered "unfruitful?" (p. 206) Further, fill in these blanks: He does not give the impression of being as our Lord said a Christian would be when he r_____ t_____ h_____ s_____.
3. What is the cause of this spiritual depression? An sheer absence of d_____. (p. 207)
    - a. They have a wrong view of f_____. Describe a mystical view of this thing. (p. 207-8) And what is the right view Peter proposes? (2 Peter 1:5)
    - b. A lack of d_____. (p. 208; 2 Peter 1:10) What things does Lloyd-Jones mention take our time from Bible reading? If we have t_____ to do other things, we have the t_____. (p. 210)

What We Must Do "If you do these things…" 2 Peter 1:10

4. What is the cure of this spiritual depression? Exercise of d_____ and of d_____. (p. 210) God is the rewarder of them that d_____ seek Him. (p. 210 Heb. 11:6 KJV)
    - a. We must i_____ at all costs that certain things must be done. (p. 211)
    - b. S_____ our faith, f_____ in the Greek. (p. 212)
        - i. What does virtue mean? M_____ energy, v_____, not l_____. (p. 212) Compare and

contrast the typical average Christian with the person interested in various games and the things that happen in the world of sport. (p. 213)

- ii. What does knowledge mean? (p. 213) It needs d_____ and a_____. (p. 214)
- iii. What does temperance mean? (p. 214) It means you will have to c_____ e_____ aspect of life. You must keep from eating, drinking, sleeping t_____ m_____.
- iv. What does patience mean? To keep on though everything d_____ you. (p. 214)
- v. What does godliness mean? C_____ about and c_____ in maintaining your relationship with God. (p. 214)
- vi. What are the last two things concerned with? (p. 214)

What We Must Believe, The Promises

5. What encouragement does the Apostle Peter state for us?
    - a. R_____ us of what we are. (p. 214)
    - b. If you do these things you will have great j_____and h_____in the present. (p. 215)
    - c. What does 'abundant entrance' mean? (p. 216)

Study #16

Ch. 16 TRIALS

Read 1 Peter 1:1-7

1. Who offers that there will be no problems and everything will be perfect? (p. 220)
2. What does 'Heaviness' mean? (p. 220) And what is the danger of this thing?
3. What are 'manifold trials?' (p. 223)
4. What is the reason why these trials are happening to us? (p. 224)
    - a. Because they are g_____ for us.
    - b. Because they are part of our d_____ in this life.
    - c. Because God has a_____ it.
5. What is the Lord doing in our lives as Christians? I.e. What should be our fundamental conception of ourselves as Christians? (p. 225)
6. Why may God allow or appoint trials?
    - a. It may be a part of our c_____. (p. 225)
    - b. It may be to p_____ us for something. (p. 225)
    - c. It may be to p_____ us for g_____ trials. (p. 226)
    - d. It is for the p_____ c_____ of f_____. (p.226) How is faith more precious than gold? (p. 227)
    - e. Our f_____ needs to be p_____. (p. 227)
        - i. This means that God tests us by trials as if by fire in order that the things which do not belong to the essence of faith may f_____ o_____.
        - ii. This develops the element of t_____.
        - iii. This develops p_____ e_____. (p. 228)
    - f. It is in order to s_____ the g_____ of our faith. (pp. 228-29)
7. What is the consolation and encouragement concerning trials? (p. 230)

- a. Trials are only for a s_____. I.e. Trials are not p_____.
- b. God is your l_____ f_____, He knows how much you can take and stand.
- c. Remind yourself of the things 'wherein you greatly rejoice.' What are such things? "I know God is g_____, I know Christ d_____ for me, I know I b_____ to God, I know my inheritance is in h_____, I cannot s_____ it now but I know it is there, I know God is k_____ it and that no one will ever take it out of His m_____ h_____."
- d. What should we look forward to? (pp. 231-32)

Study #17

Ch. 17 CHASTENING

Read Hebrews 12:5-11

1. What is God's purpose for your life? And on the basis of what Scriptures? (p. 235) And what does this mean concerning your final destination? (p. 236)
2. If we do not understand this is God's purpose for us, what view of God will we have? (p. 235)
3. Why are the people suffering in Hebrews 12:5-11? (p. 235)
4. What does 'Recalcitrant' (p. 236) mean? (dictionary definition)
5. Because God is so committed to fulfilling His purpose in our lives, what two means does he offer to ensure it takes place? (p. 236)
6. How important is it to have a sense of this process that is called 'chastisement'? I.e. what does it offer the Christian in real terms? (p. 237)
7. Define 'chastisement.' (p. 238)
8. What is the first circumstance named by Lloyd-Jones that God uses in chastisement? (p. 238)
9. Name the other circumstances used by God the Father to chastise us:
    - a. H_____ (p. 239)
    - b. P_____ (p. 240)
    - c. W_____ H_____ P_____ (p. 240)
10. Why does God chastise us?

- a. Generally because He l_____ us. And for our g_____. And so we might become partakers of his h_____. (p. 241)
- b. Because there are certain f_____ in us, which n_____ to be c_____. (p. 242)
    - i. The danger of S_____ P_____ in us. (p. 242)
    - ii. The danger of S_____-C_____ in us. (p. 243)
    - iii. The danger of being A_____ by the W_____ and its O_____ and its W_____(p. 243)
    - iv. The danger of s_____-satisfaction. (p. 243)

11. What is the test of our profession concerning chastisement? (p. 244)
12. Positively, to be sanctified means:

- a. Showing the f_____ of the S_____. (p. 244)
- b. L_____ to J_____. (p. 244)
- c. H_____. (p. 244)
- d. H_____-M_____. (p. 245)
- e. M_____. (p. 245)

Study #18

Ch. 18 IN GOD'S GYMNASIUM

Read Hebrews 12:3-17

1. Chastisement by God does not work in us a_____. (p. 248)
2. The wrong ways of reacting to trials, tribulations, and chastisement are:
    - a. D_____ (p. 249) This means to t_____ it o_____ and d_____ it, and r_____ to pay a_____ to it. (p. 250)
    - b. G_____ U___ (p. 250)
    - c. Become B_____ (p. 250-51)
3. The right way to face things (i.e. productive reactions to trials):
    - a. Behave as s_____ not as i_____. (p. 251)
    - b. Put the thing, whatever it may be, in context of G_____ W_____.(p. 252)
    - c. Follow the a_____ of G_____ W_____. (p. 253)
    - d. Submit to G_____ t_____ or p_____. (p. 254)
4. Where does Lloyd-Jones get the Title for this chapter "Gymnasium?" (p. 254)
5. What two reasons are given for ancient Greek athletes being stripped naked? (p. 254-55) Apply these things in spiritual terms:
    - a. The first thing we have to do is to e_____ ourselves. (p. 255)
    - b. The second is that we must a_____ sin and c_____ it to God. (p. 256)
    - c. Thirdly, we must k_____ m_____. (p. 256-57) Explain why this last point is so dangerous for the church. (p. 257)
    - d. Fourthly, we must d_____ to stop d_____ certain things, that is come back to the s_____ and n_____. (p. 257)

- e. Lastly, we must h_____ after p_____ and h_____. (p. 257)

6. Meditate over how we can be encouraged by being put into God's gymnasium. (p. 258)
    - i. The Fruit That it Yields
    - ii. The Lord We Will See
    - iii. The Inseparable Love We Have
        1. How is this different than the impersonal attitude that people have today according to Lloyd-Jones? (see p. 249-50)
        2. Do you have a personal God or an impersonal one? How should He be regarded? How should that affect your responsibilities and commitments?

Study #19

Ch. 19 THE PEACE OF GOD

Read Philippians 4:6-7

1. The New Testament epistles…were designed to help the first Christians to overcome the t_____ of c_____. (p. 261)
2. How could the Psalmist in Psalms 3-4 lie down and sleep when surrounded by enemies and by difficulties and trials? (p. 262)
3. In the midst of circumstances, we find out what our f_____ is w_____ at that point. (p. 262)
4. Why is it not adequate to tell a person to stop worrying? (pp. 263-64)
5. How does Lloyd-Jones define the following: (p. 267)
    - a. Prayer?
    - b. Supplication?
6. What are some suggestions to stimulate thanksgiving? (p. 268)
7. We w_____ first and then we make our r_____ k_____. (p. 268)
8. What the Apostle does not say about prayer, that psychology often does: (pp. 269-70)
    - a. We will f_____ better.
    - b. Pray, because while you are praying you will not be t_____ a_____ the p_____.
    - c. If you fill your mind with the thoughts of God and Christ these things will p_____ out other t_____.
    - d. Pray because prayer c_____ t_____.
9. Who changes things? (p. 270)
10. Describe what it means to have your heart "kept" by God. (p. 270)
11. Is there any limit to God's promise here for those who follow the Apostle's instructions? (p. 271)

Study #20

Ch.20 LEARNING TO BE CONTENT

Read Philippians 4:10-12

1. Paul was not depending on the Philippians in an u_____ s_____(p. 277)
2. Explain how Paul shows the primacy of the Lord and the all-sufficiency of the Lord, while at the same time showing his gratitude and indebtedness and his love toward the Philippians. (p. 277)
3. The condition that Paul arrived at is called C_____. (p. 277) This means to be i_____ of c_____. (p. 278)
4. Should a man be content to stay in poverty? Why or why not? (p. 279)
5. The way by which Paul arrived at this condition was by L_____. (p. 283)
    - a. He learned contentment by great e_____. (p. 284; 2 Cor. 12:9-10)
    - b. He learned contentment by working out a great a_____. (p. 284)
    - c. He learned contentment by looking at the great e_____, Jesus Christ. (p. 285; Heb. 12:1-4)

Ch. 21 THE FINAL CURE

Read Philippians 4:13

1. The Christian man is not just a good man, the L_____ of God has entered him. (p. 292)
2. Describe Stoic, Hindu, and Buddhist philosophy and defend how Paul's teaching is not like that. (pp. 292-293) Why must we reject these negative views of life? (p. 293)
3. Should the preacher deal with specifics concerning politics or economics according to MLJ? Why or why not? (p. 294) What is the business of Christian preaching? (pp. 294-95)
4. What are the errors in trying to obtain this power to handle whatever comes one's way?

    - a. Emphasizing the '__' meaning that we should not live by our own P_____. (p. 295)
    - b. Obliterating the '__' meaning that the Christian life is not a life in which I am obliterated and Christ does all (pp. 296-97).
5. Describe how a preacher gets a powerful message. (p. 298)
6. The secret of power is to d_____ and to learn from the New Testament what is p_____ for us in Christ. (p. 298) Describe what this means using the analogy of health. (p. 299)
7. Lloyd-Jones calls this infusion of power a spiritual b_____-t_____. (p. 299)
8. Do not agonize in prayer beseeching Him for power. D____ w_____ He has t_____ y_____. (p. 300)