



'Help me'??

or

'Let Me.'



Discouragement
Confusion
Hardness
Anger
Resentment
Bitterness
Hatred
Destruction
Frustration
Indulgence
Sadness
Impatience
Anxiety... and more

Encouragement
Calmness
Gentleness
Graciousness
Sweetness
Forgiveness
Love
Compassion
Contentment
Restraint
Joy
Patience
Peace ... and more

**"I can't, He never said I could
He can, He always said He would."**

Major Ian Thomas

Amy Carmichael suggests, "... that one find relief from fleshly temptation by looking up the moment one feels the temptation coming, calling on the LORD for the opposite: i.e., Resentment – Thy sweetness, Lord; Impatience – Thy presence, Lord, etc...

Lion / Lamb

But when he, the Spirit of truth, comes, he will guide you into all truth... He will bring glory to me by taking from what is mine and making it known to you (John 16:13, 14, NIV).

Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death or of obedience unto righteousness (Rom. 6:16, KJV).

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness (Eph. 4:22-24, NIV).

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature (Rom. 13:14, NIV).

When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God--through Jesus Christ our Lord! (Rom. 7:21-25a, NIV).

...live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want... But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (restraint)... Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit (Gal. 5:16-17, 22-25, NIV).

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh--for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God (Rom. 8:12-14, NASB).

...for it is God who works in you to will and to act according to his good purpose (Phil. 2:13, NIV).

GRACE for the Rest of Your Life

LION/LAMB

FUNCTIONING GRACE: Pride vs. Humility; Flesh vs. Spirit; “I Can’t, He Can”; Divine Resource of GRACE

First, read the poem “How Did I Get to Be 40...” by Judith Viorst at the end of this lesson regarding the drive of our self-fulfilling, power-seeking culture.

Repeat the last line of the poem, “Won’t somebody please stop me?”

The question is, “Who will deliver us?” “Who will stop us?” The right question is Who?

Pride vs. Humility

Now cover up the two symbols at the top and look down the two columns.

After a hard day at work, school, with the kids, whatever, which list of attitudes do you see in your life? Read down the left column. Does anyone not know the meanings of those words?

Now read the list of attitudes on the right column. Do you know what these mean? We do not have a language breakdown here. We do know what these words mean and what attitudes they represent.

Here is our dilemma: Which column do we want to see reproduced in our lives? The right one! But which column do we usually see at the end of the day. The left one! So, we start praying, “Lord, help me not to be discouraged today, help me not to be confused or angry or frustrated,” etc., down the left column. Then for the right column we pray, “Lord, Help me to be encouraged and calm and gentle in my relationships, and help me be fulfilled and forgiving and contented,” etc., down the list. When we pray we are asking that the **flesh** produce the fruit of which it is not capable of producing.

Now uncover the symbols at the top. Two symbols will represent some of the attitudes in our hearts. What kind of symbol would show fruit of the Spirit representing calmness and gentleness? We chose the ‘**lamb**’ since it is a very dependent quiet creature.

What in our society would show just the opposite? We are told to be aggressive, powerful, in control, “**LARGE AND IN CHARGE.**” The ‘**lion/lioness**’ was the animal of choice. The word ‘rebellion’ can be divided into two words: REBEL and LION = Rebellion. Interesting! People are ‘lionized’ into powerful positions. “People push for the top and care little who is crushed beneath their boots. The fierce law of the jungle prevails.” (*Phillip Keller*)

You may write at the top of the left column: **PROWESS**

You may write over the top of the right column: **POWERLESSNESS**

Underneath the left column (as you push the total button of the attitudes), write:

PRIDE — *Pride will always agree to assistance, but not to surrender.*

Underneath the right column (as you push the total button of the various attitudes), write:

HUMILITY — *“God resists the proud, but gives grace to the humble” (Jas. 4:6).*

“God makes no provision for changing your life. He only makes provision for living His life through you.” (Bill Gillham)

Flesh vs. Spirit

What is wrong with this picture? Why does it not work? We will call the ‘lion/lioness’ **flesh** (or carnal). When we think of carnal, we think of carnivorous, or carne—having to do with flesh, or a flesh-eating animal—a lion! We are asking in our own flesh to be helped in these areas. It is like asking God to put a lamb on our lion nature. But when the first trial or testing in life comes our way, out growls the lion. We are exposed for what we are. There needs to be a fundamental change in the way we are asking our source/ the LAMB.

Let’s change the ‘Help Me’ to ‘Let Me.’ The ‘Let Me’ is Christ speaking—the LAMB. He says, “Let Me live My qualities in your life. Do not ask that you be changed, or to help you fake them, or produce them in yourself. It is “let Me” live My lamb qualities in you. You will never be able to live lamb attitudes because you are a lion—you are flesh.” *“In your flesh dwells no good thing”* (Rom. 7:18); *“The spirit indeed is willing, but the flesh is weak”* (Matt. 26:41); and, *“They that are in the flesh cannot please God”* (Rom. 8:8). The lion will not be tamed! Its fruit is listed in Galatians 5:16-21.

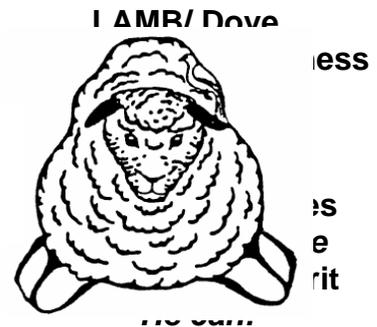
Notice the dove on the lamb’s head. The lamb and the dove are the meekest and gentlest of their respective animal and bird kingdoms, so they can co-exist.

Remember the dove coming down at Jesus’ baptism? John declared concerning Jesus, *“Behold the Lamb of God who takes away the sin of the world”* (Jn. 1:29). Then the Spirit in the form of a dove descended and rested upon Jesus. The role of the Spirit is to exalt Jesus and to guide us. *“He will glorify Me...”* (Jn. 16:14). *“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you”* (Jn. 14:26). The Spirit is not in the “prominent” place. The power that works in us can only work through the Lamb—Jesus.

Contrast the lion with the lamb and the dove:



LION
Prowess
PRIDE
Imitation
Christ-Like
Culture’s values
IMPOSSIBLE
Fruit of Flesh
I can’t!



DEPENDENT PENDANT

Note the lion and lamb cutout in your notebook pocket. You may cut them out, line them up back to back and glue them together. You could punch a hole in the middle and put a string through and hang it around your neck as a dependent pendant. (Or you could hang one on the doorknob for your spouse or family to see and be forewarned when they come home. What will they find? A Lion or a Lamb? HA!)

On which side of the pendant are we *dependent*? The lion or the lamb. Note what happens when I lay the lion down; The LAMB is able to rise up. When the lion **yields**

and gives up its rights and its fight, then the LAMB is able to produce His qualities in our lives—the fruit of the Spirit. *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control [restraint]; against such things there is no law”* (Gal. 5:22-23).

Let’s compare the shape of the lion’s head pendant to the triangular shape of a YIELD sign. We are all familiar with a YIELD sign on the highway. What does a yield sign represent? It means to slow down—to allow someone else to have the right of way—to defer or give way to another. After someone yields to you the right of way, it is polite to give an acknowledgment. It is also nice to receive an acknowledgment after you have slowed down and given another the right of way (if we do not receive an acknowledgment, we sense that something is lacking). In the same way, the Lord enjoys our acknowledgment each and every step of the way! *“In all thy ways acknowledge Him, and He shall direct thy paths”* (Prov. 3:6).

When the lion lays down, the Lamb has the right of way. *“Walk by the Spirit (LAMB) and you will not carry out the desire of the flesh (Lion)”* (Gal 5:16).

“Maturity does not come overnight, but YIELDING can.” (J. Johnson)

Spiritual maturity is the result of a thousand little yieldings.

Let Me / Allow Me.

An example of ‘Allow me’ may be seen in the example of a hotel doorman. He is a gentleman and he is hired to serve you. As you arrive at the hotel with your luggage, he stands by the door and says, “Allow me.” You let him open the door for you. That is his job; his role. But you do have a choice. You could come with your luggage, totally ignore him, and just barge through the door saying, “I got it. I’m okay on my own.” Imagine the frustration the doorman would feel. He may be thinking, “Well, this is what I am here for. Why don’t you let me open the door for you? Allow me!”

We do make a choice. In any situation, we can pause and allow the Lord to do for us what He does best. It does take a little conscious effort on our part—stopping from our normal charging ahead and allowing the LAMB to produce His fruit in our lives. We learn to yield to Him and acknowledge His presence.

Another example comes from a building that has two sets of entry doors. This causes confusion when a gentleman tries to open both sets of doors for someone. He opens the first door and lets the other person through. But the next door is right ahead. It is very tempting for the other person to grab the next handle and open the door thinking, “Well, you got the first door, I will get this one. You did this for me, I will do this for you; we will be even—everyone will be happy.” NOT! The gentleman feels like the other person has nullified what he did (opening the first door). He would like to complete the process. But the second person needs to step aside and allow the gentleman to open the second door also.

The first door can illustrate the salvation door. We allow the Lord to totally open the door for us for salvation. We can understand that! However, as soon as we are inside, we are ready to grab that door handle and say, “Thank you Lord, you have done so much for me, now it is my turn to do this for you.” Jesus would then reply, “No, Let Me do it all for you. Allow Me!” But often we are already through the door. Though He is grieved, He is a gentleman. He will let you go ahead, though He desires to do it all for you.

We so often rush ahead. The poor doorman is just standing there with the door in his face half the time wanting to serve us, and yet not being allowed to. We need to let Jesus handle both doors: Salvation and Sanctification. *“But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption”* (1 Cor. 1:30).

“I Can’t, He Can”

The following quote by Major Ian Thomas incorporates the truths of John 15:5 (*Without me you can do nothing*); Philippians 4:13 (*I can do all things through Christ*); Philippians 2:13 (*God works in me to will and to do*) and Philippians 1:6 (*He who began will complete the work*).

**I can’t...
He never said I could;
He can...
He always said He would.**

Amy Carmichael recalls the following: “Dr. F. B. Meyer once told me that when he was young he was very irritable. An old man told him that he had found relief from this very thing by looking up the moment he felt it [irritation] coming, and saying, “Thy sweetness, Lord.” By telling this, the old man greatly helped Dr. Meyer and he told it to tens of thousands. I pass it on to you because I have found it a certain and quick way of escape...that one find relief from fleshly temptation by looking up the moment one feels the temptation coming, calling on the LORD for the opposite: i.e., Resentment—Thy sweetness, Lord; Impatience—Thy patience, Lord, etc.”

Let’s review the right column. The fruit of the spirit are listed in Galatians 5:22-23: Most of them are included in this list. Can you find them? Love, joy, peace, longsuffering [patience], kindness, goodness [graciousness], faithfulness, gentleness, self-control [**restraint**].

Notice in the list on the card, it is not self control, but **RESTRAINT**- Why? Because self-control has **self** controlling itself. This list contains the fruit of the **Spirit**. Spirit-control or restraint is the full intention of the fruit (from the Greek text). **Restraint** is sometimes associated with meekness (strength under control). We cannot produce this fruit on our own—no matter how hard we try—even if we have the best of motives and know exactly what God wants us to do.

Let’s look at what Corrie Ten Boom faced along this line:

Corrie Ten Boom tells of her suffering in a German concentration camp during World War II. After a miraculous release, she traveled extensively, telling of God’s grace through those horrible years. On one occasion in Munich, a man came up to her when she had finished speaking; she recognized him as a former prison guard. Not realizing that she had been one of his prisoners, the man said, “How grateful I am for your message, Fraulein. [I have become a Christian. I know that God has forgiven me for the cruel things I did there]. To think that Jesus has washed my sins away!

As he extended his hand to her, vengeful thoughts boiled in Corrie’s heart. Instantly she saw how sinful they were. “Forgive me, Lord, and help me to forgive him,” she prayed. She struggled to raise her hand, but it remained at her side. She felt not the slightest spark of warmth. Again she prayed, “Jesus, I cannot forgive him! Give Your forgiveness.” Corrie recalls, “As I took his hand, the most incredible thing happened. From my shoulder along my arm and through my hand a current seemed to pass from me to him, while into my heart sprang a **love**...that almost overwhelmed me.” (*Daily Bread*)

Read the notes and quotes pages to amplify these truths.

Divine Resource of GRACE

GRACE is the readily available **divine resource**—the person of Christ Himself living His Life through us. GRACE is activated in our daily lives as we acknowledge our dependence and need of Him in every circumstance and relationship.

***When I try, I fail.
When I trust, He succeeds!***
(Howard Hendricks)

**The world, the flesh
and the devil say,**

**BE POWERFUL!
(Lion)**

“My GRACE is sufficient for you, for power is perfected in weakness. Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me”
(2 Cor. 12:9).

“Grow in the GRACE and knowledge of our Lord and Savior Jesus Christ”
(2 Pet. 3:18).

**The Father, Son, and
Holy Spirit say,**

**BE POWERLESS!
(LAMB)**

“For of His fullness we have all received, one grace after another” (Jn. 1:16).

“For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds” (Tit. 2:11-14).

**Oh, to be saved from myself, dear Lord,
Oh, to be lost in Thee
Oh, that it might be no more I,
But Christ that lives in me.**
(Mrs. A. A. Whiddington)

“...Christ in You – the hope of Glory” (Col. 1:27b).

“Christ in me and me in Christ. There is a complete exchange of His character with mine, so that in effect, I become re-made, re-created, re-formed into His image.” *(Phillip Keller)*

As Watchman Nee points out, “God wants us to believe that in our relationship with Christ we lack nothing. However, we must see that we will not be drawing upon Him

and finding the needs met unless we have a **dependent** trust in Him. It must not just be a theoretical agreement with the idea we have all we need in Christ. It must be an actual, specific trust in Him who dwells within us at each turn in the road. He then is our **functional** source of life.”

This then is **Functioning Grace**—how it works! Better yet, how **He** works!

Review and reinforce this lesson by incorporating the following notes and quotes pages and by reading the Scriptures on the back of the card.

Impossible – HIMpossible

"I can of my own self do nothing." In other words, Jesus took the place of dependence which Adam refused to take. The words in Psalm 40:6 (RMV) are applied to Him in the Hebrew letter. "Sacrifice and offering thou has no delight in; mine ears hast thou pierced for me." The reference here is to Exodus 21:5,6, where the love-slave, refusing his proffered freedom, had his ears pierced, and was for a few moments held by an awl, through those pierced ears, to the door-post of his master's house. "I love my master," he said, "I will not go out free"; and the ears fastened to the doorpost indicated this willing bondage and identity of interest with those of his master.

Even so, Jesus refused to allow any of His powers for a single instant to go out free. That would have been an assertion of His independence, with it consequent penalty of death for His own sin. Satan tried again and again to tempt Him to assert His own powers. "Let your powers go out free," he said; "make these stones into bread to satisfy your hunger." But Jesus disowned all power of a self-originating life. He never tried to act independently. He just hung on His Father, and said: "As the living Father sent me, and I live because of the Father; so he that eateth me, he also shall live because of me" (John 6:57 RV).

What a suggestive study this is as revealed in the Gospel of John.

Nothing of Himself, John 5:19, 5:30; 8:28.

Never spake of Himself, John 7:16; 8:38; 12:49.

Never wrought a miracle of Himself, John 5:36; 10:37-38.

Was ever the Sent One, John 4:34; 5:24; 5:30; 9:4; 11:42; 12:44, 45.

Never used human judgment, John 5:30.

Not in the emergencies, not in the great crises, but in everything, we must cultivate the habit of dependence on Christ. Habitually recognize that He has undertaken the business of your life in all its departments; that there is not a difficulty that crops up but he has undertaken to carry you through it. He has become responsible, and only waits for you to use Him. "To have Him and make use of Him," says Bishop Moule, "is peace, and power, and purity. To do without Him is impossible; it is death. To use Him only partially is perpetual unrest and disappointment. He must be 'all things in all things;' then there shall be a great calm within, and a great strength and great holiness with it, and at last an 'appearing with Him in glory,' to crown the process, and give it its development for ever."

J. Gregory Mantle
Beyond Humiliation

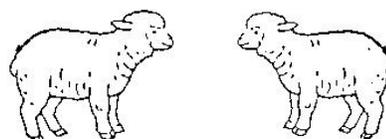
If today I am patient, it is not I but He who lives in me who is patient.

If today I love, it is not because I try my best to love, for the power of love is not in me, but it is because there is One who loves in me.

If today I forgive, it is not due to my generosity or effort or ability, it is instead purely due to the One who lives in me and always forgives. He is my forgiveness.

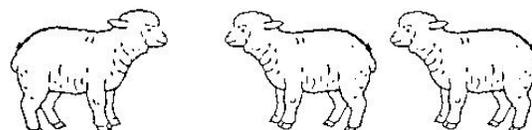
If today I am humble, this does not happen because I remind myself how proud I am and that therefore I need to be humbled. My humility does not come through suppressing my needs or then determining to be humble; it is the person (lamb) in me who is humble. Since He is my humility, I therefore am humble.

Watchman Nee



NOT living to myself	2 Corinthians 5:15
NOT seeking mine own profit	1 Corinthians 10:33
NOT seeking great things for myself	Jeremiah 45:5
NOT trusting in myself	2 Corinthians 1:9
NOT having my own way	Isaiah 58:13
NOT finding my own pleasure	Isaiah 58:13
NOT speaking my own words	Isaiah 58:13
NOT regarding my own life	Philippians 2:20
NOT seeking my own	Philippians 2:21
NOT having confidence in the flesh	Philippians 3:3
NOT self-willed	Titus 1:7
NOT quick tempered	Titus 1:7

*"Oh to be saved from myself,
dear Lord,
Oh, to be lost in Thee;
Oh, that it might be no more I,
But Christ that lives in me."*



PROWESS – powerlessness

If you yield yourself up to His divine working, the Lord will alter your nature. He will subdue the old nature and breathe new life into you. Put your trust in the Lord Jesus Christ. He will take the stony heart out of your flesh and give you a heart of flesh. Where everything was hard, everything will be tender; where everything was vicious, everything will be virtuous; where everything tended downward, everything will rise upward with impetuous force. The lion of anger will give place to the lamb of meekness. The raven of uncleanness will fly before the dove of purity. The vile serpent of deceit will be trodden under the heel of truth.

Wherever the grace of God appeared to a man, it has trained him to deny “ungodliness and worldly lusts,” and to “live soberly, righteously, and godly, in this present world” (Titus 2:12). It will do the same for you.

“I cannot make this change,” says someone. Who said you could? The Scripture, which we have quoted, does not speak of what man will do, but of what God will do. It is God’s promise, and it is for Him to fulfill His own commitments. Trust in Him to fulfill His Word to you, and it will be done.

“But how is it to be done?” What business is that of yours? Must the Lord explain His methods before you will believe him? The Lord’s working in this matter is a great mystery: the Holy Spirit performs it. He who made the promise has the responsibility of keeping the promise, and He is equal to the occasion.

Charles Haddon Spurgeon *All of Grace*

“Let us study the character of Christ until our souls are filled with the love and admiration of His lowliness. And let us believe that, when we are broken down under a sense of pride and our impotence to cast it out, Jesus Christ Himself will come in to impart this grace to us as a part of His wondrous life within us.”

Andrew Murray *Humility*

All I need to do is entrust myself to the Lord praying, “Lord, there is no reason to exert my strength to imitate the Lamb.”

Watchman Nee *Christ the Sum of All things*

We do not pray, “O God, be my victory gradually, be my life gradually, or be my holiness gradually.” No, we pray, “O God, You are my victory; I praise and thank You! O God, You are my life; I praise and thank You! O God, You are my holiness!”

Watchman Nee *The Life that Wins*

“God will not give me humility or patience or holiness or love as separate gifts of His grace... He has given only one gift to meet all our need: His Son Christ Jesus. As I look to Him to live out His life in me, He will be humble and patient and loving and everything else I need... God wants us to believe that in our relationship with Christ we lack nothing. However, we must see that we will not be drawing upon Him and finding the needs met unless we have a dependent trust in Him. It must not just be a theoretical agreement with the idea we have all we need in Christ. It must be an actual, specific trust in Him who dwells within us at each turn in the road. He then is our functional source of life.”

Watchman Nee *The Normal Christian Life*

Dr. F. B. Meyer once told me that when he was young he was very irritable, an old man told him that he had found relief from this very thing by looking up the moment he felt it coming, and saying, “Thy sweetness, Lord.” By telling this, that old man greatly helped Dr. Meyer, and he told it to tens of thousands. I pass it on to you because I have found it a certain and a quick way of escape. Take the opposite of your temptation and look up inwardly, naming that opposite, Untruth – Thy truth, Lord; Unkindness – Thy kindness, Lord; Impatience – Thy patience, Lord; Selfishness – Thy unselfishness, Lord; Roughness – Thy gentleness, Lord; Discourtesy – Thy courtesy, Lord; Resentment, inward heat, fuss – Thy sweetness, Lord; Thy calmness, Thy peacefulness.

I think that no one who tries this very simple plan will ever give it up. (It takes it for granted, of course, that all is yielded – the “I” dethroned.) Will all to whom it is new try it for a day, a week, a month, and test it?

Amy Carmichael *Edges of His Ways*

How Did I Get to Be Forty and Other Atrocities

by Judith Viorst

I've finished six pillows in Needlepoint,
And I'm reading Jane Austen and Kant,
And I'm up to the pork with black beans in Advanced Chinese Cooking.
I don't have to struggle to find myself
For I already know what I want.
I want to be healthy and wise and extremely good-looking.

I'm learning new glazes in Pottery Class,
And I'm playing new chords in Guitar.
And in Yoga I'm starting to master the lotus position.
I don't have to ponder priorities
For I already know what they are:
To be good-looking, healthy and wise.
And adored in addition.

I'm improving my serve with a tennis pro,
And I'm practicing verb forms in Greek,
And in Primal Scream Therapy all my frustrations are vented.
I don't have to ask what I'm searching for
Since I already know that I seek
To be good-looking, healthy, and wise.
And adored.
And contented.

I've bloomed in Organic Gardening,
And in Dance I have tightened my thighs,
And in Consciousness Raising there's no one around who can top me.
And I'm working all day and I'm working all night
To be good-looking, healthy, and wise.
And adored.
And contented.
And brave.
And well-read.
And a marvelous hostess.
And bilingual.
Athletic.
Artistic. . .
Won't someone please stop me?