

**THE VISIONARY METHOD**  
**For Christian Practice™**

The  
**VMFCP Press**

**THE**  
**BALANCING ACT,**  
**GOD & ME**

**Mini-Book**

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## Foreword

The teachings of this book are not old nor new, but are simply of the Truth.

*<sup>13</sup> This is the end of the matter. All has been heard. Fear God and keep his commandments; for this is the whole duty of man. <sup>14</sup> For God will bring every work into judgment, with every hidden thing, whether it is good, or whether it is evil. ~ Ecclesiastes 12:13-14*

In honor of the Most High God,  
the Creator of Heaven, Earth and all that's in them.

May this mini-book grant wisdom, understanding and joy to all those who read it (and do it), so that in time it may lead them to become Your children. Thanks be to God the Father and the Lord Jesus Christ for Yours is the Kingdom, the Power and the Glory forever. Amen.

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This book is recommended for people aged 18+

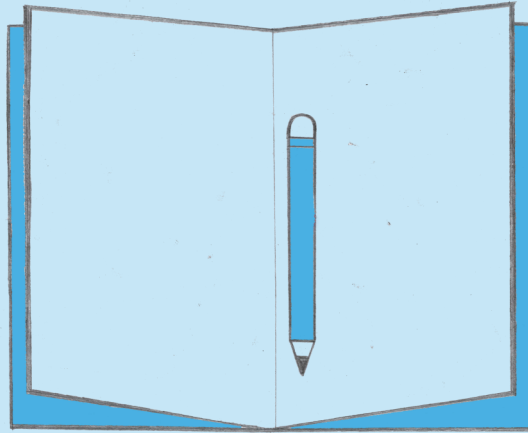
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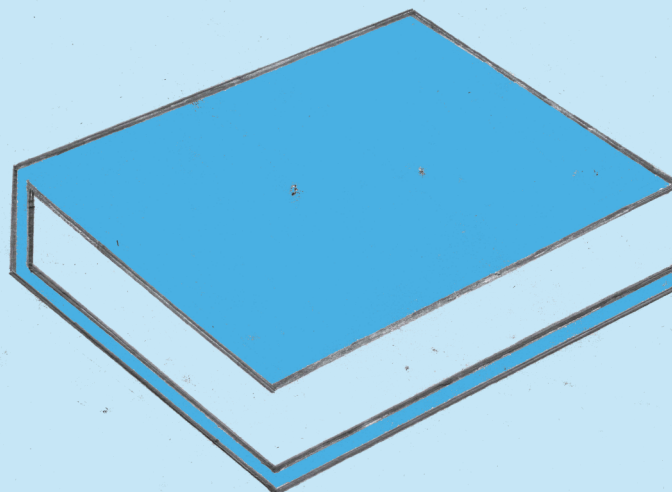
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# Welcome to the **BALANCING ACT, GOD & ME** **mini-book! This is what you will need to make** **the most of this mini-book...**



**JOURNAL:** Your journal will serve as a medium for you to engage with God. It's main purpose is for responding to this mini-book's questions and/or prompts, but you are also encouraged to use it for more i.e. you may use it as a personal journal as well. For example, you can write down your thoughts (good and bad things), speak to God in prayer about your thoughts, and then write and say a prayer asking for God's help and guidance and/or to give thanks. This can help develop your relationship with God.



**THE HOLY BIBLE:** This book provides evidence-based Christian instruction, but a Bible is necessary for your own reading, so that you are able to verify what is written (the Truth); Scriptures are needed for the activities; and it's important for Christians to become familiar with the Word of God—hopefully reading the Bible will become for your own further learning and entertainment.

# THE BALANCING ACT, GOD & ME

The VMFCP mini-book, 'The Balancing Act, God and Me' is about the realities of how to handle life knowing that there's an Almighty God who is all powerful and can do anything, yet in life the anything that you desire or want is not your reality, nor anyone else's, and that is because people are not God. Hence, people must learn to deal and thrive according to the human condition, which presents with many issues that are outside of people's control, no matter how powerful, wealthy or influential they may be perceived to be or actually are. This is a reality of life, and therefore understanding how to deal with such things is the balancing act of the Christian lifestyle – and with the right balance comes a good and fruitful relationship between yourself and God, which brings into your life a peace that surpasses all understanding.

The most important of the balancing acts are **faith, hope and love** (1 Corinthians 13:13), but there are more balancing acts such as **trust, openness and comfort**, which are often forgotten yet essential to Christianity. The ideal balancing act is recognising what these acts are; and in knowing doing; and in doing having; which is something that no one can take from you despite all things. Therefore, the Christian act of balance is always leaning to the positive side of the acts rather than the negative side, so that regardless of circumstance you can always find and try and remain at peace in life – which is to find balance. Balance is something that Christians must find because they serve a God that cannot be seen and is often hidden. Therefore, Christians must learn to have faith (belief) in a God they cannot see, and this is because no one can have or give faith to anyone else: faith must initially come from the self (and then God is able to grant more faith through the power of His Holy Spirit). Hence, 'The Balancing Act, God and Me' mini-book will define, describe and explore the realities of the aforementioned acts, so that in them you may find the balance and peace that you seek in life.

# THE ACT OF FAITH

## The act of faith is believing in God and His Word, the Holy Bible.

The Holy Bible, which is made up of the Old Testament, the New Testament, and other non-mainstream Biblical texts, such as the Book of Enoch, is a book of history, prophecy and instruction, therefore it is given to (a) provide an example of God's character through all that He did for His people, which helps you understand Him more (b) provide reassurance to Christians at the end of the age (events preceding the Second Coming of the Lord Jesus Christ) and (c) provide examples of and instruction about Christian practice, which helps people develop faith based on recognising relatable circumstances that are described through Biblical stories and Scriptures.

**The Positive Side of Faith...**Faith comes from believing that the Bible is the Truth, therefore, when you have faith, you know that God is always with you. Hence, in your heart of hearts you know that no matter how big or small your faith is, you are empowered because you know that God is guiding, watching, and protecting you in all that you do; and as you do, He is aligning and perfecting what's to come – it's a sense of knowing that all things will work out for your good regardless of what has happened, or what may and will happen.

**The Negative Side of Faith...**You know that God is there, but He doesn't answer your prayers in the way you want, and it simply frustrates you, and makes you feel like you don't want to bother with a God who appears to do absolutely nothing—but the truth is that God is always doing something, it's just that you can't perceive or comprehend it. Regardless, you may think why doesn't God answer the simplest prayers like He did for many people in the Bible? The most likely answer is that the Lord, the Most High God, is testing your faith, motives and intentions! Are you praying for the sake of gain, position and power, or are you seeking salvation? Taking this into consideration, it's to be remembered that God prioritizes needs over wants, so learning humility, thankfulness and



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contentment is probably something that the Lord is also trying to teach most people. In reality, the negative side of faith is that when your prayers aren't answered, it hangs over everything like a big neon sign that you see when you wake, eat and sleep – it's hard to forget, and along with it goes all the good things that God has done for you in life, and so, people tend to give up on God and believe that He does not exist. However, this is the simple test of genuine faith: keeping God's commandments despite circumstance, whether rich, poor, powerful, or powerless – and this is because that normal human realities and circumstance should not dictate the values of the heart (moral conscience).

**The Balancing Act...**The point is to not give up on the Lord, the Most High God, but to remember and recognize all the good things in your life (which comes from God), and that is how genuine faith grows. Keep in mind that your life may not be ideal, in terms of income; employment; living conditions; friends or family, but lacking your own ideal does not mean that you are not blessed in more important ways.

- **Make a list of the things that you are thankful for and give thanks to God.** This can include material things because realizing your material blessings is a great exercise for contentment. People should be happy with what they have, simply because there will always be more people that have much less.

**Scriptures For Encouraging Faith...**

- *Hebrews 11:1* – *Now faith is assurance of things hoped for, proof of things not seen*
- *Psalms 23:1-3* – <sup>1</sup>*Yahweh is my shepherd: I shall lack nothing.*
  - **NOTE:** This verse refers to spiritual matters, not material matters. In other words, because God is with you (think of Him as a guide), you may have what you need, but not necessarily all that you want.

<sup>2</sup>*He makes me lie down in green pastures. He leads me beside still waters*

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<sup>3</sup>He restores my soul. He guides me in the paths of righteousness for his name's sake.

- **James 1:2-4** – <sup>2</sup>Count it all joy, my brothers, when you fall into various temptations, <sup>3</sup>knowing that the testing of your faith produces endurance. <sup>4</sup>Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.
- **James 1:12** – <sup>12</sup>Blessed is a person who endures temptation, for when he has been approved, he will receive the crown of life, which the Lord promised to those who love him.
- **Hebrews 13:5** – <sup>5</sup>Be free from the love of money, content with such things as you have, for he has said, “I will in no way leave you, neither will I in any way forsake you.”
- **Matthew 6:27-33** – <sup>27</sup>“Which of you by being anxious, can add one moment to his lifespan? <sup>28</sup>Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don't toil, neither do they spin, <sup>29</sup>yet I tell you that even Solomon in all his glory was not dressed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which today exists and tomorrow is thrown into the oven, won't he much more clothe you, you of little faith? <sup>31</sup>“Therefore don't be anxious, saying, ‘What will we eat?’, ‘What will we drink?’ or, ‘With what will we be clothed?’ <sup>32</sup>For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things. <sup>33</sup>But seek first God's Kingdom and his righteousness; and all these things will be given to you as well. <sup>34</sup>Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.
- **NOTE:** “Each day's own evil is sufficient” indicates that people should focus on what they can realistically do each day.

# THE ACT OF HOPE

The act of hope is believing that something will happen (as God has said).

The Bible is full of many examples of the hopes of God's people that were fulfilled through the power of the Lord, the Most High God. By knowing the stories of the Bible, you come to understand that hope is necessary in Christianity (and life) because it's hope that drives faith. The Bible is a reminder that hope helped God's children through troublesome times and led to their salvation, and so, for Christian people, hope is able to do the same. However, hope was not done in vain, it was paired with pro-activity, which is doing what you are able to do, whether it is fasting and prayer or simply living a Christian lifestyle (keeping God's commandments). This means that having the hope of receiving the Holy Spirit is useless if you do not truly begin to make lifestyle changes, which is to repent. People who do nothing but "hope", and expect to be saved because of "mercy" are simply complacent – and therefore, are considered to be people who present with absolutely no discernible Christian prospect. This is expressed based on personal observation brought on by my continued persecution, which has not ceased to this day (1 John 3:15).

**The Positive Side of Hope...**Hope keeps you going and builds into faith, which helps you endure in the worst of times. Hence, hope to Christians is like petrol to a car – as long as there is petrol in your car it will keep driving and get you to the place you need to go (in faith). More so, when you drive a car sometimes the tank is full and sometimes the tank runs low, therefore, you need to top it up from time to time. So, to arrive at faith or maintain your faith you just need to know how to fill up your hope tank!

- **Make a list of difficult things you have gotten through and write and say a prayer to God to give you that same hope and strength (or more if needed).**
- **Create a list of Scriptures that give you hope and pair them with your prayers. Scriptures give prayers a "Spiritual boost", so keep in mind that there is power in God's Word (Hebrews 4:12).**

# THE ACT OF HOPE

**The Negative Side of Hope...**It's frustrating and hurtful when the things that you hoped for seem to come to nothing, especially when you really believed that God would make it work for you. It's even worse when hopes come to nothing over and over again. When this happens, hope seems easy to let go of because it just becomes disappointment, and no one wants to engage with someone, let alone an Almighty and powerful God who manages to disappoint you continually. This is how hope may be destroyed, but the actual destruction of hope comes with not keeping God's commandments, because without righteousness the outcome is clear in such times ("the end of the age"). However, if you truly believe that God is real than disappointment in Him as the Lord of lords, God of gods and King of kings can help maintain hope even in the darkest times and in the face of continual disappointment. Therefore, hope helps you face each day despite what may have been and what may come.

**The Balancing Act...**You are encouraged to never let go of hope. It's okay to let some hopes fade into the background, but the hope of salvation in Christ is what you should and must cling to. Try to focus on other things to help overcome disappointment(s) in life, and remember that hope is always useful – it's what saves you when you mess up i.e. you might say things to the Lord, the Most High God, that are very disrespectful because you are frustrated with the disappointments that come with the realities of life. In such a case, being truly sorry for your actions; genuinely making an effort to do better; and truly hoping that God is with you, says to the Lord, the Most High God, "I never gave up on you, so please don't give up on me.". More so, the Lord, the Most High God is the Lord of lords, God of gods and King of kings, and so, He answers to no one and is justified in all things – as made clear in the book of Job (Job 40:1-5). Hence, in reality, no one should really be angry or disappointed with the Lord,

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the Most High God, and this is because people's perspective of life is so limited. In all truth, you may feel such things as frustration and disappointment, but it is meaningless and only serves to drive a wedge between the self and God, as it just leads to bitterness and resentment – hence, Christians must learn to let vain hopes go. After all, you don't know all that God does for you, or why He does or doesn't do certain things. Such things or their absence could be to protect you or to bring something else to your attention that's beneficial to you i.e. you do (a) instead of (b) and it leads to (c), which may be better than what you thought you wanted, and exactly what you need. Going through such things strengthens your faith in the Lord, the Most High God, as it removes the direct transactional nature between God and one's self, and what remains instead is gratitude and a genuine bond with the Lord, the Most High God – rather than the false reality of being “good” for one day and expecting a mansion; your dream car; your dream husband or wife; your dream job; or your dream life: this is not a realistic expectation of Christianity at all – it's simply lies, falsehood and fantasy. Therefore, letting go of unrealistic expectations is that best way to maintain hope, as it refocuses the motivations of the heart i.e. the focus should be being “good”, as with being “good” there is always the real hope of salvation (receiving the Holy Spirit).

- Commit to turning your attention to something else when things don't go as you hoped. Pray and ask God for direction to help you discover something new that is fruitful, enjoyable and within your skillset, talents and abilities, which may lead to the beginning of your ideal life (based on honest means) and then pro-actively begin to do what you can make it your reality.

## Scriptures For Encouraging Hope...

- *Psalm 42:5—<sup>5</sup>Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise him for the saving help of his presence.*

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- **Romans 8:24-25**—<sup>24</sup> For we were saved in hope, but hope that is seen is not hope. For who hopes for that which he sees? <sup>25</sup> But if we hope for that which we don't see, we wait for it with patience.
- **Hebrews 6:19-20** - <sup>19</sup> This hope we have as an anchor of the soul, a hope both sure and steadfast and entering into that which is within the veil; <sup>20</sup> where as a forerunner Jesus entered for us, having become a high priest forever after the order of Melchizedek.
  - **NOTE:** Entering into the veil is the reception of the Holy Spirit (arriving to the point where God grants you eternal life through Christ). This Scripture means that hope is what helps you to continue in faith towards the Lord, the Most High God, and this is what drives faith and eventually leads to salvation (receiving the Holy Spirit).
- **Romans 4:18-21** - <sup>18</sup> Besides hope, Abraham in hope believed, to the end that he might become a father of many nations, according to that which had been spoken, "So will your offspring be." <sup>19</sup> Without being weakened in faith, he didn't consider his own body, already having been worn out, (he being about a hundred years old), and the deadness of Sarah's womb. <sup>20</sup> Yet, looking to the promise of God, he didn't waver through unbelief, but grew strong through faith, giving glory to God, <sup>21</sup> and being fully assured that what he had promised, he was also able to perform. <sup>22</sup> Therefore it also was "credited to him for righteousness."
- **Bible Books that demonstrate the act of hope:** Genesis and Exodus, 1 Samuel and 2 Samuel (The life of King David), Esther, Ruth, and Daniel.

# THE ACT OF LOVE

The act of love is to seek to understand God and appreciate Him and His ways.

How to truly love God is stated in the Bible: <sup>3</sup>For this is loving God, that we keep his commandments. His commandments are not grievous. ~ 1 John 5:3, but the question is what leads you to choose to follow His ways? **The answer is... different for everyone, and so, it helps to know your own reason why.** The ideal answer is wanting to be “good” and loving Jesus , but each and everyone has their own initial reason for repentance (change) – the point is the outcome.

**The Positive Side of Love...**The Lord, the Most High God is known, yet unknown and He is like no one or anything else, and therefore there is a natural joy as you begin to “understand” His Word (living a Christian lifestyle), and this is because it makes you feel closer to Him – as if He is drawing you to Himself in the fullness of His love, and this results in the growing of your own love for Him and other people through doing His commandments. Therefore, if you know that you truly love God, then without doubt you know that He loves you, and so, when things in life are incomprehensible, totally frustrating or even depressing – because you have come to know and love the Lord, the Most High God, you know that there must be a reason for your circumstance, and so, the aim becomes to endure. Hence, as it is natural for people to seek answers to the complexities of life, the wonderful thing is that the Bible always provides an answer that prompts self-reflection, and therefore a course of action to resolve your own issues. Therefore, when you truly seek an answer to your issues, then you are likely to find it, as there will always be verses or a chapter where you find God’s love and help, and that’s because He is His Word (John 1:1).

**The Negative Side of Love...**The love between God and mankind can be fragile. For example, you could spend your whole life doing everything God’s way, and then something terrible happens, and maybe not just once, but over and over again without a perceivable end. Then you ask Yourself, and you ask God

# THE ACT OF LOVE

why would you let this happen to me? Then all the love you have for God seems like it meant nothing simply because you have a good idea of what everyone else does and what they are like, and you ask what was the point of being “good”? Was loving God and His ways really worth it? And the answer is yes! Always remember in uncertain and tough times that God shows His love by helping you through troubles, and so, because He remained with you through all things, you know that He loves you because He didn’t abandon you. When God helps you endure troubles and challenges, and you eventually come to the end of it, your relationship with God is made stronger along with your spirit and character, which is also made more righteous – as it is not necessarily easy to do the right thing in all circumstances. Overall, this persistence strengthens your love for God and other people because you come to the realization that you need God and His love because without it, the world appears to be a dark, cold, lifeless and hopeless place, that is not pleasant to live in because many people seem to be lacking in basic goodness and decency i.e. the world is a carcass (The Gospel of Thomas 56). Hence, through all of the complexities of life you come to love, understand and appreciate God and His ways for your own sake, and by natural extension other people, as Christians do not act in a manner designed to harm or disadvantage other people, whether it is done directly or indirectly – which is the basic standard of being “good” or righteous (James 2:8, 1 John 3:15). It is of note that when there is actual guilt and complicity in your choice of actions, then there is no “how could you let this happen to me?”, as such a response simply demonstrates a lack of self-responsibility and self-accountability. Repentance (change) is the simple remedy for current and past mistakes, and therefore it is those who amend their ways, who genuinely demonstrate a love for God and His ways, and therefore, other people.

**The Balancing Act...**The balancing act is to remember that God’s love is not always expressed as what you think the perfect version of your life should be. Instead



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God's love is defined by faithfulness towards you, especially in the worst of times – and in such times He tries and tests your heart to see if your love for Him and other people is genuine. Hence, your love for the Lord, the Most High God, is confirmed as genuine if you remain faithful to God and His ways in all circumstances, which leads to salvation (receiving the Holy Spirit). In the pursuit of loving God and His ways, know that the love you have for God becomes something of its own, and it's this love that God rewards with your hearts desires (Psalm 37:4); but as with all things from God, who knows how or when He will reward your love, but know that when your prayers are answered and your heart's desire is granted, then you will truly know that you are loved by the One with the greatest love of all!

- Write down one good thing that happened during the day and give thanks to God. This way you see God's love shown in the simplest ways, and overtime you will realise how much the small things count and amount to the greatest loves in your life (it's the act of capturing joy and building contentment on a page).

Scriptures For Reminding You of God's Love, and what love looks like..

- *1 Corinthians 13:4-8* – <sup>4</sup> Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud, <sup>5</sup> doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil; <sup>6</sup> doesn't rejoice in unrighteousness, but rejoices with the truth; <sup>7</sup> bears all things, believes all things, hopes all things, and endures all things.
- *1 John 4:7-10* – <sup>7</sup> Beloved, let's love one another, for love is of God; and everyone who loves has been born of God, and knows God. <sup>8</sup> He who doesn't love doesn't know God, for God is love. <sup>9</sup> By this God's love was revealed in us, that God has sent his one and only Son into the world that we might live through him. <sup>10</sup> In this is love, not that we loved God, but that he loved us, and sent his Son as the atoning sacrifice for our sins.

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- **1 John 4:18–<sup>18</sup>** *There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.*
  - **NOTE:** This verse refers to the fact that those who love God have no fear of Him because they do as He expects i.e. living a Christian lifestyle. Hence, why would you fear God or divine judgement when you know you do the right thing?
- **Romans 8:38-39** - <sup>38</sup> *For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, <sup>39</sup> nor height, nor depth, nor any other created thing will be able to separate us from God's love which is in Christ Jesus our Lord.*
  - **NOTE:** This Scripture conveys that trouble or not getting exactly what you want in life doesn't mean that God is not with you, or that He doesn't love you - but that life is often uncertain in nature, but what is certain is God's everlasting love for His children (Christians i.e. people who have, or will receive the Holy Spirit).
- **1 John 4:21–<sup>21</sup>** *This commandment we have from him, that he who loves God should also love his brother.*
- **Genesis 30-31:** The story of God compensating Jacob for all his hard work, when his father-in-law, Laban, purposefully tried to cheat him out of an honest means of living. Laban's actions were evil because he clearly had no issue profiting from the exploitation of Jacob's talents, skills and abilities.
- **Genesis 37-50:** The story of Joseph the son of Jacob, who was a good man that was wronged by others in life, but remained faithful to God and His ways, and was rewarded for it. The story of Joseph also demonstrates that no matter whether you are good, bad, rich, poor, or middle-class, everyone lives according to God's grace—which He can grant or deny as He sees fit.

# THE ACT OF TRUST

## **The act of trust is believing in God to guide you in life**

The fullness of trust is to live with confidence in the Lord, the Most High God, and His almighty power, no matter how visible or invisible it may be. This means that in whatever and however things happen you believe in the Lord's ability to lead or guide you through it. It's a sense of knowing that if you do what's right, then God will always do right by you according to His great wisdom and power...and of course His goodness, grace, love and mercy. The act of trust is what helps to minimize fear, which is typically associated with the uncertainties that life presents to each and every person in a different way.

**The Positive Side of Trust...**When you learn to trust in the Lord, the Most High God, you become more secure when the storms, waters and fires of life pass by (Biblical metaphors for the challenges or troubles of life, psalm 66:12). This is because you believe that one way or another God will help you overcome your troubles and life's challenges through His infinite and almighty wisdom and power –especially the troubles and challenges that are above and beyond your own, or anyone's capacity and comprehension (Psalm 57, Isaiah 55:8-9).

**The Negative Side of Trust...**It's hard when things in life happen in a way that you didn't expect or hope for. It makes you think why couldn't God do this or that? Especially when you know and believe that He has all the power in the world and more. But in reality and all truth, God has His will, and within His will is His desire to teach you the lessons of life, which are the greatest and most effective learning tools of character development. Furthermore, you don't know what road God may be leading you down, and this is where trusting God can become difficult – but when you trust in tough times, the trust you have in God can only grows stronger.

**The Balancing Act...**In life, anything can happen! For example, you could see something coming, and think it would go one way, but then it goes another

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way; you could think something would never happen, but then it does; or something you never believed or could ever comprehend could happen. All the aforementioned simply demonstrates that the human condition is defined by things greater than ourselves, such as all things that are divine and the complexities of life—particularly all that is unknown or misunderstood, which are the uncertainties of life. However, trusting in the Lord, the Most High God gives you the security to move forward when everything else seems uncertain. As only God knows the exact future and how all things will happen, which includes how Scriptural prophecies are fulfilled, therefore, for Christians the Lord, the Most High God becomes your certainty, because you know that He can make something of your life, and therefore your future.

Think of it this way: if you looked back in life, and tried to make a plan for the future (now), you would realize that you could have never actually predicted exactly what experiences were important and which ones were not; what you gained or what you should have let go of; what was helpful and what was not; and what was good for you, and what was bad for you, and why? However, through self-reflection the why can be made known to the self, which helps you fix the things that you now understand to be “bad”. This is simply the process of repentance, but Christians must trust God to lead them through it. Above all things remember that it’s not in God’s character to lead His children to nowhere or nothing, nor does He help them endure troubles in vain – and so, Christians must learn to put their trust in the Lord, the Most High God.

- Remind yourself that God has gotten you this far in life, and continue to trust and believe that He is able to preserve your life and soul. Therefore, you should thank Him for the fact that you are alive especially if you (1) truly value the salvation of your soul and (2) desire a future and a hope in the upcoming years. Of course this is only relevant to those who are genuinely repentant, and not people who are known to practice falsehood.

# THE ACT OF TRUST

- Write and say a prayer to God asking Him to help you trust Him more.
- Find a Biblical story that inspires your trust in God, and remind yourself of it especially when you feel that your trust in God feels fragile.

Scriptures For Reaffirming Your Trust in God and Reminding You of His Trustworthiness...

- *Proverbs 3:1-6* —<sup>1</sup>My son, don't forget my teaching; but let your heart keep my commandments: <sup>2</sup>for they will add to you length of days, years of life, and peace. <sup>3</sup>Don't let kindness and truth forsake you. Bind them around your neck. Write them on the tablet of your heart.<sup>4</sup>So you will find favor, and good understanding in the sight of God and man.<sup>5</sup>Trust in Yahweh with all your heart, and don't lean on your own understanding.<sup>6</sup>In all your ways acknowledge him, and he will make your paths straight.
- *Isaiah 26:3*—<sup>3</sup>You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.
- *Jeremiah 17:7*—"Blessed is the man who trusts in Yahweh, and whose confidence is in Yahweh.
- *Psalms 56: 3*—<sup>3</sup>When I am afraid, I will put my trust in you.
- *Psalms 40:4*—<sup>4</sup>Blessed is the man who makes Yahweh his trust, and doesn't respect the proud, nor such as turn away to lies.
- *Psalms 91:2*—<sup>2</sup>I will say of Yahweh, "He is my refuge and my fortress; my God, in whom I trust."

# THE ACT OF OPENNESS

The act of openness is the things you are comfortable saying to God in prayer.

Openness is important in your relationship with the Lord, the Most High God. The more open you are with God the better, simply because it means that you are comfortable in your relationship with Him. It could be said that the more comfortable you feel expressing things to the Lord, the Most High God, the more genuine your relationship truly is.

**The Positive Side of Openness...**The more open you are with God, the more comfortable you feel about sharing things with Him, and this makes the issues of life not seem like taboo (even when they are). God knows more about you than you know yourself, so there's no point of pretending or "hiding" things. With God you are more than welcome to put it all on the table in prayer; and if you do so God can help you sort it out, if you pro-actively make changes to resolve the issues. Keep in mind that God knows everything that has happened, is happening and will happen; He also knows the taboo, of the taboo, so it's not like you can shock Him. Therefore, you are encouraged to always speak with honesty towards the Lord, the Most High God — after all, it's repeatedly mentioned in the Bible that God likes honesty and hates dishonesty!

- Write down difficult topics first and then say them to God in prayer: (1) the issue (2) what you will do to resolve it (3) asking for God's help in overcoming the issue. This ensures that what you say is done respectfully (and honestly). Also, doing this avoids any mouthy mishaps (regretting how you said something).

**The Negative Side of Openness...**Knowing how to say things to God can be troublesome for subjects that are emotional: especially when you are emotional yourself, or if you have a tendency to project your emotions i.e. you are angry at (a) for (c), but you get angry at God (or other people) instead. When things like this happen, it can give rise to disrespectful and regretful words said towards God (or other people) – and this can make things awkward

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on your end — but God is always God, it's never awkward for Him. This can lead to hesitation or uncertainty in what you say to God because you may feel the need to avoid certain subjects, and so, you end up feeling like you cannot speak about such things. A lack of honest communication between yourself and God is what hinders the establishment of a genuine relationship, and so, you are encouraged to speak to God in prayer because it's how you bond with Him.

- Prayer is basically you talking to God, so you can make what you like of it, just remember it's always good to give praise and thanks before you begin. More so, there are some things that you share with God only, and not with other people i.e. confessing taboo, which is generally not helpful or interesting. The necessity for honesty in prayer is expressed by the Gospel of Thomas (37), where the stripping of clothing and trampling of it underfoot is a metaphor for confessing sins and repenting of your old garments, which represents a sinner's lifestyle—and as a “born anew Christian child” you then anticipate the home-coming of your Heavenly Father, the Lord, Jesus Christ.

Scriptures For Reminding Yourself that it's Good To Be Open With God...

- *Psalm 142:1-3*—<sup>1</sup>I cry with my voice to Yahweh. With my voice, I ask Yahweh for mercy. <sup>2</sup>I pour out my complaint before him. I tell him my troubles.
- *Job 32:19-20*—<sup>19</sup>Behold, my breast is as wine which has no vent; like new wineskins it is ready to burst. <sup>20</sup>I will speak, that I may be refreshed. I will open my lips and answer.
- *Philippians 4:4-7*—<sup>4</sup>Rejoice in the Lord always! Again I will say, “Rejoice!” <sup>5</sup>Let your gentleness be known to all men. The Lord is at hand. <sup>6</sup>In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

# THE ACT OF COMFORT

The act of comfort is feeling at peace with yourself and with God.

Comfort (peace) is the result of faith, hope, love, trust and openness with God. After all the Lord, the Most High God, is the God of all comfort, as it is written:

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; <sup>4</sup> who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God. ~ 2 Corinthians 1:3-4

The Positive Side of Comfort...Comfort is priceless in value, and to know it and keep it is like nothing else: it is one of the gifts of God acquired through the act of life itself; but to each and every person it's a lesson learnt in different ways and at different times, as each person has their own strengths and weaknesses; likes and dislikes; particular experiences or lack of experiences; and needs and wants – yet what you want is not necessarily what you will get, which is both a promise and guarantee in life. Hence, in life the lesson that most people learn is typically the same, and the lesson is that it's good to be "good", otherwise society turns into an inescapable nightmare no matter where you go, as it is just that trouble presents differently in each country and place in their own ways, whether it is living conditions, war, civil unrest or living amongst unfortunate neighbors (literally) and people who demonstrate a wholehearted dedication to "occulture" (my persecution still continues to this day). Therefore, in goodness, peace is found because you're not burdened in mind, heart, body, soul or spirit by wrongdoing towards God or other people – instead you remain innocent and blameless, and can therefore live life without fear of what's to come because You know that God is with you, and this is the greatest comfort of all.

- Write and say a prayer to God asking Him to help you find comfort in life.

The Negative Side of Comfort...Comfort is something that can be hard to come by in life: you may have little, some, but complete comfort is a rarity –



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it is truly a priceless gift that is found in genuine faith, and so, blessed are those who ask, seek and knock, because it's those who are pro-active in their faith and lifestyle change who find comfort in it i.e. comfort through faith is a metaphorical door that is opened, meaning that the answers to your own comfort are not found with another person, it is found within the self.

- **Make a list of hobbies or interests that you enjoy, and do them whenever you feel stressed or upset.** This can provide a means of “de-stressing”, which helps to minimize the projection of your own issues onto other people.

## Scriptures For Finding Comfort In Yourself And With God...

- *Job 8:20* — <sup>20</sup>“Behold, God will not cast away a blameless man, neither will he uphold the evildoers.
- *Psalms 94:18-19* — <sup>18</sup>When I said, “My foot is slipping!” Your loving kindness, Yahweh, held me up.<sup>19</sup> In the multitude of my thoughts within me, your comforts delight my soul.
- *John 14:27* — <sup>27</sup>Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.
- *Matthew 7:7-11* — <sup>7</sup>“Ask, and it will be given you. Seek, and you will find. Knock, and it will be opened for you. <sup>8</sup>For everyone who asks receives. He who seeks finds. To him who knocks it will be opened. <sup>9</sup>Or who is there among you who, if his son asks him for bread, will give him a stone? <sup>10</sup>Or if he asks for a fish, who will give him a serpent?
- **NOTE:** This scripture does not mean that by praying you will get everything that you want—that is simply delusion and fantasy. It means that when you pray, God knows best, and so, he determines what is “good things” (Proverbs 16:1, James 4:13).



## ABOUT THE AUTHOR

The author, Chinasom Uzodimma Elekwachi, has a background in scientific research and experience in teaching and education, which are skills, experiences and knowledge that have contributed greatly to the creation of this book. This book contains Bible study commentary from the author's personal faith journals, which have been remodelled and stylized for the purpose of Christian education. The wisdom of this book is the result of many years of Biblical study, research and Christian practice (lifestyle)—all of which was given by the grace of God, so that many may come into His salvation.

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