



**FOUR STABILIZING TRUTHS
FOR HANDLING TROUBLE**

Ken Collier and Kelly Collier

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Written by Kelly Collier as a Bible study adaptation of Ken Collier's
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STOP AND “THINK BIBLE”

In the middle of a difficult trial—or even just in the middle of a difficult day—our thoughts can easily spiral out of control. And spiraling thoughts often lead to spiraling emotions. This dual momentum of thoughts and feelings can be difficult to control—especially when we feel hopelessness weighing us down. Memorizing the four stabilizing truths can help us halt the downward spiral and “think Bible” instead. You may find it helpful to write out the Four Stabilizing Truths on a note card to use as a memory aid, carrying it with you or hanging it in a prominent place where you will see it often.³ Allow the four stabilizing truths to help you “think Bible” in times of trouble!

FOUR STABILIZING TRUTHS:

1. God’s LOVE for me will never change.
2. God’s PURPOSE for me is Christ-likeness.
3. God’s WORD to me is the final, right answer.
4. God’s GRACE for me is sufficient.

³Print pre-made cards at beholdglory.org/printable-resources.

FOUR STABILIZING TRUTHS FOR HANDLING TROUBLE

We live in a very unstable world. But it hasn’t always been this way. After creating the world, God looked on His work and called it “very good” (Gen. 1:31). His perfect world ordered by His wise design resulted in a creation that lived in abundance, blessing, and stability. Sin changed all of that. The good blessing God intended for His creation to experience was marred by the entrance of sin. Sin produced a world full of trouble and instability. You have felt the effects of this reality recently, haven’t you? This past year. This past month. Today. But lest we despair, we must remember that there is an even greater reality at work. *God* is at work. He is “on a mission to redeem and restore” fallen man “to the image of His Son to the praise of His glory.”¹ And He is such a powerful Redeemer that He uses even the trouble caused by sin in this world to work towards His own purposes to restore His children to the likeness of Christ (Rom. 8:28-29).

Every human being who has ever lived after Adam and Eve has lived in a world corrupted by sin. All people suffer as a result of living in a sin-cursed world. All people suffer as a result of their own sinful choices and the consequences that result. But not all people have the privilege of seeing God work on their behalf to reverse the trajectory of suffering. With God, no suffering is ever pointless. With God, suffering becomes a tool that actually works for the good of those who trust Him. With God, suffering leads to glory (2 Cor. 4:17-18; Rom. 8:18; 1 Pt. 1:6-7).

We don’t have a choice about facing suffering in this life. Because we are human, we live with this reality. Job, one of the greatest examples of suffering presented in Scripture, spoke these words: “man who is born of woman is few of days and full of trouble” (Job 14:1). Do a simple word search on “suffering” in the New Testament and it will reveal that suffering is not only normal but *expected* for those who are in Christ (2 Tim. 3:12). It makes sense that those who are united to Christ share not only in His triumphant resurrection, but also in His suffering (Rom. 8:16-17).

¹Jim Berg, *Essential Virtues* (Greenville: JourneyForth, 2008), 134.

But while suffering is our traveling partner through this life, instability does not have to be. Trouble will come. But we have a choice about how we face it. God gave us His Word, His Spirit, and other believers to help us navigate the storms of life. Will we “lean to our own understanding” (Pr. 3:5; Jer. 9:23) and seek to make life work apart from God? Such a choice reveals a lack of trust in God’s competence and care. Or will we learn, through careful meditation and prayerful application of Scripture, to “think Bible” about the trouble we face and learn to lean on His wisdom and desire to bring Him glory through our suffering (Pr. 3:5-8; Jer. 9:24)? Such a response reveals a growing trust in God. “Only two ways before our eyes, the way of the fool or the way of the wise.”² The study that follows is designed to help us choose the way of wisdom.

The Four Stabilizing Truths

Years ago, Ken Collier captured four key truths from Scripture that helped him face trouble in his own life. He called them his “four stabilizing truths.” He writes:

Even the great ships that sail the oceans realize the heavy cargo is not just a heavy burden, but it serves as ballast to help the ship ride low and stably through the stormy seas. When the storms in our lives rage furiously, we need the heaviness and comfort of the promises of God that help us sail securely and stably through our personal trials. Here are **four stabilizing truths** from God’s heart to your heart. They never change. Knowing and believing them will help you navigate safely in the storms of life.

God uses His Word to change us (2 Cor. 3:18). Through memorizing key passages of Scripture and prayerfully meditating on and applying those passages to our lives, we can come to know and believe these truths—not just during seasons of smooth sailing, but even when the storms of life are raging. Knowing and believing Who God is and what He says will add stability to our lives.

² This saying was adapted by Jim Berg from Ken Collier’s original statement: “Only two choices on the shelf, pleasing God or pleasing self.”

What I believe/desire:

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What I say/do:

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SHARE

- Share what you are learning with God through prayer. He already knows! But it is good for us to take time to respond to God, praising Him for the things about Him that are always true and asking for His enabling to grow in the areas where the Spirit has convicted you. Write out a simple prayer to God in the space below:

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- Share what you are learning with another believer.

APPLY

- How should you *believe* and *live* differently because of this stabilizing truth? Use the space below to record specific action steps you need to take in response to what God has shown you in His Word. Prayerfully consider your **relationship with God** as well as **your relationships with other people**. Target both your **inner man** (mind, affections, will) and **outer man** (what you do/say).

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How to Do THIS STUDY

Over the course of the next four weeks, we will focus on one stabilizing truth each week, seeking to do the following:

Memorize

- Commit the stabilizing truth to memory.
- Memorize one of the listed passages that corresponds to the stabilizing truth.

Meditate

- Read through each of the listed Scripture passages that relate to this stabilizing truth.
- Add additional verses that you know or discover on your own which fit with this stabilizing truth.
- Journal answers to the meditation questions that are provided.
- Seek to identify one Bible example of a person who lived according to this stabilizing truth.

Apply

- Make personal application of this stabilizing truth to your own life. Share
- Share what you are learning with God through prayer.
- Share what you are learning with another believer.

STABILIZING TRUTH #1:
God's LOVE FOR me WILL never change.

The most consistent thing about you is not how much you love God but how much God loves you. He has never “not loved” you. His love has never been off of you, not for one second. He always loves you. There’s not one thing you can do that will make Him love you more—or less. God’s love for you is unchanging.

1 John 4:9-10 *In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.*

1 John 4:16 *So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.*

1 John 4:19 *We love because he first loved us.*

Jeremiah 31:2-3 *Thus says the LORD... I have loved you with an everlasting love; therefore I have continued my faithfulness to you.*

Romans 5:7-8 *For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us.*

Romans 8:35-39 *Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, “For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

5. Use the space below to capture any personal lessons the Lord taught you through your study this week:

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- Seek to identify at least one Bible example of a person who lived according to this stabilizing truth. Record your insights in the space below.

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**STABILIZING TRUTH #4:
God’s GRACE FOR me IS SUFFICIENT.**

In our own strength, we cannot see how we can stand the trial. However, the grace of God grants us divine help to carry us through the trial. By His grace, He will help us be what we should be and do what we should do right now. Have you seen Christians go through horrible trials and come out of them knowing and loving God more? Have you seen Christians become hurt, angry, and bitter towards God in trial? The difference is believing God’s Word and accepting God’s grace in times of need. God’s grace is sufficient.

2 Corinthians 9:8 *And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.*

2 Corinthians 12:8-10 *Three times I pleaded with the Lord about this, that it should leave me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*

2 Timothy 2:1 *You then, my child, be strengthened by the grace that is in Christ Jesus.*

Titus 2:11-14 *For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.*

Hebrews 4:15-16 *For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

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Relationship with other people:

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STABILIZING TRUTH #3:

God's WORD TO me IS THE FINAL, RIGHT ANSWER.

The Bible is complete. God needs to say nothing more, nothing less, and nothing different than what He has already said. The Bible is true and speaks to your needs today! We can trust God's words and obey God's words even when we do not understand His ways. Regardless of how we feel, hope comes in our life every time we trust and obey what the Bible says. It is the final, right answer.

Joshua 1:8 *This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

Psalm 1:1-3 *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.*

Psalm 19:7-11 *The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.*

2 Timothy 3:15b-17 *...the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*

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