

# **Make The Lord Jesus Your Refuge**

(By Rev. Anthony Menzel, 7 February 2021)

\*\*\*We are all going to fall sometimes.

## **1 John 1:8-10**

We can only be perfect in repentance and in our love for God and others...

## **1 John 4:18**

**18** There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Show love to everyone...

## **Matthew 5:43-48**

**43** "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' **44** [o]But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, **45** that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. **46** For if you love those who love you, what reward have you? Do not even the tax collectors do the same? **47** And if you greet your [p]brethren only, what do you do more *than others*? Do not even the [q]tax collectors do so? **48** Therefore you shall be perfect, just as your Father in heaven is perfect.

We shouldn't beat ourselves up too much when we fall...

## **Mark 11:25-26**

Sincere repentance means that we are going to try not to make the same mistake again...

Sometimes we need to apologize to others...

If they receive our apology, that is ideal...

If they don't receive our apology, then we still have to forgive ourselves...

The only other thing we can do is pray...

The Lord Jesus can fix what appears impossible to fix...

### **Matthew 19:26**

\*\*\*We should make our goal to avoid sin in the first place...

Since I know that I will always make mistakes, my goal has become to limit my mistakes to what I think and feel, as opposed to what I do and say...

For I know that what I do and say can hurt other people, whereas only the Holy Trinity knows what I think and feel...

I don't want to grieve or sadden the Holy Spirit either...

However, He is a lot stronger than my fellow humans, and I can easily turn His sadness into joy simply by repenting...

How can we limit our sins to our thoughts and feelings, as opposed to our words and actions?

1. When you are upset, take refuge in God's Word...

### **Proverbs 18:10**

The Bible says that the Lord Jesus is the Word of God in Action or the Verb of God...

So if we run to the Word and start reading and meditating on It when we are upset, we are literally making the Lord Jesus our refuge...

1. When you are upset, as you read the Word of God, refuse to speak until you feel peace from God to do so...

If you start getting upset again, stop speaking...

Do not lash out in anger...

## **James 1.19-20**

**19** [c]So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; **20** for the wrath of man does not produce the righteousness of God.

## **Psalm 141:3**

**3** Set a guard, O Lord, over my mouth;  
Keep watch over the door of my lips.

Make it the main goal of your heart not to hurt others...

## **Psalm 37:1-11**

**37** Do not fret because of evildoers,  
Nor be envious of the workers of iniquity.  
**2** For they shall soon be cut down like the grass,  
And wither as the green herb.  
**3** Trust in the Lord, and do good;  
Dwell in the land, and feed on His faithfulness.  
**4** Delight yourself also in the Lord,  
And He shall give you the desires of your heart.  
**5** Commit[a] your way to the Lord,  
Trust also in Him,  
And He shall bring *it* to pass.  
**6** He shall bring forth your righteousness as the light,  
And your justice as the noonday.  
**7** Rest in the Lord, and wait patiently for Him;  
Do not fret because of him who prospers in his way,  
Because of the man who brings wicked schemes to pass.  
**8** Cease from anger, and forsake wrath;  
Do not fret—*it* only *causes* harm.  
**9** For evildoers shall be [b]cut off;  
But those who wait on the Lord,

They shall inherit the earth.

**10** For yet a little while and the wicked *shall be no more*;  
Indeed, you will look carefully for his place,  
But it *shall be no more*.

**11** But the meek shall inherit the earth,  
And shall delight themselves in the abundance of peace.

Above all because you want to please the Lord Jesus...

### **John 13:34-35**

Also to avoid suffering due to God's punishment...

### **Matthew 18:1-9**

**18** At that time the disciples came to Jesus, saying, "Who then is greatest in the kingdom of heaven?"

**2** Then Jesus called a little child to Him, set him in the midst of them, **3** and said, "Assuredly, I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven. **4** Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven. **5** Whoever receives one little child like this in My name receives Me.

### **Jesus Warns of Offenses**

**6** "But whoever causes one of these little ones who believe in Me to sin, it would be better for him if a millstone were hung around his neck, and he were drowned in the depth of the sea. **7** Woe to the world because of [a]offenses! For offenses must come, but woe to that man by whom the offense comes!

**8** "If your hand or foot causes you to sin, cut it off and cast *it* from you. It is better for you to enter into life lame or maimed, rather than having two hands or two feet, to be cast into the everlasting fire. **9** And if your eye causes you to sin, pluck it out and cast *it* from you. It is better for you to enter into life with one eye, rather than having two eyes, to be cast into [b]hell fire.

1. Continually fill yourself with God's Word...

**Psalm 119:105** Light unto my path...**Josh 1:8**...**Luke 6:45**—out of the abundance of the mouth the heart speaks