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."[1] 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 Corinthians 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.

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:

Meditate & Memorize

- Read through each of the listed Scripture passages that relate to this stabilizing truth.
- Commit the stabilizing truth to memory.
- Memorize one of the listed passages that corresponds to the stabilizing truth.

Apply

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

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. Allow the four stabilizing truths to help you "think Bible" in times of trouble![2]

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[1] This study has been adapted from Ken Collier's original content created for use at The Wilds Christian Association, Inc.; © 2017.

[2] You can print notecards and bookmarks to help with memorization at https://beholdglory.org/printable-resources/.

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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 was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.*

1 John 4:16 *And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.*

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

Jeremiah 31:3 *The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.*

Romans 5:7-8 *For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. But God commendeth his love toward us, in that, while we were yet 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 peril, or sword? As it is written, For thy sake we are killed all the day long; We are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

STABILIZING TRUTH #2: God's PURPOSE for me is Christ-likeness.

Be assured that there is a reason for your burden and trial today. God wants you to be like His Son, and He allows trials to teach the heart to respond like Christ would in attitude and action. God allows trouble to make us more like Christ. Sometimes our wish is to be happy, but God's desire is to make us "holy," like His Son. God's purpose for you in trials is always Christ-likeness.

John 13:14-17 *If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them.*

Romans 8:28-29 *And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.*

2 Corinthians 3:18 *But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.*

1 John 2:6 *He that saith he abideth in him ought himself also so to walk, even as he walked.*

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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 out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

Psalm 1:1-3 *Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, Nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; And in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, That bringeth forth his fruit in his season; His leaf also shall not wither; And whatsoever he doeth shall prosper.*

Psalm 19:7-11 *The law of the LORD is perfect, converting the soul: The testimony of the LORD is sure, making wise the simple. The statutes 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 for ever: The judgments of the LORD are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: Sweeter also than honey and the honeycomb. Moreover by them is thy servant warned: And in keeping of them there is great reward.*

2 Timothy 3:15b-17 *…the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. 16All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: 17that the man of God may be perfect, throughly furnished unto all good works.*

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 toward you; that ye, always having all sufficiency in all things, may abound to every good work.*

2 Corinthians 12:8-10 *For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*

2 Timothy 2:1 *Thou therefore, my son, be strong in the grace that is in Christ Jesus.*

Titus 2:11-14 *For the grace of God that bringeth salvation hath appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.*

Hebrews 4:15-16 *For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. 16Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*

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