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 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.*

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 Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them."*

Romans 8:28-29 *And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.*

2 Corinthians 3:18 *And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

1 John 2:6 *Whoever says he abides in him ought to walk in the same way in which 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 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.*

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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