

BIBLICAL BOOK EXCERPTS

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Biblical Addiction Treatment Book Excerpt

Regardless of whether you are trying to break free from illicit drugs, nicotine, alcohol, prescription medications, sex, pornography, gambling, video games, internet surfing, watching TV, shopping, stealing, food, sugar, working or exercising, you have to combine spiritual, mental and medical interventions and form your own holistic deliverance ministry and deliver yourself from addiction.

1. Pray

The first spiritual intervention is to pray for yourself. As you pray, use Scriptures since awesome Bible verses are the foundation of any deliverance ministry and Christian spiritual warfare because the Word of God is the Sword of the Spirit that God has given us to fight with. (Ephesians 6:17)

Scriptures that you can use to pray for yourself include:

- 1. Father God I ask You in the name of Jesus to strengthen me so that I will not be overcome by evil but instead will overcome evil with good.** (Romans 12:21)
- 2. Father God I ask You in the name of Jesus to help me so that I may always see the way of escape when I am tempted to engage in (*name the addictive behavior*) and strengthen me so that I can take the escape route and overcome the temptation.** (1 Corinthians 10:13)
- 3. Father God I ask You in the name of Jesus to Direct my steps by Your word O God and do not let sin dominate me and my life.** (Psalm 119:133)

In addition to praying for yourself, ask your Pastor to pray for you and attend Deliverance services so that you can learn different spiritual warfare prayers and receive deliverance from addiction.

2. Get Saved

The next Biblical addiction treatment step is to put on the helmet of salvation since it is part of the armor of God that we need to put on to fight our spiritual battles. (Ephesians 6:14-17)

All you need to do to put on this helmet of salvation is to say with your mouth that Jesus Christ is Lord and believe in your heart that God raised Him from the dead when He died for our sins and you will be saved. (Romans 10:9) Therefore, invite Jesus into your life and ask Him to help you overcome the addiction.



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Biblical Anger Management Book Excerpt

It is important for one to learn effective anger management techniques since anger, like fire, can destroy you if you let it manage you, instead of you managing it.

Therefore, learn from Moses who lost his chance to enter the Promised Land because he became angry when the Israelites complained and quarreled him because they did not have drinking water. (Numbers 20:2-5) Moses and Aaron then sought the Lord who told Moses to speak to the rock.

Moses, instead of speaking to the rock, asked the Israelites, “Hear now, you rebels, must we fetch water for you out of this rock?” (Exodus 20:10) and then he struck the rock twice. Bang. Bang.

Chances are that Moses disobeyed God and banged the rock because he was angry with the Israelites for they had been a difficult people to lead because of their persistent complaints. But, whatever his reason for striking the rock, it cost him a lot for God said to him, Because you did not believe me, to sanctify me in the eyes of the children of Israel, therefore you shall not bring this congregation into the land which I have given them. (Numbers 20:12)

Therefore follow these Christian anger management tips and self help strategies so that you can manage anger rather than letting it manage you and destroy your testimony, your life, your family and even your career:

1. Refuse To Get Angry Quickly

When people issue inflaming statements or do annoying things to you, **Be slow to anger.** (James 1:19) Do not let them provoke you until you lose your temper.

If you feel the fire of ire rising within, begin counting to forty silently while taking deep breaths each number so that you can cool the burning embers before they burst into uncontrollable flames.

If you can, walk away from the situation. But if you are stuck with them like Moses was stuck with the Israelites in the wilderness for forty years, just take slow, deep breaths as you count silently to forty and remind yourself that **A person who is slow to anger is better than one who is mighty** (Proverbs 16:32)

Other Scriptures that you can meditate on to cool your temper and detach yourself mentally and emotionally from the burning issue before it burns you are:

1. **Do not be angry and turn away from rage.** (Psalm 37:8)

2. **Man’s anger does not bring about the righteousness that God desires.** (James 1:20)



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Biblical Assertiveness Training Book Excerpt

How to Assert Yourself to Superiors

Asserting yourself is a direct way of expressing your feelings and needs clearly, politely and without hurting the other party's feelings or minimizing what you want to say.

To help you assert yourself to people who are your superiors like your boss, secular or religious leaders and those in authority over you, remember the following assertiveness ASSERT mnemonic:

A Assess your problems, feelings, goals, right, needs and wants

S Set a convenient time and place to meet

S State the problem clearly

E

R

T

A perfect example of how to assert yourself to your superiors by applying the assertiveness ASSERT mnemonic is found in the book of Joshua where we can see Caleb asserting himself to Joshua who was his superior since God had chosen him to lead the Israelites after Moses had died.

A Assess your problems, feelings, goals, right, needs and wants

Caleb assessed his situation and felt that he had a right to own Mount Hebron because it had been promised to him.

S Set a convenient time and place to meet

Caleb approached Joshua in a place called Gilgal. (Joshua 14:6)

S State the problem clearly

Caleb said to Joshua, “**45 years have passed since God told Moses that I should be given Mount Hebron and it is still not in my possession.**” (Joshua 14:10)

E



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Biblical Conflict Resolution Book Excerpt

The 10 Biblical Conflict Resolution Principles are:

1. Prepare For It

Preparing will help you resolve your conflicts faster and leave the negotiation table content. To help you decide what you want to achieve from the conflict resolution process write down:

- A. All your interests that are threatened by the conflict in order of importance.**
- B. How you want the conflict to be resolved.**
- C. What you are willing to concede as you compromise to reach a solution.**
- D. What you want to retain as you negotiate to reach a solution.**

From Abigail, we can learn how to prepare effectively using the above steps:

- A. All your interests that are threatened by the conflict in order of importance.**

Abigail's interests that were threatened by the conflict between her husband Nabal and David were the lives of all the men in her family and working for her for

David said to Abigail: "... Surely by morning light no males would have been left to Nabal!"

- B. How you want the conflict to be resolved.**

Abigail wanted the conflict to be resolved and the men's lives spared for she said to David, **"That this will be of no grief to you, nor offense of heart to my lord, either that you have shed blood without cause, or that my lord has avenged himself."**

- C. What you are willing to concede as you compromise to reach a solution.**

In order to compromise and reach a solution, Abigail was willing to "trade off" some things for she **Took 200 loaves of bread, 2 skins of wine, 5 sheep already dressed, 5 seahs of roasted grain, 100 clusters of raisins, and 200 cakes of figs, and loaded them on donkeys.**

- D. What you want to retain as you negotiate to reach a solution.**

As she compromised, Abigail wanted to retain the lives of the men of her household and business as evidenced by her words (see **B** above).



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Biblical Depression Management Book Excerpt

The Bible can teach us effective ways of coping with depression because many people in the Bible were either depressed or dealing with depressing circumstances.

Examples of people who were depressed include Elijah after Jezebel threatened to kill him, Jonah in the belly of the whale and Job after he lost his family and possessions.

Examples of people who were in depressing situations include Queen Esther after Haman planned to kill the Jews, Joseph after he was imprisoned on trumped up charges. These principles include:

1. Pray

James 5:13 tells us to pray if we are suffering. Therefore, cry out to God in prayer if you are suffering from depression because God promises that if **You call on Him, He will answer you and He will be with you in trouble and He will deliver you.** (Psalm 91:15)

Emulate Jonah because when depression engulfed him, for he said, **“When my soul fainted within me, I remembered you God and my prayer went up to You in Your holy Temple.”** (Jonah 2:7)

Jeremiah also called out to God when he was inside the ditch of depression and God heard his voice from deep inside the ditch and delivered him. (Lamentations 3:52-56)

Therefore, regardless of how deep you have fallen into the pit of depression, cry out to God because He will listen to your prayers and help you climb or crawl out of it. God can also command the whale of depressing circumstances that has swallowed you to release you just as He commanded the whale that had swallowed Jonah to release him when he prayed.

Therefore, pray for yourself whenever you begin to feel blue. The following is a simple sample prayer you can pray to help you overcome depression:

Save me O my God!

For problems have come up to my neck.

I am sinking in deep depression,

I am in deep trouble and problems overwhelm me.

I am tired of crying and my prayer is to You.

O Lord, in the multitude of Your mercy hear me.



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Biblical Goal Setting Book Excerpt

The following are the ten Biblical steps you need to take if to set and achieve your goals in life:

1. Pray Over The Goal

The first step to achieving your goals in life is to pray over the goals.

Learn from David when he and his men's returned to their homes in Ziklag and found that their houses had been razed and their wives and children kidnapped by the Amalekites for **David inquired of the Lord saying, "Shall I pursue after this troop?"** (1 Samuel 30:8)

David did not set a goal of setting out immediately before seeking the Lord's direction. God then encouraged him to set out on his goal getting back his family by saying, **"Pursue, for you shall surely overtake them and recover everything."** (1 Samuel 30:8)

As a result of acknowledging God, God directed David's path and he and his men found an Egyptian who had been a servant of one of the kidnapping Amalekites.

This Egyptian had been left to die in the field by his master when he fell sick and he led David and his men to the hideout of the Amalekite attackers.

David and his men were therefore able to find and fight the Amalekites and they recovered all their family members and all their property. (1 Samuel 30:11-19)

Therefore, **Do not be wise in your own eyes.** (Proverbs 3:7) Or, in other words do not consider yourself so wise that you do not need God's guidance. Instead, **In all your ways acknowledge God and He shall direct your paths.** (Proverbs 3:6)

Seek God's direction before you set out to set your goals because He can help you save time and money for David and his men could have wasted days and even weeks looking for the Amalekites' hideout if the Lord had not directed their paths to the ailing Egyptian who was willing to lead them to his cruel master.

In addition, the Bible also tells us that **"If any person lacks wisdom, let them ask God who gives to all liberally and it shall be given to them."** (James 1:5) Therefore, ask for the wisdom to set and pursue the right goals in the sight of God.

But, there is a caveat to receiving this wisdom for the next verses say, **"But let that person ask in faith, without wavering because the person who wavers is like a wave in the sea tossed by the wind. Let not that person think that they shall receive anything from the Lord because**



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Biblical Marriage Stress Management Book Excerpt

Regardless of whether your marriage is being stressed by adultery, infertility, in-laws or insolvency, you have to do the following so that you can deliver it from the claws of divorce:

1. Pray

Pray and ask God to heal your relationship the way he healed Mary's when she discovered she was pregnant and Joseph wanted to terminate their relationship because God appeared to him in a dream and said, "**Joseph do not be afraid to marry Mary**". (Matthew 1:20)

Therefore acknowledge that there are things that God can do for your marriage that no one else can and seek His help first through prayer. As you pray, use Scriptures since the Word of God is the Sword of the Spirit that God has given us to fight with. (Ephesians 6:17) Scriptures that you can use as prayers for your marriage include:

- 1. Father God, since Word says, "What God has joined together, let not man separate" I pray in the name of Jesus that no man or woman or power or problem will be able to come between my spouse and I and cause us to separate or divorce.** (Adapted Matthew 19:6)
- 2. Father God, your Word says "A husband is not to divorce his wife and A wife is not to depart from her husband." (1 Corinthians 7:10-11) Therefore I ask You in the name of Jesus to intervene so that my spouse and I do not separate physically, mentally and emotionally.**
- 3. Father God, Your Word says, "The Lord God of Israel says that He hates divorce." (Malachi 2:16) Therefore I ask You in the name of Jesus to help us find a solution for our marital problems so that we do not divorce.**
- 4. Father God, Your Word says that, "A man shall leave his father and mother and be joined to his wife." (Ephesians 5:31) Therefore I ask You in the name of Jesus to help us resolve the problems with our in-laws who are causing conflicts in our marriage.**
- 5. Father God, Your Word says that, "A man shall leave his father and mother and be joined to his wife and the two of them shall become one flesh." (Ephesians 5:31) Therefore I ask You in the name of Jesus to heal the sexual issues that are affecting our marriage so that we can be joined together as one flesh.**
- 6. Father God, Your Word says, "Marriage is honorable and the marriage bed should not be defiled." (Hebrews 13:4) Therefore I ask You in the name of Jesus to strengthen me so that I resist this temptation of having an extramarital affair.**



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Biblical Money Management Book Excerpt

The Bible is the best Book to teach us financial stress management since it contains numerous examples of men and women who solved their financial problems and prospered financially with God's help or His prophets like Elijah and the Zarephath widow in the first book of Kings and Elisha and the widow whose two sons were going to be repossessed by her creditor in the second book of Kings.

The Bible is also an excellent source for Christian personal finance principles since it is full of prosperous men and women like Abraham, Isaac, Jacob, Solomon and the Proverbs 31 woman to mention just a few. These Biblical money management principles include:

1. Ask for God's Blessing

The first principle of Biblical prosperity is to pray and ask for God's blessing.

In the book of Genesis we see that Jacob asked God to bless him and God blessed him. We also see that as he was asking God to bless him, he was not a poor man by any standards since that evening he had prepared a present for his estranged brother Esau and this present consisted of 200 female goats, 20 male goats, 200 ewes, 20 rams, 30 milk camels with their colts, 40 cows, 10 bulls, 20 female donkeys and 10 foals. (Genesis 32)

Therefore, ask God to bless you and to bless all the work of your hands because God has pleasure in the prosperity of His servants. (Psalm 35:27)

As you pray, use Bible verses since the Word of God is the Sword of the Spirit. (Ephesians 6:17) Scriptures that you can use spiritual warfare prayers to pray for your financial blessings include:

1. Father God I ask You in the name of Jesus to bless me indeed and expand my territory.

(Adapted 1 Chronicles 4:10) You can also update it to the 21st century and pray, **Oh that You would bless my blog indeed and enlarge my online empire.**

2. Save me now, O Lord I pray. O Lord, I pray, send me now financial prosperity. (Adapted Psalm 118:25)

3. Heavenly Father I ask You in the name of Jesus to grant me plenty of goods in the fruit of my body, in the increase of my livestock, in the produce of my ground and businesses. (Adapted Deuteronomy 28:11) Alternatively, you can paraphrase it to the 21st century and pray, **Heavenly Father I ask You in the name of Jesus to grant me plenty of children, increase my stock portfolio and increase the income from my online businesses.**



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Biblical Spiritual Warfare Book Excerpt

Regardless of whether you are fighting for your health, marriage, children and finances or fighting against being single, infertility, confusion, discouragement and fear, you need to take the following steps to wage effective spiritual warfare:

1. PRAY

The first Biblical spiritual warfare step is to pray about your situation. As you do so, use Scriptures since the Word of God is the Sword of the Spirit that God has given us to fight with. (Ephesians 6:17) Scriptures that you can use as spiritual warfare prayers include:

Marriage

- 1. Father God, your Word says, “What God has joined together, let not man separate” (Adapted Matthew 19:6) therefore I pray in the name of Jesus that no man or woman or power or problem will be able to come between my spouse and I and cause us to separate or divorce.**
- 2. Father God, your Word says, “A husband is not to divorce his wife. (1 Corinthians 7:11) and A wife is not to depart from her husband” (1 Corinthians 7:10) therefore, I pray in the name of Jesus that my spouse and I are not going to depart from each other physically, mentally, emotionally, and get divorced.**
- 3. Father God, Your Word says that, “A man shall leave his father and mother and be joined to his wife and the two of them shall become one flesh.” (Ephesians 5:31) Therefore I ask You in the name of Jesus to heal the sexual issues that are affecting our marriage so that we can be joined together as one flesh.**

Children

- 1. Father God, may my/our children grow and become strong in the spirit, filled with wisdom and may Your grace O God be upon them. (Adapted Luke 2:40)**
- 2. Father God, may my/our children increase in wisdom and stature, and in favor with You O God and with men. (Adapted Luke 2:52)**
- 3. May You Lord give me increase more and more, me/us and my/our children. (Adapted Psalm 115:14)**



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Biblical Stress Management Book Excerpt

PRAY

Is anyone of you suffering? Let him pray. (James 5:13)

Therefore if you are suffering in a stressful situation, the first thing that you should do is to pray and ask for God's help.

If you are not used to praying, consider it as a form of talk therapy where you simply tell God your problems and ask Him what you should do about them.

Learn from King Jehoshaphat and ask for the Lord's direction first even if your stressful situation is an emergency. For **It happened after this that the people of Moab with the people of Ammon, and others with them besides the Ammonites, came to battle against Jehoshaphat.**

Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar (which is En Gedi).

And Jehoshaphat feared and set himself to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord. (2 Chronicles 20:1-4)

We can see that King Jehoshaphat did not first order his army to prepare for war even though one of their cities had already been captured by their enemies. He first sought the Lord to find out what they were to do about their stressful situation.

Therefore pray and ask God to fill you with the wisdom and understanding that His Spirit gives so that you may know the right thing to do regardless of whether your stressful situation is due to your health failing, your family fighting or your finances floundering.

Seek the Lord first and **Do not be wise in your own eyes.** (Proverbs 3:7)

Do not rush to make any decision, speak hastily or hurry to do whatever you think may be the right thing to do at that particular time without consulting God because He says, **Call to Me, and I will answer you, and show you great and mighty things, which you do not know.** (Jeremiah 33:3)

These great and mighty things that He will show you will enable you to make better decision.



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Biblical Worry Treatment Book Excerpt

1. Mourn

If the worrisome challenge you are facing makes you feel like crying, do not hesitate.

Learn from Mordechai because when he heard about the decree, he **Tore his clothes, put on sackcloth and ashes, and cried out with a loud and bitter cry.** (Esther 4:1)

He was also not alone because the Bible tells us **There was great mourning among the Jews, with fasting, weeping and wailing and many lay in sackcloth and ashes.** (Esther 4:3)

Understand therefore that it is not “unmanly” or “ungodly” to cry because even **Jesus wept.** (John 11:35) Therefore, let go and release pent up emotions so that you can face the worrisome challenge objectively.

2. Schedule Problem Solving Time

After venting your emotions, set aside time to deal with the problem objectively.

Deciding to deal with the problem head on removes you from the pitiful victim mode and puts you in a powerful proactive mode.

A perfect time to deal with worrisome challenges is early in the morning during your Quiet Time with God.

Having a special time to deal with problems also helps you become more productive because when they crop up in your mind during your work day, you can instantly delete them and focus on the job at hand because you know you have a special time to deal with them.



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Biblical Problem Solving Book Excerpt

The Problem

Goliath was a great problem for the Israelites because of the following reasons:

1. He was a giant.

Goliath was six cubits and a span tall. (1 Samuel 17:4) This is around 9 feet and some inches or 2.9 meters tall. He was also very strong since the coat of mail that he wore weighed 5000 shekels of bronze (1 Samuel 17:5) or around 125 pounds or 62 kg.

2. He was an experienced fighter.

The Bible describes him as **A champion from the camp of the Philistines.** (1 Samuel 17:4) King Saul even testified of his experience when he told David that Goliath was **A man of war from his youth.** (1 Samuel 17:33)

3. He was well protected.

Goliath wore a bronze helmet on his head, a coat of mail over his trunk and bronze armor on his legs. (1 Samuel 17:5-6) He also had a shield bearer who walked in front of him. (1 Samuel 17:7, 41)

4. He was heavily armed.

Goliath carried a bronze javelin and a spear (1 Samuel 17:6-7) whose iron head weighed 600 shekels or 15 pounds or 7.5 kg.

Therefore if you have a problem like Goliath, a problem so big that it is mind boggling, a problem armed with numerous techniques to destroy your health, finances, family, or any other aspect of your life, a problem that is protected by biological, legal, political and other systems, do not despair. Do not despair because you can learn from David how to defeat the gigantic problems in your life.

Step 1 Maximize Each Opportunity

David's father did not send him to the battlefield to fight Goliath. He was sent to take food to his brothers Eliab, Abinadab and Shammah who were in the Israelite army and bring back news of how they were faring. (1 Samuel 17:17-18)

But, David saw an opportunity to do something great and he did not let it pass.



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