

BIBLE STUDY SERIES:

TRUSTING THE FATHER

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

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HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

INTENTION:

I found in my life that 'how hard the Christian life can be to live' is a matter of how I live it. I'm not talking about just giving in to the world around us, but gaining a strength that is not just my own ability to overcome it.

My entire Christian life and its way of living changed the instant that I was Baptised in the Holy Spirit. I began to heal from religion, letting go of trying to live that "righteous" lifestyle and started letting the Lord guide me to heal me.

He not only transformed how I read and understood the Bible, He continually shows me His ability in me to get through the challenges that this life brings.

This is what I want for you to experience in your life and healing journey too!

I. TOPIC:

We want to look at the question: How Do We Live as Christians (Believers)?

The basis (foundation) is Love. Not only that we are Loved by the Lord, but that, as we heal (break off our restrictions), we manifest Love out from us. The core of who we are is Love. For God = Love, we are of God, and as such, inherently (naturally) designed to be Love. Love is how we live; and Love for self (healing) brings freedom.

First-and-foremost, I want to thank the Lord for all the people that He orchestrated in my life that not only helped start this healing journey, but that He continues to bring into my life people—directly and indirectly (books, memes, online resources, etc)—to fulfil this life-long journey into healing.

This notion of His Love began with me recognising, discerning, rejecting, releasing, and undoing all the church religion (spiritual abuse) placed on me... and this is how I journeyed to where I am now:

- I realised I actually didn't have to work for God's approval; and thus, relationship with Him. This had looked like me trying to be a "perfect Christian" to make sure God stayed happy with me; and that He witnessed all that I was doing to make Him happy—in essence, to earn His Blessings, Favour, and Love. Both the church and my family upbringing taught in me that love is earned (same with "gifts"), not given without the proof that you do deserve it. And that my value in life was based on what I did to prove that worth.

Yet, I finally came to understand elements of what Unconditional Love looked like: the Father Loves me no matter what I am or what I do! When this became a reality to me, I stopped wasting my time and energy on "people-pleasing" God, and have been learning what it looks like to just rest in His presence with absolutely NO fear NOR worry that He is ever upset or disappointed in me. I may disappoint myself, or be disappointed (real or perceived) by others, but that disappointment is only there because of the conditional love program in me (in this world). Because: I AM valuable to Him; I AM valuable to myself; I AM valuable to this world.

- Then, taking that freedom from worry, and accepting the freedom that is being who I am as I am. That, freedom looks like the ability to be imperfect, make mistakes, and feel incomplete. I didn't have to strive to be like Peter or John or Paul or any other biblical figure. They are just human beings like me—no different than any human being—the only difference being how they, in their own quirky uniqueness, chose to be a vessel of the Lord. It is the freedom to embrace my own humanness as I am: my gender, my emotions, my preferences, my identity, my programming, my heart, my history, my mental state, my physical characteristics, my personality, and more.

This is the freedom to be loved (to accept love) as me for me—an amazing freedom. The freedom to do or be something, with the same freedom to not do or be something. If my stronghold traps me in doing / being something, I have the freedom to not do / be it. And if my stronghold traps me in not doing something, I have the freedom to do it. Examples of what this can look like is:

- If I struggle with not eating enough, I can gain the freedom to eat.
If I struggle with eating too much, I can gain the freedom to eat less.
- If I have rejected sex, I can gain the freedom to have sex.
If I can't refuse sex, I can gain the freedom to say no to sex.
- If I am addicted to drugs / alcohol, I can gain the freedom to not be addicted to them.
If I fear drugs / alcohol, I can gain the freedom to enjoy them.
- If I don't have boundaries, I can gain the freedom to implement them.
If I have too many boundaries, I can gain the freedom to open up more.

And that, no matter the course I take to break free from the stronghold, I do not have to fear that God looks down (diminishingly) upon me. For the healing (the freedom) is greater than how you get healed (get free).

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

Bible Study: Lesson 020

- And this healing, to me, is to be free from the programming put in me by the church, the world, or my family. That my trauma-programming of survival, my abandonment wounds, my feels of always being misunderstood / un-appreciated, and my decades of “Christian” teaching (wrong teaching) can and will be broken. That the detriments of the trauma (programming) and spiritual abuse that restricts my life, I have the authority to overcome it: to delete the programming, to renew my mind, and to discover in that healing, the Abundant Life the Lord wants me to live. For, as I heal, the Lord in me gets set free to “Just Be” Him—simplifying this life.

What I am learning now about what it is to “Just Be”, is that I could accept myself for who I am—the who, what, when, where, why, and how that makes up my being. I could just accept myself for who I am: feelings and all, mistakes and all, traumatisations and all, abuses and all, thoughts and all... that I could allow Him to meet me for all that I am. And from there, find and embrace the healing I do need and deserve. Yes, the healing may be hard, but the “Just Being” from the healing is great reward. Utilising His authority in the healing!

- That Christ Jesus gained back for humanity their God-Designed authority, means we have the authority to change our programming (overcome our flesh). His Authority allows me to achieve the things that were beyond my limited ability set into place by my programming.

What Christ Jesus did in giving back humanity their authority, does not just apply to believers—you don’t have to be a Born-Again Christian to be able to heal and change. We see so many people in this world seeking out the same healing, and experiencing the same change, freedom, and Love in their lives. The Lord makes healing available in countless ways that are beyond just a Bible—it can be through other writings, meditations, guidance, journeys, philosophies, medication, psychedelics, mindfulness, other individuals / groups, and more. This is the freedom He showed me for myself: that I could embrace all the ways He works to help me heal to set me free.

And, this understanding, and this ability (this entire process), personally for me, seemed to have transpired when I was Baptised in the Holy Spirit. The “before and after” me looked and felt different.

On the 28th of May 2014, in the loft I lived in, I asked Jesus Christ to Baptise me in the Holy Spirit with the ability to speak in Tongues. And in that moment, cutting through the fear and doubt, I trusted the Father and asked. He delivered on His promise. I lay face-down and sprawled out on the wood floor. Jesus’s presence was so real standing next to me in His sandals and white robe, that I reached out my hand expecting to touch Him.

From that moment, my whole Christian life changed, and I began renewing my heart and mind to some powerful spiritual truths that I had not heard before. No longer could I be a passive Christian just waiting for the Lord to come again, but could be an overcoming Christian. I began to hear the Holy Spirit more clearly, scripture popped out at me in ways I never experienced before (with new meaning that was without any judgement or condemnation), and I was speaking in a multitude of Spiritual Tongues. I changed, and my whole outlook on life changed.

I didn’t always get things right though. As one of the mistakes I made, even after the Baptism of the Holy Spirit, was thinking that because I was now full of the Holy Spirit, that with His insight and cooperation, life would therefore become easier. Yet, it didn’t become easier for Jesus, it just became different.

I still faced persecution, still have to continually renew my mind, and still make my own free-will decisions. Thus, my reality became a Life of overcoming all that is—not only overcoming my own past and programming, but overcoming everything that this world throws at me. Remember: it is not God bringing trials to me to test my overcoming ability, but the Lord giving me the strength and ability to overcome all that this world (and my flesh) throws at me.

- Refer also: <https://cbadenhorst.blogspot.com/2016/05/trials-by-flesh-05-20-16.html>
<https://cbadenhorst.blogspot.com/2019/03/trials-of-faith-trials-against-faith.html>

And, I could overcome within the identity of who I am, as I am; with the same ability to allow myself to be changed by Him in the ways that set me free: “growing from glory to glory”. And this change (and ability to change) is a blessing—for, being a “Christian” isn’t about denying the things that need changing (healing) in our personal lives; it is recognising and acknowledging Christ in you for the change.

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

Bible Study: Lesson 020

Christianity is not about conformity (although it may be mistakenly taught as such); Christianity should be about the embracement of our own uniqueness with learning to overcome all of our own personal obstacles in life. And learning how Jesus (as a culmination of all human beings) lived His everyday life in an overcoming way.

We can look how Jesus had the authority to not only set people free, but stayed free for Himself: He set boundaries, dealt with other people's unhealed parts, got frustrated, didn't shy away from His own emotions, and had to also confront those times when He wanted to quit. And then doing so all from a space of Love.

For, Love is the key—and for me, I had to (have to) break down so many un-love obstacles (fear) in my life. And that journey into Love is me discovering what those strongholds are, healing out from them; to then operate, not out of a stronghold space of fear and hurt, but of Love. Truly, Love manifests in my life as I become free from my strongholds.

I'm not "learning to Love" out of some moral obedience to the Law—the Law cannot bring about Love (the Pharisees proved that). Love fulfils the Law. I was trying to achieve a life of Love by obeying the Law (the religious approach), instead of removing my obstacles to let Love freely flow from me.

II. **READING:** [1 John 4:1-19](#) (MSG)

My dear friends, don't believe everything you hear. Carefully weigh and examine what people tell you. Not everyone who talks about God comes from God. There are a lot of lying preachers loose in the world.

2-3 Here's how you test for the genuine Spirit of God. Everyone who confesses openly his faith in Jesus Christ—the Son of God, who came as an actual flesh-and-blood person—comes from God and belongs to God. And everyone who refuses to confess faith in Jesus has nothing in common with God. This is the spirit of antichrist that you heard was coming. Well, here it is, sooner than we thought!

4-6 My dear children, you come from God and belong to God. You have already won a big victory over those false teachers, for the Spirit in you is far stronger than anything in the world. These people belong to the Christ-denying world. They talk the world's language and the world eats it up. But we come from God and belong to God. Anyone who knows God understands us and listens. The person who has nothing to do with God will, of course, not listen to us. This is another test for telling the Spirit of Truth from the spirit of deception.

7-10 My beloved friends, let us continue to love each other since love comes from God. Everyone who loves is born of God and experiences a relationship with God. The person who refuses to love doesn't know the first thing about God, because God is love—so you can't know him if you don't love. This is how God showed his love for us: God sent his only Son into the world so we might live through him. This is the kind of love we are talking about—not that we once upon a time loved God, but that he loved us and sent his Son as a sacrifice to clear away our sins and the damage they've done to our relationship with God.

11-12 My dear, dear friends, if God loved us like this, we certainly ought to love each other. No one has seen God, ever. But if we love one another, God dwells deeply within us, and his love becomes complete in us—perfect love!

13-16 This is how we know we're living steadily and deeply in him, and he in us: He's given us life from his life, from his very own Spirit. Also, we've seen for ourselves and continue to state openly that the Father sent his Son as Saviour of the world. Everyone who confesses that Jesus is God's Son participates continuously in an intimate relationship with God. We know it so well, we've embraced it heart and soul, this love that comes from God.

17-18 God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we're free of worry on Judgment Day—our standing in the world is identical with Christ's. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

19 We, though, are going to love—love and be loved. First we were loved, now we love. He loved us first.

III. RELATED VERSES AND QUESTIONS:

- A. Giving up our own ability to achieve acceptance. If I can never make myself “right” with God, what programmes us to keep trying? For, if my right-standing with God is only through Christ Jesus, and I am Born-Again by Him, why do I still feel like I have to achieve to make sure my Father is happy with me? If He is a Father that is pleased with me for just being His child, I can take off my own pressure to feel like I need to live up to some self-defined expectation of me. This is the freedom to that makes up me “Just Being”, instead of me “proving”.

Galatians 2:17-21 (MSG)

Have some of you noticed that we are not yet perfect? (No great surprise, right?) And are you ready to make the accusation that since people like me, who go through Christ in order to get things right with God, aren’t perfectly virtuous, Christ must therefore be an accessory to sin? The accusation is frivolous. If I was “trying to be good,” I would be rebuilding the same old barn that I tore down. I would be acting as a charlatan.

19-21 What actually took place is this: I tried keeping rules and working my head off to please God, and it didn’t work. So I quit being a “law man” so that I could be God’s man. Christ’s life showed me how, and enabled me to do it. I identified myself completely with him. Indeed, I have been crucified with Christ. My ego is no longer central. It is no longer important that I appear righteous before you or have your good opinion, and I am no longer driven to impress God. Christ lives in me. The life you see me living is not “mine,” but it is lived by faith in the Son of God, who loved me and gave himself for me. I am not going to go back on that.

21 Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God’s grace. If a living relationship with God could come by rule-keeping, then Christ died unnecessarily.

Galatians 5:22-26 (MSG)

But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

23-24 Legalism is helpless in bringing this about; it only gets in the way. Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good—crucified.

25-26 Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.

Question: Do you feel you sometimes try to achieve out of your own ability? Do you believe God has given you of His Spirit for your free and unlimited use?

Response:

- B. Freedom because of what Christ accomplished. Adam brought captivity; Jesus brought freedom!

[Romans 5:18-21](#) (MSG)

Here it is in a nutshell: Just as one person did it wrong and got us in all this trouble with sin and death, another person did it right and got us out of it. But more than just getting us out of trouble, he got us into life! One man said no to God and put many people in the wrong; one man said yes to God and put many in the right.

20-21 All that passing laws against sin did was produce more lawbreakers. But sin didn't, and doesn't, have a chance in competition with the aggressive forgiveness we call grace. When it's sin versus grace, grace wins hands down. All sin can do is threaten us with death, and that's the end of it. Grace, because God is putting everything together again through the Messiah, invites us into life—a life that goes on and on and on, world without end.

[Ephesians 1:7-12](#) (MSG)

Because of the sacrifice of the Messiah, his blood poured out on the altar of the Cross, we're a free people—free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. Abundantly free! He thought of everything, provided for everything we could possibly need, letting us in on the plans he took such delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in him, everything in deepest heaven, everything on planet earth.

11-12 It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

Question: As a Christian, do you feel absolutely free? What does freedom mean to you?

Response:

- C. We are given the ability to Live as Christ. As we re-program ourself and/or heal those parts of us that still connect to this world, we in essence, set free Christ in us. And when we get free, we can also "Just Be".

[Philippians 2:12-16](#) (MSG)

What I'm getting at, friends, is that you should simply keep on doing what you've done from the beginning. When I was living among you, you lived in responsive obedience. Now that I'm separated from you, keep it up. Better yet, redouble your efforts. Be energetic in your life of salvation, reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure.

14-16 Do everything readily and cheerfully—no bickering, no second-guessing allowed! Go out into the world uncorrupted, a breath of fresh air in this squalid and polluted society. Provide people with a glimpse of good living and of the living God. Carry the light-giving Message into the night so I'll have good cause to be proud of you on the day that Christ returns. You'll be living proof that I didn't go to all this work for nothing.

[Philippians 4:6-9](#) (MSG) {PoG}

Don't fret or worry. {When you are} worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

Bible Study: Lesson 020

8-9 Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

Question: When you've gone through a healing / renewing experience, what are some aspects from that journey that you can see align with Jesus Christ (Him in you)?

Response:

- D. It's His power living in and through us that we have an Authority. God doesn't say, "good luck" after we are Born-Again, He teams up with us as equal partners to share responsibility for our life here on earth.

[Ephesians 3:20](#) (MSG)

God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

[Colossians 1:9-12](#) (MSG)

Be assured that from the first day we heard of you, we haven't stopped praying for you, asking God to give you wise minds and spirits attuned to his will, and so acquire a thorough understanding of the ways in which God works. We pray that you'll live well for the Master, making him proud of you as you work hard in his orchard. As you learn more and more how God works, you will learn how to do your work. We pray that you'll have the strength to stick it out over the long haul—not the grim strength of gritting your teeth but the glory-strength God gives. It is strength that endures the unendurable and spills over into joy, thanking the Father who makes us strong enough to take part in everything bright and beautiful that he has for us.

Question: Do you understand that His Spirit and "glory-strength" is given for you to use?

Response:

- E. Learning and understanding that moral obedience and rule-following does not make the heart Love; but that as we Love, we naturally don't do harmful things to ourselves or one-another.

[Romans 13:8-10](#) (MSG)

Don't run up debts, except for the huge debt of love you owe each other. When you love others, you complete what the law has been after all along. The law code—don't sleep with another person's spouse, don't take someone's life, don't take what isn't yours, don't always be wanting what you don't have, and any other "don't" you can think of—finally adds up to this: Love other people as well as you do yourself. You can't go wrong when you love others. When you add up everything in the law code, the sum total is love.

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

Bible Study: Lesson 020

[Galatians 5:13-15](#) (MSG)

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then?

Question: What is your heart-condition regarding Law-abiding and Love?

Response:

IV. FURTHER THOUGHT:

A. [Mark 4:14-20](#) (MSG)

"The farmer plants the Word. Some people are like the seed that falls on the hardened soil of the road. No sooner do they hear the Word than Satan snatches away what has been planted in them.

16-17 "And some are like the seed that lands in the gravel. When they first hear the Word, they respond with great enthusiasm. But there is such shallow soil of character that when the emotions wear off and some difficulty arrives, there is nothing to show for it.

18-19 "The seed cast in the weeds represents the ones who hear the kingdom news but are overwhelmed with worries about all the things they have to do and all the things they want to get. The stress strangles what they heard, and nothing comes of it.

20 "But the seed planted in the good earth represents those who hear the Word, embrace it, and produce a harvest beyond their wildest dreams."

Thoughts: The implementation of the Word of the Lord in our life looks different for each of us. We each have our own history and "baggage"—strongholds—which the Word of the Lord can help us overcome. Not all of us will fully heal in each area of our life (hence why we get a new body), but we do have that ability to heal so much of ourselves. But each person has a different heart condition in receiving the Word, and that condition may or may not change over time. Yet when it does change into that "good earth", it manifests a harvest of fruit that brings such fulfilment in our life and our relationships here on earth.

- For some, the Word is stolen before it can penetrate their heart, and they don't manifest any healing.
- For some, the Word does seed in their heart, but the hardship to heal becomes too much too bear.
- For some, the Word does seed in their heart, but their healing journey gets stifled by the world's (our ingrained) programming.
- For some, the Word does seed in their heart, and they do heal the many parts of themselves: overcoming both the healing hardships and the programming of this world.

Yet, regardless of if we heal or how much we do heal, it does not change how much the Lord truly does Love us. And without the struggle to "get the Lord to Love me", the more I can put into overcoming the difficulties of my healing journey; utilising ALL that the Lord has blessed me with to overcome! And one of these Blessed ways to help us overcome is His Gift of the Baptism of the Holy Spirit.

HOW DO WE LIVE AS CHRISTIANS (BELIEVERS)

Bible Study: Lesson 020

- B. Would you like to have the Holy Spirit fully in your innermost being (filled and overflowing); trusting and accepting the Power of Him in you?

[John 14:25-31a](#) (MSG)

"I'm telling you these things while I'm still living with you. The Friend, the Holy Spirit whom the Father will send at my request, will make everything plain to you. He will remind you of all the things I have told you. I'm leaving you well and whole. That's my parting gift to you. Peace. I don't leave you the way you're used to being left—feeling abandoned, bereft. So don't be upset. Don't be distraught.

28 "You've heard me tell you, 'I'm going away, and I'm coming back.' If you loved me, you would be glad that I'm on my way to the Father because the Father is the goal and purpose of my life.

29-31 "I've told you this ahead of time, before it happens, so that when it does happen, the confirmation will deepen your belief in me. I'll not be talking with you much more like this because the chief of this godless world is about to attack. But don't worry—he has nothing on me, no claim on me. But so the world might know how thoroughly I love the Father, I am carrying out my Father's instructions right down to the last detail.

Thoughts: Sometimes we can feel that the Lord is not near... or worse off, feel "abandoned". Other times it is that we would feel more secure if Jesus was still here with us (next to me). But here, Jesus shares with us that the Holy Spirit is a greater benefit to us. How amazing is it that the Holy Spirit is referred to by Jesus as a Comforter! Someone that brings peace to our souls—an emotional being that can transform our fears to peace. He reminds us of whom Jesus truly is and make clear to us (unconfused for us) the notion of whom God is as a Father. Confirming that His presence in us testifies in our being that we are NOT abandoned, but powerful and authoritative; and calls out for us that we truly have an Abba Father that so cares for us:

[Romans 8:15-17](#) (MSG)

This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike "What's next, Papa?" God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children. And we know we are going to get what's coming to us—an unbelievable inheritance! We go through exactly what Christ goes through. If we go through the hard times with him, then we're certainly going to go through the good times with him!

[Galatians 4:4-7](#) (MSG)

But when the time arrived that was set by God the Father, God sent his Son, born among us of a woman, born under the conditions of the law so that he might redeem those of us who have been kidnapped by the law. Thus we have been set free to experience our rightful heritage. You can tell for sure that you are now fully adopted as his own children because God sent the Spirit of his Son into our lives crying out, "Papa! Father!" Doesn't that privilege of intimate conversation with God make it plain that you are not a slave, but a child? And if you are a child, you're also an heir, with complete access to the inheritance.

Bible Study: Lesson 020