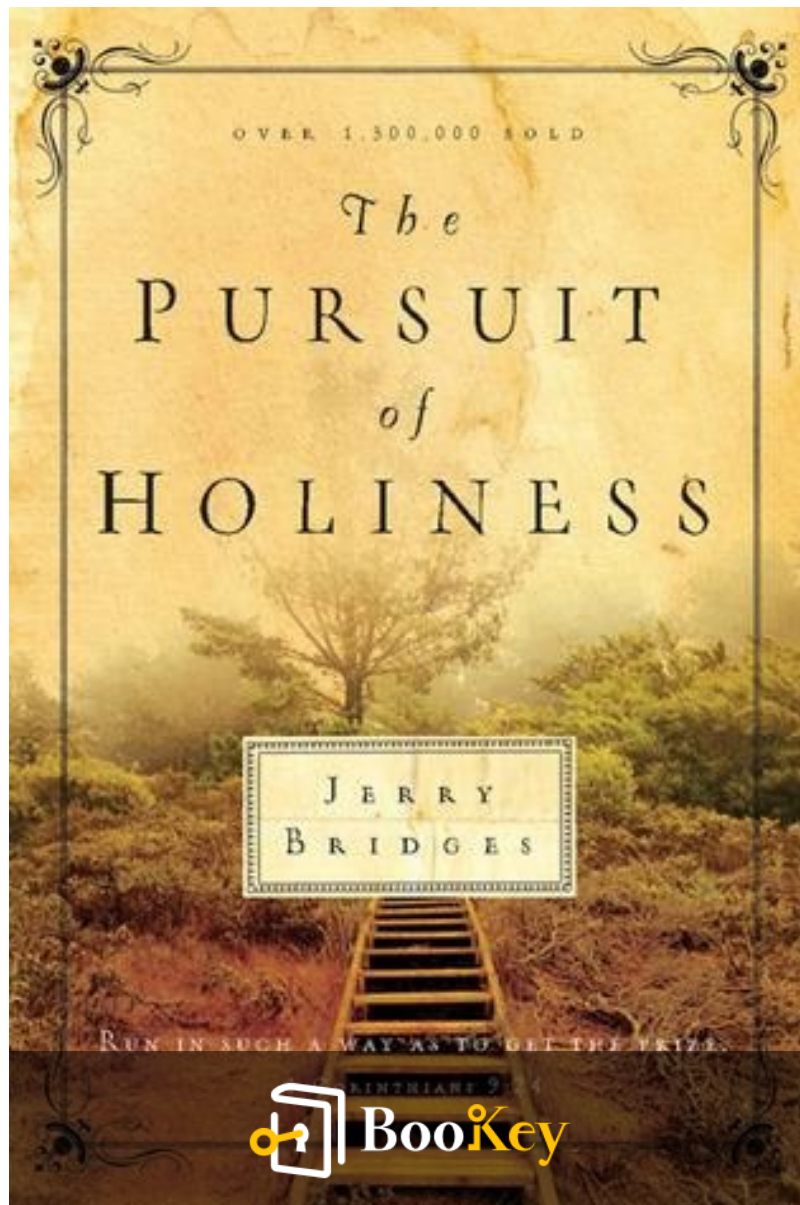


The Pursuit of Holiness PDF

Jerry Bridges



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The Pursuit of Holiness

Embracing Discipline for a Life of Spiritual Growth

Written by Bookey

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About the book

Embark on a transformative journey with Jerry Bridges' "The Pursuit of Holiness," a book that unravels the often enigmatic quest for personal sanctity. Through the pages of this profound text, Bridges invites readers to grasp a deeper understanding of holiness, not as a mere spiritual ideal, but as an attainable, practical goal deeply rooted in everyday life. With heartfelt wisdom and scriptural insights, he challenges common misconceptions and emphasizes the vital role of discipline and fervent dedication in cultivating a life that reflects God's character. Whether you're grappling with spiritual stagnation or seeking to elevate your walk with God, "The Pursuit of Holiness" offers a roadmap for genuine transformation, making it an essential read for anyone yearning to live with divine purpose and unwavering faith.

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About the author

Jerry Bridges (1929-2016) was a highly respected Christian author, speaker, and staff member of The Navigators, a worldwide Christian discipleship organization. Known for his deep commitment to spiritual growth and personal holiness, Bridges authored numerous influential books that have challenged and inspired believers across the globe. His practical and scripturally grounded approach to Christian living stems from his personal experiences and profound understanding of biblical teachings. Over a career spanning several decades, Bridges' insightful works, like "The Pursuit of Holiness," have become essential reading for individuals seeking to deepen their faith and cultivate a life of holiness and discipline in their walk with God.

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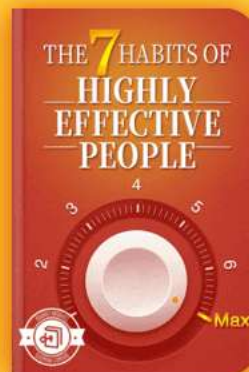
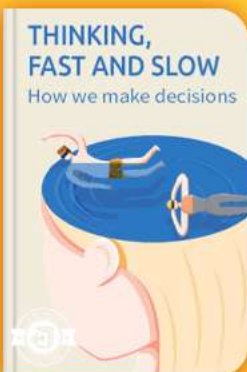


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Chapter 1 Summary : Holiness Is for You



Key Topic	Summary
Chapter Title	Holiness Is for You
Scriptural Basis	Romans 6:14 - Believers are under grace, and sin shall not be their master.
Introduction	Bridges shares a personal experience that leads him to question the relevance of holiness in real-life situations.
Common Misunderstandings of Holiness	Misconceptions range from specific prohibitions to unrealistic perfection; true holiness is about moral blamelessness and separation from sin.
Significance of Holiness	Holy appears over 600 times in the Bible, indicating its critical importance for a relationship with God.
Problems Hindering Holiness	Three main problems identified:
Self-Centered Attitude Toward Sin	Believers often focus on personal victory over sin instead of recognizing sin's offense to God.
Misconstrued Concept of Living by Faith	Some think holiness requires no effort, misunderstanding that true holiness requires both faith and personal exertion.
Minimization of Sin	Categorizations of sin lead to a casual attitude; all sin should be taken seriously as obedience to God is crucial.
Conclusion	Readers are urged to reflect on their attitudes toward sin, accept responsibility, and commit to obeying God, understanding His holiness as a starting point for personal holiness.

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Holiness Is for You

In Chapter One of "The Pursuit of Holiness," Jerry Bridges discusses the importance of holiness in the Christian life, starting from the premise of Romans 6:14 which assures believers that sin shall not be their master, as they are under grace. He shares a personal anecdote about a frustrating phone call that derailed his emotional state, leading him to question the relevance of biblical teachings on holiness in real-life situations.

Bridges emphasizes that despite common misunderstandings of holiness—ranging from specific prohibitions to unrealistic perfection—it is fundamentally about moral blamelessness and separation from sin for a relationship with God. He notes that the term "holy" appears over 600 times in the Bible, highlighting the significance of holiness in Scripture, particularly as it contrasts with sinful behaviors.

The chapter identifies three main problems hindering the experience of holiness among Christians:

1.

Self-Centered Attitude Toward Sin

: Many believers focus on personal victory over sin rather than understanding sin's offense to God. A shift to a God-centered perspective, recognizing sin as a breach of

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God's law, is essential for living a life of obedience.

2.

Misconstrued Concept of Living by Faith

: Some Christians mistakenly believe that achieving holiness requires no effort, mistaking personal responsibility as "works of the flesh." True holiness requires both faith and personal exertion, challenging the notion that effort in pursuing holiness contradicts faith.

3.

Minimization of Sin

: The tendency to categorize sins into acceptable and unacceptable levels leads to a casual attitude toward transgressions. Bridges argues that all sin should be viewed seriously, regardless of perceived magnitude, as obedience to God's commandments is paramount.

Bridges concludes by urging readers to reflect on their attitudes towards sin, to accept personal responsibility, and to commit to obeying God in all matters, regardless of how trivial they may seem. He suggests that understanding the holiness of God is the starting point in the pursuit of personal holiness, emphasizing that recognizing God's purity and disdain for sin is crucial for genuine transformation.

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Example

Key Point: Recognizing your responsibility for personal sin can lead to a profound spiritual transformation.

Example: Imagine you're in a conversation with a friend who continually diminishes their mistakes, saying, 'It's just a little lie' or 'Everyone does this, it's not that bad.' In that moment, you feel a stirring inside yourself, questioning whether you, too, have taken your own actions lightly. If you reflect on the seriousness of sin, acknowledging it's not merely about personal victory, but rather how you stand before a holy God, you might start recognizing the weight of your own choices. This realization prompts you to view sin not as a series of acceptable missteps but as a barrier in your relationship with God, and you become dedicated to a life that actively seeks holiness, understanding this isn't just a personal endeavor but a heartfelt commitment to obedience and spiritual integrity.

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Critical Thinking

Key Point: Understanding the true nature of holiness demands a fundamental change in how one perceives sin.

Critical Interpretation: Bridges argues that many Christians approach sin with a self-centered mindset, focusing overly on personal struggles and victories rather than the broader implications of sin's offense against God. This perspective may lead to an inadequate understanding of holiness, which emphasizes moral purity and a dedication to God over mere legalistic observance of rules. Critics, however, could argue that this view risks instilling guilt and may overlook God's grace, which allows for human imperfections.

Additionally, Reevaluating holiness from a scriptural standpoint could reveal differing interpretations, as sources like 'Spiritual Disciplines for the Christian Life' by Donald S. Whitney suggest a more nuanced approach to holiness that incorporates grace and individual spiritual growth.

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Chapter 2 Summary : The Holiness of God



Section	Summary
The Holiness of God	Explores the significance of God's holiness in the life of a believer.
Call to Holiness	Every Christian is called to a holy life, distinguishing cultural from true holiness based on God's character.
Nature of God's Holiness	God's holiness is His majesty and moral perfection, showing He cannot do wrong and is absent of evil.
Comfort in God's Holiness	Acknowledging God's holiness provides assurance of His justice, urging believers to accept His actions positively.
Worship and Holiness	God's holiness is central to praise and identity, serving as a standard for believers' lives.
Moral Expectations	God demands absolute holiness; sin is intolerable, requiring believers to be accountable for their actions.
Temptation and Accountability	God does not tempt believers to sin, who must uphold integrity against societal pressures.
God's Hatred of Sin	God hates sin intensely, urging believers to develop a similar disdain for wrongdoing.
Judgment of Sin	God's impartial judgment applies to everyone; historical examples highlight the seriousness of holiness.
Call to Seriousness in Holiness	Believers are encouraged to take God's holiness seriously as part of their growth and alignment with His character.

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The Holiness of God

Call to Holiness

God calls every Christian, regardless of their status or role, to live a holy life, as illustrated in 1 Peter 1:15-16. This call is universal and rooted in God's own holiness. The challenge lies in distinguishing cultural holiness from true holiness, which demands conformity to God's character.

Nature of God's Holiness

God's holiness embodies both His majesty and moral perfection. It is an essential attribute, making Him incapable of wrongdoing. Unlike humans, who may struggle with moral decisions or act inconsistently, God always aligns His actions with His holy nature. His holiness is defined by the complete absence of evil.

Comfort in God's Holiness

Understanding God's holiness reassures believers of His perfect justice. Complaining against God's fairness

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undermines His nature and is seen as a significant wrongdoing. Acknowledging God's holiness and accepting His actions, even in difficult times, is vital for a faithful relationship.

Worship and Holiness

God's holiness should be acknowledged as a form of praise. Scripture emphasizes His holiness, calling Him the “Holy One.” This attribute is central to God's identity and is the standard by which believers are called to live.

Moral Expectations

God’s demand for holiness is absolute. He cannot tolerate sin, which means believers must strive for perfection in their actions and attitudes. Excuses for immoral behavior are not acceptable; God's holiness requires accountability for all actions.

Temptation and Accountability

God, being holy, cannot tempt His followers to sin. Any feelings of being forced into unethical decisions are a

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misunderstanding of God's will. Believers must uphold their integrity and resist temptations, even under societal pressures.

God's Hatred of Sin

God's intense hatred for sin is emphasized. While He may love sinners, He cannot overlook sin. Each act of wrongdoing, regardless of perceived severity, is in direct opposition to His nature. Believers must cultivate a similar disdain for sin as a reflection of God's holiness.

Judgment of Sin

God's judgment is impartial, applying to both saints and sinners alike. Historical examples from Scripture reveal that even faithful servants of God experienced severe consequences for their sins. This underscores the seriousness of maintaining a holy standard.

Call to Seriousness in Holiness

The chapter stresses the importance of taking God's holiness seriously as a motivation for personal growth in holiness.

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While believers are justified through Christ, they are still expected to align their lives with the character of God, as stated in Peter's exhortation to be holy.

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Example

Key Point: Living a Holy Life is a Universal Call

Example: Imagine you're in a challenging work situation where ethical dilemmas arise. God calls you to remain steadfast in your principles, regardless of the pressures around you. This moment reflects the core idea that holiness isn't just a lofty ideal; it's a divine expectation for you, compelling you to reflect God's character in every action, even when it contradicts societal norms.

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Chapter 4 Summary : Holiness Is Not an Option

Holiness Is Not an Option

Introduction to Holiness

The scripture emphasizes that without holiness, no one will see the Lord (Hebrews 12:14). This raises the question of the role of personal holiness in salvation.

Two Essential Points

1.

Imperfect Righteousness

: Christians cannot earn salvation through personal holiness, as even our best actions are flawed (Isaiah 64:6).

2.

Christ's Work

: Salvation relies on Christ's righteousness, consisting of His active obedience (sinless life) and passive obedience (His

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sacrificial death) (Romans 5:19; 1 Peter 3:18).

Striving for Holiness

Hebrews refers to a personal holiness that believers should actively pursue. This pursuit of practical holiness is essential, complementing the holiness granted by Christ. Believers are sanctified in Christ but are also called to live holy lives (1 Thessalonians 4:7; 1 Corinthians 1:2).

Desire for Holiness

A genuine conversion brings a desire for holiness; lack of this desire may indicate a question of true faith. As believers grow in grace, their longing for holiness should intensify.

Holiness and Purpose of Salvation

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Chapter 4 Summary : The Holiness of Christ



Section	Summary
Introduction	The chapter highlights the importance of understanding Christ's holiness to recognize our sinfulness and the righteousness credited to us.
The Sinlessness of Christ	Scripture confirms Jesus lived a sinless life, supported by both external testimonies and His own claims, emphasizing His faultlessness.
Conformity to God's Will	Christ's holiness involves perfect obedience to God's will, setting a standard of holiness that includes motives and desires.
The Contrast of God's Holiness and Our Sinfulness	Recognizing God's holiness reveals our shortcomings, encouraging reliance on Christ's righteousness for acceptance before God.
Assurance of Salvation	Believers may doubt their salvation due to guilt; the chapter emphasizes affirming salvation through Christ to counter these doubts.
Christ as Our Example	Christ's life is a model of holiness, urging believers to reflect on their intentions and actions against the standard of pleasing God.
Holiness as Alignment with God's Will	True holiness involves aligning thoughts and actions with God's will, reflecting a desire to fulfill His intentions, exemplified by Jesus.
Conclusion	Holiness is portrayed as embodying God's will in life rather than strict regulations, following Christ's example as the ultimate pursuit.

The Holiness of Christ

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Introduction

The chapter emphasizes the significance of understanding the holiness of Christ as foundational for recognizing our own sinfulness and the nature of Christ's righteousness credited to us.

The Sinlessness of Christ

Scripture consistently affirms that Jesus lived a life free from sin, as evidenced by multiple biblical references. His sinlessness is supported by both testimonies of others and His own declarations, reinforcing the idea that He is without fault.

Conformity to God's Will

Christ's holiness extends beyond mere absence of sin to perfect obedience to the Father's will. His commitment to doing what pleases God defines His character and actions, setting a profound standard for holiness that encompasses motives and desires.

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The Contrast of God's Holiness and Our Sinfulness

In contemplating God's holiness, believers encounter their own shortcomings and need for grace. As seen in the experience of Isaiah, the awareness of sin should lead to a reliance on Christ's righteousness for acceptance before God.

Assurance of Salvation

Believers may be tempted by doubts about their salvation due to feelings of guilt and unworthiness. The chapter encourages repetition of the truth of salvation through Christ to counter these attacks, emphasizing the importance of relying on His righteousness.

Christ as Our Example

Christ's life serves as a model of holiness, where every believer is called to emulate His example. The chapter examines the challenge of scrutinizing intentions and actions against the standard of pleasing God, urging reflection on personal behaviors.

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Holiness as Alignment with God's Will

True holiness is defined by aligning one's thoughts and actions with God's will, rather than merely adhering to rules. The pursuit of holiness reflects a desire to fulfill God's desires and intentions, modeled perfectly by Jesus.

Conclusion

The chapter concludes with a powerful reminder that holiness is not about strict regulations but about embodying the will of God in every aspect of life, following Christ's example as the ultimate pursuit of holiness.

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Example

Key Point: Understanding Christ's holiness reveals our own sinfulness and highlights our need for grace.

Example: Picture yourself in a moment of intense self-reflection, perhaps after a confrontation with a loved one. As you consider your actions, you realize that they were driven by selfish motives rather than the love Christ exemplifies. This honest examination draws you closer to Jesus, the epitome of holiness, highlighting the contrast between your flaws and His perfect righteousness. Recognizing this gap and acknowledging your sinfulness fosters a deep appreciation for the grace offered through Christ, reinforcing your reliance on His righteousness and guiding you towards a life aligned with God's will.

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Critical Thinking

Key Point: The pursuit of holiness is challenged by differing interpretations of what it means to align with God's will.

Critical Interpretation: While the chapter portrays Christ's holiness as the ultimate standard, readers should consider that the path to holiness might not be universally defined. Various theological perspectives argue that holiness can manifest in diverse practices and beliefs across different faiths. For instance, the notion that aligning with God's will could vary significantly based on personal conviction and cultural context is supported by works such as 'The Cost of Discipleship' by Dietrich Bonhoeffer, where the idea of grace and discipleship outlines that not all believers interpret God's will identically. This promotes a critical reflection on the absolute nature of the author's viewpoint, suggesting that the journey towards holiness should accommodate a range of understandings.

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Chapter 5 Summary : A Change of Kingdoms

Section	Summary
Introduction to Holy Living	Many Christians wish to live a holy life but often feel hindered by continual sin struggles, leading to a sense of moral mediocrity.
Misunderstanding and Confusion	Believers struggle with understanding their responsibilities versus trusting God, often feeling disillusioned due to their sinful nature despite advice to "stop trying and start trusting."
God's Provision vs. Human Responsibility	God provides the means for holiness, but individuals must actively pursue it, as illustrated in Romans 6:12 that instructs believers not to let sin reign in their lives.
Understanding Dying to Sin	The phrase "we died to sin" refers to the believer's union with Christ, indicating that Christians should actively consider themselves dead to sin's dominion.
Deliverance from the Kingdom of Sin	With Christ's death, believers are liberated from the kingdom of sin and must recognize their freedom while continuing to combat the remnants of sin.
The Ongoing Struggle	Even in freedom, habitual sin patterns can persist, requiring believers to consciously develop new habits of holiness amid a sinful culture.
Conclusion: The Balance of Divine Provision and Human Action	God equips believers to resist sin through their union with Christ, highlighting the need to balance divine provision with personal responsibility in pursuing holiness.

A Change of Kingdoms

Introduction to Holy Living

Many Christians desire to live a holy life but feel unable to do so due to persistent struggles with sin. This frustration can lead to a mindset of moral mediocrity, as they give up on the idea of achieving holiness.

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Misunderstanding and Confusion

Christians often grapple with what responsibilities lie with them and what they should trust God for. Initial assumptions about living the Christian life lead to disillusionment as they confront their sinful nature. Many advise to “stop trying and start trusting,” reinforcing the notion that relying on Christ can lead to victory over sin. However, the experience of failure persists.

God’s Provision vs. Human Responsibility

While God has provided the means to live a holy life, individuals have specific responsibilities. Romans 6:12 instructs believers to not let sin reign in their bodies, highlighting that the pursuit of holiness is an active endeavor rather than a passive gift.

Understanding Dying to Sin

The phrase “we died to sin” references the believer's union with Christ. This union signifies that, like Christ, believers have died to the dominion of sin. Even though this reality

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exists, Christians must actively reckon themselves dead to sin and not allow it to reign over them.

Deliverance from the Kingdom of Sin

Before salvation, believers resided in the kingdom of sin, but through Christ's death, they are liberated from its reign. This change means acknowledging their freedom and refusing to allow sin to dominate their choices. Nevertheless, remnants of sin still exist within them, prompting ongoing struggle.

The Ongoing Struggle

Despite our freedom, sin can still exert influence, often manifesting as habitual tendencies ingrained over years. Believers might continue to sin out of habit, needing to consciously work towards new habits of holiness, often influenced by the surrounding sinful culture.

Conclusion: The Balance of Divine Provision and Human Action

God has equipped believers with the tools to resist sin through their union with Christ. Yet, it is essential to

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distinguish between God's role in providing potential for holiness and the individual's responsibility to live it out. Recognizing this balance is crucial for effectively pursuing a life of holiness.

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Chapter 6 Summary : The Battle for Holiness



The Battle for Holiness

Understanding the Struggle with Sin

In the journey of faith, believers are delivered from the dominion of sin through their union with Christ. However, a persistent struggle with sin remains, as illustrated by Paul in Romans 7:21: “When I want to do good, evil is right there with me.” Acknowledging this ongoing struggle helps believers combat the effects of indwelling sin.

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Indwelling Sin and the Holy Spirit

Despite the inner propensity for sin, the Holy Spirit fosters a desire for holiness in believers. This internal conflict differentiates believers from those who remain in spiritual darkness, highlighting the need for vigilance against sin.

The Nature and Tactics of Indwelling Sin

Indwelling sin resides in the heart, which is described in Scripture as deceitful and unsearchable. This complicates the ability to recognize the enemy within. Believers must pray for God to reveal hidden sin, relying on Scripture to illuminate their hearts. Any attempts at self-examination can fall prey to two traps: morbid introspection or focusing on less critical issues.

Desires as a Battlefield

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Chapter 7 Summary : Help in the Daily Battle

Help in the Daily Battle

In Romans 6:11, believers are called to recognize their identity as dead to sin and alive to God through Christ. This chapter emphasizes the need for practical holiness, acknowledging the ongoing struggle with sin despite the victory achieved through Christ's death.

Overcoming Sin's Power

God allows the daily battle against indwelling sin, but He equips believers with resources to win these daily challenges. Just as believers have been freed from sin's dominion, they are now under the reign of Christ, becoming "slaves of righteousness" (Romans 6:18).

Union with Christ

Being alive to God signifies a union with Christ, enabling

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believers to tap into His power for living a holy life. Paul illustrates this power in his own life, stating that he can achieve contentment through Christ's strength, highlighting that holiness is not merely a checklist but living in accordance with God's character.

Faith and Dependence

To experience victory over sin, believers must continually remind themselves of their dual identity as dead to sin and alive to God. This active acknowledgment enables them to draw from God's strength to resist temptation.

The Role of the Holy Spirit

Being alive to God also means having the Holy Spirit within, the agent of holiness. The Spirit illuminates the believer's understanding of God's standards, exposes sin, and cultivates a desire for holiness. This desire is crucial for perseverance in pursuing holiness despite various challenges.

Awakening Desire for Holiness

As the Holy Spirit reveals sin, He fosters a profound desire

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for holiness, moving believers toward repentance and alignment with God's will. The interaction with Scripture deepens this desire, and consistent engagement with the Word is essential for growth in holiness.

Dependence on the Holy Spirit

Believers must maintain a humble attitude toward Scripture and cultivate a prayerful dependence on the Holy Spirit. The apostle Paul models this dependence, continuously praying for the empowering presence of the Spirit in the lives of believers.

Conclusion

Ultimately, holiness is unattainable through self-effort; it requires reliance on the Holy Spirit's power. As believers seek to grow in holiness, they must recognize their dependence on the Spirit to reveal sin, inspire desire for purity, and strengthen their resolve to obey.

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Chapter 8 Summary : Obedience—Not Victory

Obedience—Not Victory

God's Provision and Our Responsibility

God provides for our holiness through the reign of sin's defeat, union with Christ, and the indwelling Holy Spirit. While the Spirit enables our actions, we hold responsibility for putting to death the misdeeds of the body as stated in Romans 8:13.

Command to Act

The biblical exhortations underline our obligation to actively pursue holiness. Paul imparts the message to "put to death" our earthly nature (Colossians 3:5), while the writer of Hebrews emphasizes our role in throwing off sin and persevering in the race (Hebrews 12:1). James and Peter likewise call on us to submit, resist, and make efforts towards

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a blameless life (James 4:7; 2 Peter 3:14).

Misconceptions of Holiness

The author recounts a period of misunderstanding wherein he believed his efforts to achieve holiness were futile. This misinterpretation led him to think reliance on the Holy Spirit meant passivity. However, true dependence on the Spirit includes taking responsibility for our choices and actions.

Empowerment by the Spirit

The Holy Spirit empowers Christians, providing the ability to resist sin and act in accordance with God's will. The reliance on the Spirit should inspire confidence, recognizing that any failure to resist temptation stems from our choice to disobey rather than a lack of capability.

Responsibility for Holiness

It is crucial to understand our role in pursuit of holiness. Framing failures as "defeat" can excuse our personal responsibility, while labeling them as "disobedience" anchors accountability. Acknowledging our responsibility in

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thoughts, attitudes, and actions is vital for growth in holiness, alongside embracing both God's provisions and our duty to act.

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Chapter 9 Summary : Putting Sin to Death

Putting Sin to Death

Responsibility for Holiness

The New Testament emphasizes that pursuing holiness is our responsibility. Many pray for divine motivation to overcome sin, which can distract from taking personal responsibility.

Understanding Mortification

Mortification, or putting to death the misdeeds of the body, means destroying the vitality of sin. While we must act, this cannot be accomplished in our own strength; we require the Holy Spirit's guidance and power.

Developing Convictions

To effectively combat sin, we must first develop strong

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convictions about the importance of living a holy life based on scriptural principles. This involves engaging with the Word of God to reframe our values and understand God's will.

Scripture Memorization

Memorizing scripture plays a key role in developing convictions that guide our actions. This process includes having a systematic plan for selecting, learning, and reviewing verses, leading us to apply these teachings in our daily lives.

Application of Convictions

Convictions must translate into application for effective resistance against sin. By using scripture to navigate ethical dilemmas or specific scenarios, we can reinforce our

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Chapter 10 Summary : The Place of Personal Discipline

The Place of Personal Discipline

Introduction to Discipline in Holiness

- Personal convictions and commitments to holiness may not lead to successful outcomes without intentional discipline. Resolutions often fail, and instant godliness is a misconception. Discipline is essential for achieving godliness.

Scriptural Basis for Discipline

- The Apostle Paul emphasizes the need for training in godliness (1 Timothy 4:7). Christian discipline is likened to the rigorous preparation of athletes, highlighting the contrast between temporal and eternal rewards.

Role of Scripture in Discipline

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- The pursuit of holiness begins with the Word of God (2 Timothy 3:16). Regular intake and application of Scripture is vital, requiring a disciplined approach to studying the Bible.

Creating a Structured Routine

- Personal discipline involves setting aside time for reading and meditating on Scripture daily, despite the challenges of daily life. Different strategies can be adapted to individual schedules for consistent engagement with the Word.

Methods of Scripture Engagement

- A balanced intake of Scripture involves various methods: hearing, reading, studying, memorizing, and meditating. Meditation is vital, as it helps internalize the teachings for practical application.

Application of Scripture

- The ultimate aim of meditation is to apply the teachings of Scripture to life. This requires self-reflection and a structured plan to implement changes in behavior and thought patterns.

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Perseverance in Discipline

- Spiritual growth in holiness is a lifelong process marked by initial failures. Perseverance is crucial, as true change often takes time and commitment, requiring a resolve to keep fighting against sin.

Conclusion

- The journey toward holiness involves recognizing personal failures, relying on the Holy Spirit's strength, and continuing to pursue godliness through disciplined training and practice. Repeated failures shouldn't discourage; instead, they should motivate consistent effort in spiritual discipline.

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Critical Thinking

Key Point: Discipline as a cornerstone for holiness

Critical Interpretation: Bridges emphasizes that discipline is a fundamental element in the pursuit of holiness, which raises questions about the nature of true spiritual growth and whether strict adherence to personal discipline guarantees success. His argument might overlook that individual experiences with faith can vary significantly, and some may find spiritual fulfillment through grace rather than structured discipline. Not everyone may resonate with the notion of discipline as solely a pathway to holiness, and alternative interpretations of spirituality exist, suggesting that grace and personal insights could also foster a profound connection to the divine. Sources such as 'The Ragamuffin Gospel' by Brennan Manning or 'Finding God in Unexpected Places' by Philip Yancey explore varied paths to spiritual fulfillment that may not emphasize discipline as heavily.

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Chapter 11 Summary : Holiness in Body

Holiness in Body

Control and Responsibility

True holiness encompasses mastering our physical bodies and appetites. Recognizing our bodies as temples of the Holy Spirit compels us to glorify God through them.

Modern Perspectives on Holiness

Contemporary Christians often overlook bodily holiness, viewing issues like gluttony and laziness as mere weaknesses rather than sins. This casual attitude can lead to indulging in appetites rather than pursuing holiness.

The Role of Discipline

The need for self-control is paramount; unchecked desires can turn our bodies into "instruments of wickedness." The apostle Paul highlights the necessity of keeping our appetites

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in check to prevent spiritual disqualification.

Consequences of Indulgence

Overindulgence in food and drink can weaken our resolve against other sins. A pattern of giving in to cravings can extend to more harmful desires, necessitating a holistic approach to self-discipline.

Materialism and Spiritual Softness

Materialism can breed discontent and laziness, impacting our spiritual vitality. Paul warns that when the body is indulged, our spiritual instincts may wane, leading us astray from our duties as Christians.

Strategies for Overcoming Temptation

To control physical desires, reducing exposure to temptation is crucial. Paul advises fleeing from evil desires and avoiding planning for indulgence. Being proactive in managing our cravings is essential.

Understanding Sinful Desires

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Knowledge of our weaknesses and how temptations arise aids in combating sin. Planning ahead for potential temptations strengthens our defenses against sin.

Dependence on the Holy Spirit

While perfect control of desires may be beyond human strength, dependence on the Holy Spirit enables us to progress. Perseverance in this pursuit can empower us, echoing Paul's affirmation of strength through Christ.

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Chapter 12 Summary : Holiness in Spirit

Holiness in Spirit

Introduction to Holiness in Spirit

The concept of purification extends beyond actions to encompass thoughts, illustrating that God scrutinizes our inner lives as well as our outward conduct. Our thoughts play a crucial role in determining our character.

Inner Thoughts and Character Formation

Our thought lives significantly influence our actions and character. Scriptures emphasize the importance of focusing on true, noble, and praiseworthy thoughts, rather than conforming to worldly patterns.

Evaluating Influences on the Mind

It is crucial to assess the media we consume as these influence our thought life. Christians should be selective

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about entertainment and avoid content that does not align with godly values.

Regarding Sins of the Spirit

In addition to external sins, we must guard against internal sins such as envy, bitterness, and critical spirits, which can be just as damaging to our spirituality.

Examples of Defilements of Spirit

1.

Envy and Jealousy

: Reflecting on biblical figures like King Saul and the elder brother in the Prodigal Son parable, envy can lead to destructive behaviors and attitudes.

2.

Bitterness

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Chapter 13 Summary : Holiness and Our Wills

Holiness and Our Wills

The Role of the Will in Holiness

- The concept of holiness encompasses individual choices governed by the will. It determines whether one will sin or obey, influencing moral destiny.
- Understanding the functioning of the will is crucial for aligning it with God's will daily.

Heart and Its Faculties

- The heart includes the mind, emotions, conscience, and will, all of which were affected by the fall of man.
- With new birth, these faculties are slowly renewed, emphasizing the need for continuous growth in holiness through renewing the mind and submitting to God.

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Interrelation of Mind, Emotions, and Will

- Originally, reason, emotions, and will functioned in harmony; however, sin created conflict among them.
- The will is influenced by compelling forces that can lead to moral failure or success.

Guarding the Mind and Emotions

- Solomon emphasized the importance of guarding the heart, which is central to moral choices and holiness.
- Daily intake of Scripture is essential for protecting the mind, providing wisdom and understanding.

The Importance of Desires

- Understanding that desires can lead us astray, it's crucial to monitor and redirect them towards God's will, taking proactive measures against temptations.
- Engaging with spiritual values helps cultivate a desire for holiness.

Constructing a Discipline for Holiness

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- A structured approach is necessary to align desires, will, and reason toward holiness.
- Personal motivation can influence one's will through relatable stories of faith and obedience from the Bible or inspirational literature.

Final Thoughts

- While it is God's work in us to will and act for His purpose, individuals have the responsibility to guard their minds and emotions.
- As one actively participates in their spiritual growth, they will witness the transformative work of the Holy Spirit leading to a life of increased holiness.

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Chapter 14 Summary : Habits of Holiness

Habits of Holiness

Introduction to Habits

The scripture in Romans 6:19 emphasizes the importance of redirecting our impulses from sin to righteousness. Just as previous sinning reinforces our inclination to sin, the same applies to developing holy habits.

Understanding Habit Formation

Habit is described as the prevailing disposition of thoughts and feelings. These internal patterns can influence our actions as significantly as external factors.

Former Habits of Unholiness

As unbelievers, we cultivated habits of sin, leading us to be

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slaves of sin. In contrast, believers are called to develop habits of holiness by putting off the old self and adopting the new self.

Role of the Holy Spirit

Breaking sinful habits must not be attempted solely through human willpower; dependence on the Holy Spirit is crucial. It requires cooperation with Him to achieve real transformation.

Principles for Developing Holy Habits

1.

Frequent Repetition

: Habits form through consistent practice. Just as sin reinforces sinning, resisting sin strengthens the ability to resist further.

2.

No Exceptions

: Allowing exceptions can erode the new habits and reinforce the old ones. The mindset of “just this once” is often a slippery slope.

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3.

Diligence Across Areas

: Success in one area requires diligence in all aspects of obedience. Weakness in a seemingly minor habit can diminish overall self-control.

4.

Handling Failure

: Failing does not equate to becoming a failure. Persistence is vital. Progress requires continual effort, despite setbacks.

Conclusion

To truly pursue holiness, individuals must address both internal habits and external influences. This dual battle is essential for meaningful progress in holiness.

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Chapter 15 Summary : Holiness and Faith

Holiness and Faith

Introduction to Holiness and Obedience

Holiness encompasses not just separation from sin, but also obedience to God's will. This obedience may appear unreasonable to the world, as illustrated by a Kansas farmer who refused to work on Sundays to honor the Lord's Day despite local expectations. His faithfulness ultimately led to prosperity, showing that obedience to God, even in challenging circumstances, is crucial in the pursuit of holiness.

Obedience as an Integral Part of Faith

In the Bible, obedience and faith are often interchangeable concepts. Disobedience correlates with unbelief, highlighting that pursuing holiness involves acting on God's revelations.

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Practical examples, such as the stories of Noah and Abraham, demonstrate that true faith is evidenced by obedience despite the absence of immediate understanding or favorable conditions.

The Role of Conviction and Confidence

Pursuing holiness requires both conviction that obeying God's will is necessary and confidence in His promises. Historical and biblical illustrations prove that when individuals like the Israelites or King Jeroboam lacked faith, they fell into disobedience, emphasizing that belief in God's promises is essential for a life of obedience.

Faith Linked to Promises

Faith emerges as crucial for both salvation and the daily obedience required in a Christian's life. The relationship

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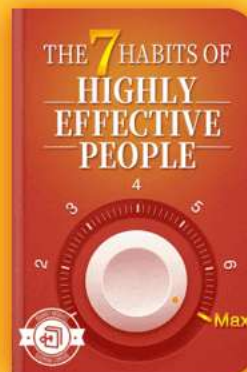
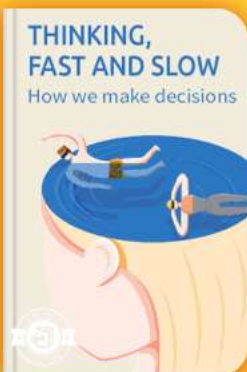


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Chapter 16 Summary : Holiness in an Unholy World

Holiness in an Unholy World

Living Amidst Sinfulness

Believers are called to navigate their faith in an unholy world, facing significant temptations and pressures that challenge their holiness. Whether in university dorms, military bases, or business environments, Christians often confront a culture rife with immorality and ethical compromise.

Scriptural Guidance

Scripture emphasizes the need to remain unpolluted by the world (James 1:27) and encourages believers to stand firm in their convictions (2 Corinthians 6:17). Jesus' prayer highlights the importance of engagement with the world, urging believers to be "the salt of the earth" and "the light of

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the world" (Matthew 5:13-14).

Resisting Worldly Influence

To maintain holiness, Christians should uphold strong convictions based on Scripture while openly identifying as followers of Christ. Actions such as carrying a Bible or displaying it prominently can serve as a reminder of one's faith and provide strength against the pull of worldly values.

Defensive and Proactive Approaches

While defensive measures include immersing oneself in the Word of God to counteract negative influences (Psalm 119:9), believers must also adopt a proactive role by demonstrating the grace and love of Christ to those around them. By living out their faith authentically, Christians can combat moral decay and draw others toward salvation (Matthew 5:13-14).

Responding to Sinful Environments

In severely corrupt environments, believers may need to prayerfully consider removing themselves from situations

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that compromise their faith, similar to Lot's experience in Sodom (2 Peter 2:7-8).

Strength in Christ

Ultimately, maintaining personal holiness is challenging, but believers can rely on the example of Jesus—who maintained His purity while interacting with sinners (Hebrews 7:26)—and trust in God's promise that He provides a way to withstand temptation (1 Corinthians 10:13).

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Chapter 17 Summary : The Joy of Holiness

The Joy of Holiness

Introduction to Joy in Holiness

The Christian life is intended to be joyful, contrary to the perception that holiness is associated with negativity. True joy can only be experienced by those who walk in holiness.

Obedience and Joy

Jesus emphasizes that obedience leads to joy. His joy becomes complete within us through following His commands, creating a cause-and-effect relationship between obedience and joy.

Fellowship with God

Holiness fosters a deep connection with God. David notes

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that joy is found in God's presence; disobedience disrupts this fellowship, leading to a loss of joy.

Experience of God's Love

Obedience affects our experience of God's love, though not in a legalistic sense. God's love motivates us to obey and rewards our obedience, fostering joy.

Joy from Victory Over Sin

Experience joy when overcoming sin, reflecting a "joy of obedience." This sense of victory enhances our relationship with God.

Anticipating Rewards

A holy life brings the joy of anticipated reward, as illustrated in Hebrews. Jesus endured suffering with joy in mind, providing a model for perseverance in holiness.

Entering the Joy of the Lord

Faithfulness in utilizing God's gifts will lead us into His joy,

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reinforcing that holiness allows us to experience divine rewards.

Joy Producing Holiness

Nehemiah highlights that joy is a source of strength. Understanding liberation from sin fosters hope, leading to joy and empowerment against sin.

Choices for Joyful Holiness

Experiencing joy requires conscious choices to forsake sin, recognize freedom from its dominion, and commit to disciplined obedience.

God's Provision for Holiness

God equips us for holiness through His Spirit, guidance in Scripture, and support from leaders. The pursuit of holiness is our responsibility.

Decision for Holiness

We must actively choose to pursue holiness, paralleling a

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farmer's diligent work with God's enablement. The command to be holy is feasible with divine assistance.

Conclusion

Choosing holiness leads to the fullness of joy promised by Christ, emphasizing the intertwined relationship between obedience and joy in the Christian life.

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Example

Key Point: The Interconnection of Obedience and Joy

Example: Imagine deciding to donate your time and resources to aid a local charity. As you engage in this act of kindness, you feel a profound sense of fulfillment and happiness. This is not just a fleeting pleasure; it's a deep-rooted joy resulting from walking in obedience to your calling to serve others. By choosing to act righteously, you experience a richness of life that comes from aligning your actions with your values, illustrating how true joy sprouts from obedience in pursuing a holy life.

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Best Quotes from The Pursuit of Holiness by Jerry Bridges with Page Numbers

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Chapter 1 | Quotes From Pages 12-15

1. For sin shall not be your master, because you are not under law, but under grace.
2. God wants us to walk in obedience—not victory.
3. You can put away that habit that has mastered you if you truly desire to do so.
4. Are we willing to call sin 'sin' not because it is big or little, but because God's law forbids it?
5. It is only as we see His holiness, His absolute purity and moral hatred of sin, that we will be gripped by the awfulness of sin against the Holy God.

Chapter 2 | Quotes From Pages 16-20

1. Be holy, because I am holy.
2. Holiness is nothing less than conformity to the character of God.

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3. God's holiness then is perfect freedom from all evil.
4. Because God is holy, He can never excuse or overlook any sin we commit, however small it may be.
5. God hates sin wherever He finds it, in saint and sinner alike.
6. The holiness of God is an exceedingly high standard, a perfect standard.

Chapter 4 | Quotes From Pages 20-24

1. Just what do these words, 'without holiness no one will see the Lord' actually mean?
2. Even our tears of repentance need to be washed in the blood of the lamb.
3. The writer of Hebrews is telling us to take seriously the necessity of personal, practical holiness.
4. When the Holy Spirit comes into our lives at our salvation, He comes to make us holy in practice.
5. Holiness, then, is not necessary as a condition of salvation—that would be salvation by works—but as a part of salvation that is received by faith in Christ.



- 6.To persist in disobedience is to increase our necessity for discipline.
- 7.The One who makes our service effective and who empowers us for service is the Holy Spirit.
- 8.Everyone, then, who professes to be a Christian should ask himself, 'Is there evidence of practical holiness in my life?'
- 9.Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven.

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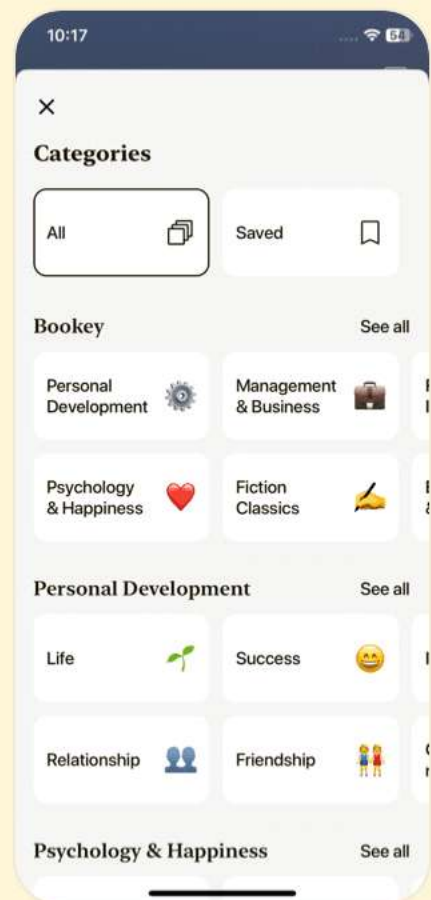
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Chapter 4 | Quotes From Pages 25-28

1. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.
2. Can any of you prove me guilty of sin?
3. I always do what pleases him.
4. Woe is me, for I am ruined! Because I am a man of unclean lips...
5. See ... your guilt is taken away and your sin atoned for.
6. His life is meant to be an example of holiness for us.
7. Holiness does not consist in mystic speculations, enthusiastic fervours, or uncommanded austerities...

Chapter 5 | Quotes From Pages 29-33

1. Many Christians have a basic desire to live a holy life, but have come to believe they simply cannot do it.
2. We are to pursue holiness because certain facts are true.
3. Having experienced failure and frustration with our sin problem, we are delighted to be told that God has already

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done it all and that we only need to rest in Christ's finished work.

4. When we sin as Christians, we do not sin as slaves, but as individuals with the freedom of choice.

5. Through our union with Christ we have died to this realm of sin.

Chapter 6 | Quotes From Pages 34-37

1. When I want to do good, evil is right there with me.

2. The seat of indwelling sin is the heart.

3. Knowing that indwelling sin occupies a heart that is deceitful and unsearchable should make us extremely wary.

4. If we are to wage a successful war against this enemy within, it is important that we know something of its nature and tactics.

5. Deceit of the mind is carried on by degrees, little by little.

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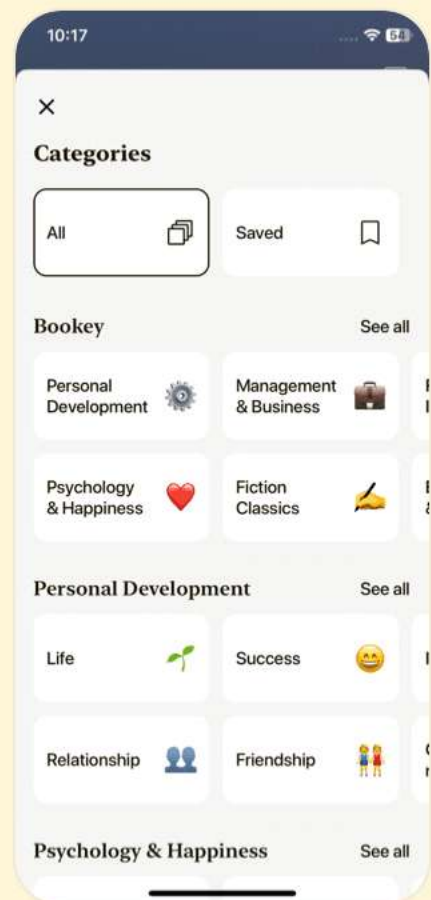
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Chapter 7 | Quotes From Pages 38-43

1. To realize this takes away from us that old sense of hopelessness which we have all known and felt because of the terrible power of sin.
2. Only as we reckon on these twin facts—that I am dead to sin and its reign over me and that I am alive to God, united to Him who strengthens me—can I keep sin from reigning in my mortal body.
3. No one overcomes the corruptions of his heart except by the enabling strength of the Spirit of God.
4. If we truly desire to live in the realm of the Spirit we must continually feed our minds with His truth.
5. We have to learn that we are dependent upon the enabling power of the Holy Spirit to attain any degree of holiness.

Chapter 8 | Quotes From Pages 44-46

1. We are to do something. We are not to 'stop trying and start trusting'; we are to put to death the misdeeds of the body.
2. It is time for us Christians to face up to our responsibility

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for holiness.

3. When I say I am defeated by some sin, I am unconsciously slipping out from under my responsibility. I am saying something outside of me has defeated me.
4. Only as we accept our responsibility and appropriate God's provisions will we make any progress in our pursuit of holiness.
5. The Holy Spirit is in us; He is working in us, and empowering us, giving us the ability.

Chapter 9 | Quotes From Pages 47-52

1. Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.
2. Mortification from a self-strength, carried on by ways of self-invention, unto the end of a self-righteousness is the soul and substance of all false religion.
3. The Spirit alone is sufficient for this work. All ways and means without Him are useless. He is the great efficient. He is the One who gives life and strength to our efforts.

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4. Without the Holy Spirit's strength there will be no mortification, but without our working in His strength there will also be no mortification.
5. We must believe that the pursuit of holiness is worth the effort and pain required to mortify the misdeeds of the body.
6. Obedience is the pathway to holiness, but it is only as we have His commands that we can obey them.
7. Many issues of life are clearly addressed in the Bible, and we would do well to memorize verses that speak to those issues.
8. We must recognize that we have developed habit patterns of sin. We have developed the habit of shading the facts a little bit when it is to our advantage.
9. Our old desires and our sinful habits are not easily dislodged. To break them requires persistence, often in the face of little success.

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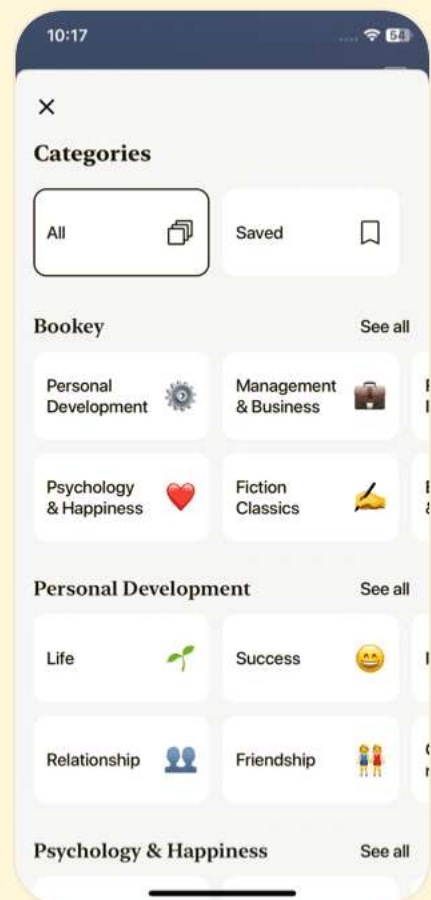
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Chapter 10 | Quotes From Pages 53-58

1. Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.
2. You may have sought and tried to obtain instant godliness. There is no such thing.... We want somebody to give us three easy steps to godliness, and we'll take them next Friday and be godly. The trouble is, godliness doesn't come that way.
3. Discipline is structured training.
4. It is by willing, prayerful and persistent obedience to the requirements of the Scriptures that godly patterns are developed and come to be a part of us.
5. A disciplined intake of the Word of God not only involves a planned time; it also involves a planned method.
6. Obedience to the Scriptures usually requires change in our patterns of life.
7. Though a righteous man falls seven times, he rises again.
8. Holiness doesn't come that way. Our sinful habits are not broken overnight.

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9.What a wretched man I am!

10.If we would succeed in our pursuit of holiness we must persevere in spite of failure.

Chapter 11 | Quotes From Pages 59-62

1.If your body makes all the decisions and gives all the orders, and if you obey, the physical can effectively destroy every other dimension of your personality.

2.Whatever increases the strength and authority of your body over your mind—that thing is sin to you.

3.They that would keep themselves pure must have their bodies in subjection, and that may require, in some cases, a holy violence.

4.The prudent see danger and take refuge, but the simple keep going and suffer for it.

Chapter 12 | Quotes From Pages 63-67

1.Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness

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out of reverence for God.

2. Our thoughts are just as important to God as our actions, and are known to God as clearly as our actions.

3. Holiness begins in our minds and works out to our actions.

4. The world around us constantly seeks to conform our minds to its sinful ways.

5. We must purify ourselves not only from the gross sins of the body, but also from the more 'acceptable' sins of the spirit.

6. The cure for the sin of envy and jealousy is to find our contentment in God.

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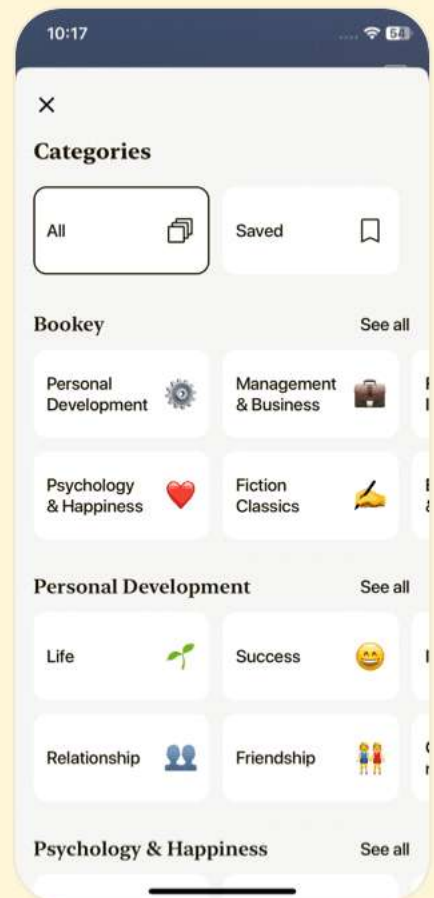
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Chapter 13 | Quotes From Pages 68-71

1. For it is God who works in you to will and to act according to his good purpose.
2. The will is the ultimate determiner of all choices.
3. If we diligently guard our minds and emotions, we will see the Holy Spirit working in us to conform our wills to His own.
4. There is absolutely no shortcut to holiness that bypasses or gives little priority to a consistent intake of the Bible.
5. Knowing that Satan attacks primarily through our desires, we should watch over them diligently and bring the Word of God to bear on them constantly.
6. In the final analysis it is God who works in us to will and to act according to His good purpose.

Chapter 14 | Quotes From Pages 72-74

1. The more we sin, the more we are inclined to sin.
2. Every lust is a depraved habit or disposition continually inclining our hearts to do evil.
3. We are to put off our old self—our sinful disposition and

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its habits—and put on the new self—with its character and habits of holiness.

- 4.The more we say no to sin, the more we are inclined to say no.
- 5.When we allow exceptions we are reinforcing old habits or else failing to reinforce the new one.
- 6.Without a sincere and diligent effort in every area of obedience, there will be no successful mortification of any one besetting sin.
- 7.As long as we are working on those sinful habits, regardless of how often we fail, we have not become a failure, and we can expect to see progress.

Chapter 15 | Quotes From Pages 75-79

- 1.By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.
- 2.Obedience to the revealed will of God is often just as much a step of faith as claiming a promise from God.

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3. Faith is not only necessary to salvation, it is also necessary to live a life pleasing to God.
4. The path of obedience in the pursuit of holiness is often contrary to human reason.
5. Without faith it is impossible to please God.

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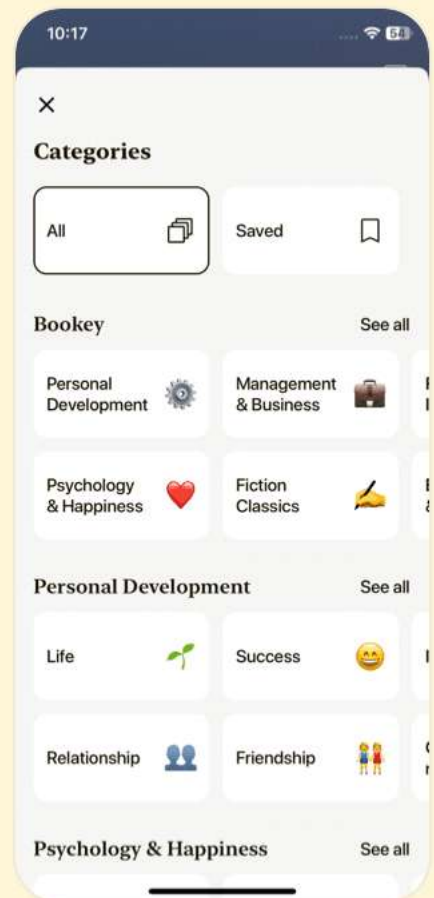
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Chapter 16 | Quotes From Pages 80-82

1. My prayer is not that you take them out of the world but that you protect them from the evil one.
2. How can a young man keep his way pure? By living according to your word.
3. Salt combats deterioration. Similarly Christians, by showing themselves to be Christians indeed, are constantly combatting moral and spiritual decay.
4. I have not come to call the righteous, but sinners to repentance.
5. No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear.

Chapter 17 | Quotes From Pages 83-85

1. God intends the Christian life to be a life of joy—not drudgery. The idea that holiness is associated with a dour disposition is a caricature of the worst sort.
2. Only those who walk in holiness experience true joy.

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3. Joy results from obedience. Only those who are obedient—who are pursuing holiness as a way of life—will know the joy that comes from God.
4. True joy comes only from God, and He shares this joy with those who walk in fellowship with Him.
5. In the joy of obedience, we might call it the joy of victory; I prefer to call it the joy of obedience.
6. We, too, can look forward to entering into the joy of the Lord as we walk in holiness to the end of our days.
7. The joy of the Lord is your strength.
8. Will we accept our responsibility and discipline ourselves to live in habitual obedience to the will of God?
9. If you make that decision, you will experience the fullness of joy which Christ has promised to those who walk in obedience to Him.

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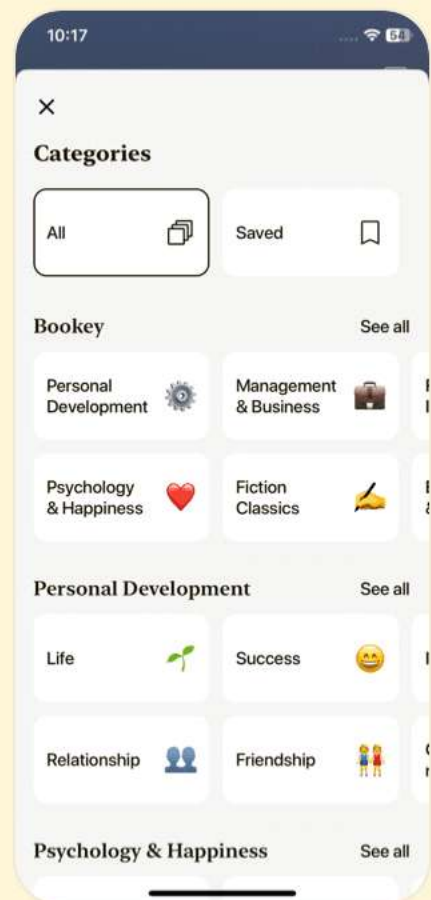
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The Pursuit of Holiness Questions

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Chapter 1 | Holiness Is for You| Q&A

1.Question

What does Romans 6:14 imply about the relationship between sin and grace in a Christian's life?

Answer:Romans 6:14 emphasizes that sin should not govern us because we are under grace, not law. It suggests that grace empowers believers to overcome sin's control, indicating a transformative relationship with God's grace that helps one live a life of holiness.

2.Question

How did the author feel after the phone call, despite having a quiet time with God earlier?

Answer:The author felt anger, resentment, and discouragement after an encounter with a difficult person, which contrasted sharply with the peace cultivated during his quiet time. This juxtaposition illustrates the struggle between

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spiritual aspirations and real-life challenges.

3.Question

What is the true concept of holiness according to the author?

Answer:Holiness is being morally blameless and separated from sin, devoted to God. It involves living in conformity to moral principles outlined in the Bible, rather than merely following a list of prohibitions or striving for unattainable perfection.

4.Question

Why do many Christians feel defeated in their struggle with sin?

Answer:Many Christians feel defeated due to a self-centered attitude towards sin, a misunderstanding of 'living by faith' that implies no personal effort is needed for holiness, and a tendency to not take certain sins seriously.

5.Question

What does the author mean by saying that 'obedience is oriented toward God'?

Answer:The author means that true focus should be on

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pleasing God and adhering to His commands rather than seeking victory over sin as a personal achievement.

Obedience stems from love for God and an understanding of His holiness, not merely a desire for personal success.

6.Question

What does the author challenge readers to rethink regarding their attitude towards sin?

Answer:The author urges readers to view sin as an offense against God rather than as a personal defeat. This perspective shift is vital for pursuing a true relationship with God and striving for holiness.

7.Question

What crucial step towards holiness does the author suggest as necessary?

Answer:The crucial step is recognizing and embracing personal responsibility for one's sins while relying on God's grace, which includes the commitment to obey God in every area of life, regardless of how minor it may appear.

8.Question

How does the author suggest we should categorize sin?

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Answer: The author argues that we should view sin as sin, without categorizing it as big or small based on human standards. Instead, we should acknowledge it as disobedience to God's commands, recognizing His holiness and authority as the basis for obedience.

9. Question

What foundational aspect of holiness does the author introduce in moving forward?

Answer: The author highlights that the concept of holiness begins with an understanding of God's holiness. Recognizing God's absolute purity and moral opposition to sin is essential to grasping the gravity of our sinfulness.

Chapter 2 | The Holiness of God| Q&A

1. Question

What is the basis of God's call for Christians to be holy?

Answer: God's call for Christians to be holy is based on the fact that He Himself is holy. This call applies to all Christians, regardless of their status or role in society.

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2.Question

How does cultural holiness differ from true holiness?

Answer:Cultural holiness refers to adapting to the character and behavior of those around you, which can vary in holiness. True holiness, however, is about conforming to the character of God, who is the ultimate standard for holiness.

3.Question

Why do Christians often struggle to do what they know is right?

Answer:Christians sometimes hesitate to act on what they know is right due to various obstacles like sacrifice, pride, or fear of consequences. Unlike God, who acts consistently and without hesitation, we may experience hesitation even knowing the right course of action.

4.Question

How should the absolute holiness of God bring comfort to believers?

Answer:The absolute holiness of God guarantees that His actions towards us are perfect and just. This assurance helps believers trust God's character, even when circumstances

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might suggest injustice.

5.Question

What did Stephen Charnock say about denying God's holiness?

Answer:Stephen Charnock stated that denying God's holiness is an even greater injury than denying His existence, as holiness is essential to God's nature.

6.Question

What personal experience did the author share that illustrates the importance of acknowledging God's holiness?

Answer:The author recounted his experience of questioning God's fairness during a job search after obeying God. Upon reading Scripture, he recognized the sin in his complaints and repented, leading to mercy and job offers the next day.

7.Question

What does recognizing God's holiness mean for how we should live our lives?

Answer:Recognizing God's holiness means that we must strive to be holy in all aspects of our lives, without excusing

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our shortcomings, as God holds us to a perfect standard.

8.Question

How does God's holiness relate to His attitude toward sin?

Answer:God's holiness means He hates sin and cannot overlook it, regardless of how small it seems. All sin is contrary to His nature, and believers should cultivate a similar hatred for sin.

9.Question

What example did the author give to demonstrate the consequence of disobedience to God's will?

Answer:The author referenced King Saul, who lost his kingdom due to disobeying God by taking matters into his own hands instead of waiting for Samuel, illustrating the serious consequences of failing to adhere to God's commands.

10.Question

What is the impact of frequently contemplating God's holiness and His hatred of sin?

Answer:Contemplating God's holiness and His hatred of sin

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serves as a deterrent against trivializing sin, encouraging believers to live reverently and in pursuit of holiness.

Chapter 4 | Holiness Is Not an Option| Q&A

1.Question

What does Hebrews 12:14 mean by 'without holiness no one will see the Lord'?

Answer: This verse emphasizes the necessity of pursuing personal holiness in our daily lives as a reflection of our relationship with God. It suggests that while our salvation is rooted in Christ's work, genuine faith manifests in a commitment to holiness.

2.Question

Can we attain salvation through our personal holiness?

Answer: No, Scripture clearly states that our best efforts are insufficient for salvation; our righteousness is like 'filthy garments' (Isaiah 64:6). Salvation is solely through Christ's active and passive obedience.

3.Question

What is the difference between the holiness we have in Christ and the holiness we strive for?

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Answer: The holiness we possess in Christ is our standing before God based on His sacrifice, while the holiness we strive for involves our daily actions and efforts to live a life that pleases God.

4. Question

Why is striving for personal holiness important in a Christian's life?

Answer: Striving for holiness demonstrates the authenticity of our faith. A true desire for holiness indicates a genuine relationship with God and is essential for our fellowship with Him.

5. Question

What are the consequences of ignoring the call to holiness?

Answer: Ignoring holiness can lead to divine discipline as God corrects His children, and it can affect our effectiveness in serving God and our assurance of salvation.

6. Question

How does holiness relate to effective service for God?

Answer: Holiness is a prerequisite for being useful in God's

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service; an unholy life grieves the Holy Spirit, hindering our ability to serve effectively.

7.Question

What should one reflect on to assess their faith in Christ?

Answer:One should ask: 'Is there evidence of practical holiness in my life? Do I desire and strive after holiness? Do I grieve over my lack of it and seek God's help to grow in holiness?'

8.Question

What does Jesus say about entering the kingdom of heaven?

Answer:Jesus states that not everyone who claims to know Him will enter heaven; it is those who do the will of the Father who will have true access, highlighting the importance of both faith and obedience.

9.Question

How does one demonstrate a genuine conversion experience according to these principles?

Answer:A genuine conversion experience is demonstrated through a transformed life that shows evidence of holiness, a

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departure from sin, and an active pursuit of a life that glorifies God.

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Chapter 4 | The Holiness of Christ| Q&A

1.Question

What is the significance of understanding the holiness of Christ?

Answer:Understanding the holiness of Christ is vital for recognizing our security in Him. It allows us to see our own sinfulness in light of His perfection and to flee for refuge in Christ. It emphasizes that His righteousness is credited to us, offering solace amid our struggles with sin.

2.Question

How does Jesus affirm His sinlessness?

Answer:Jesus' sinlessness is affirmed through scriptural testimony and His own challenge to those around Him. In John 8:46, He asks the Pharisees, "Can any of you prove me guilty of sin?" His confidence stems from His perfect adherence to God's will, evidenced by statements like, "I always do what pleases Him" (John 8:29).

3.Question

How should we respond when we reflect on God's

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holiness?

Answer: A serious contemplation of God's holiness often leads us to a state of utter dismay regarding our own lack of holiness, echoing Isaiah's cry of desperation. Recognizing our shortcomings magnifies our need for Christ's atonement, reminding us that our guilt is taken away and sin atoned for.

4.Question

What is the role of the Holy Spirit in our pursuit of holiness?

Answer: The Holy Spirit reveals our lack of holiness to stimulate our yearning for greater holiness. As we grow in faith, we become acutely aware of our sinful thoughts and actions, prompting us to seek reassurance in Christ's righteousness, rather than allowing Satan to discourage us.

5.Question

How can we identify with Paul regarding sinfulness?

Answer: We can identify with Paul in acknowledging our inherent sinfulness and thanking God for His grace. Like Paul, we confess that we are among the worst of sinners but

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find comfort knowing that Christ came to save us, echoing Paul's words in 1 Timothy 1:15.

6.Question

In what ways is Christ an example for our lives?

Answer:Christ exemplifies holiness by always doing what pleases God. His life guides our actions, thoughts, and motives. We are called to scrutinize our lives through the lens of His example, asking ourselves if our actions genuinely seek to glorify God.

7.Question

What challenges do we face in striving for holiness?

Answer:Striving for holiness often brings internal conflicts, such as the temptation to act out of selfish motives rather than for God's glory. Situations that provoke anger or defensiveness can distract us from viewing others as precious in God's eyes. Thus, we must consciously choose to respond in love, as Christ did.

8.Question

How can we cultivate a mindset of holiness according to the text?

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Answer: We can cultivate a mindset of holiness by adopting the rule to act and think as God does, prioritizing His will above our own desires. This means refraining from focusing solely on a list of do's and don'ts and instead striving for a heartfelt desire to follow Christ's example in every aspect of our lives.

9.Question

How does the pursuit of holiness transform our perceptions of others?

Answer: The pursuit of holiness transforms our perception of others by enabling us to see them as individuals beloved by Christ, instead of simply viewing them through the lens of personal disputes or grievances. It encourages us to empathize with their struggles and respond with compassion.

10.Question

What should we remember in our struggle against sin?

Answer: In our struggle against sin, we should remember that Christ's righteousness is our securing grace. We are not alone in our fight; His perfect life lived on our behalf reassures us

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that our salvation is secure, empowering us to continue in our pursuit of holiness despite our failings.

Chapter 5 | A Change of Kingdoms| Q&A

1.Question

What is the fundamental promise regarding our battle with sin according to Romans 6:6-7?

Answer:The fundamental promise is that our old selves were crucified with Christ, which means that the body of sin has been rendered powerless.

Consequently, believers should no longer be slaves to sin because anyone who has died has been freed from sin.

2.Question

Why do many Christians struggle with living a holy life?

Answer:Many Christians struggle because they feel defeated by particular sins or deficiencies in their character. They often believe they cannot attain a life of holiness and may settle into a life of moral mediocrity, feeling frustrated with the commands of Scripture.

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3.Question

What common approaches do Christians take in their pursuit of holiness?

Answer:Christians often try to live a holy life through personal willpower or solely by relying on faith in God's work. Many also engage in intense prayer regarding their sin problems, yet may still experience failure.

4.Question

What is the crucial distinction to understand in our pursuit of holiness?

Answer:It's important to distinguish between what God has done for us (provided freedom from sin's dominion) and what we are responsible for (actively resisting sin in our lives). This understanding helps clarify the role of personal responsibility in spiritual growth.

5.Question

How does Paul emphasize our responsibility in resisting sin according to Romans 6:12?

Answer:Paul states, 'Do not let sin reign in your mortal body,' highlighting that pursuing holiness requires our active

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will. This implies that we have a responsibility to ensure sin does not have control over us.

6.Question

What does it mean to reckon ourselves dead to sin?

Answer:To reckon ourselves dead to sin means to consider and accept the truth of our death to sin's dominion through Christ. However, merely believing it doesn't change our experience; we must also actively ensure that sin does not reign in our lives.

7.Question

Why do Christians still struggle with sin after being freed from its reign?

Answer:Despite being freed from sin's dominion, Christians still contend with their sinful natures, which remain within them. This leads to an ongoing struggle, likened to guerrilla warfare, where residual sin patterns and habits continue to exert influence.

8.Question

How can the analogy of a war illustrate the Christian struggle with sin?

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Answer: In warfare, when one faction is defeated, it might resort to guerilla tactics to continue its fight. Similarly, although sin has been defeated in a believer's life, the remaining sinful nature continues to resist, resulting in a struggle between our desires and the leading of the Spirit.

9.Question

What does it mean to live as individuals with the freedom of choice after salvation?

Answer: After salvation, Christians are no longer slaves to sin and possess the freedom to choose holiness. When they sin, it's a choice rather than a compulsion, signifying that they can actively resist sinful inclinations.

10.Question

What summarizes the provision and responsibility related to living a holy life?

Answer: God has provided the potential for holiness by freeing believers from sin's reign, but the responsibility to actively resist and not let sin govern one's actions is theirs alone. Confusing the divine enablement with personal

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responsibility can hinder one's spiritual journey.

Chapter 6 | The Battle for Holiness| Q&A

1.Question

What does Paul mean when he states, 'When I want to do good, evil is right there with me' (Romans 7:21)?

Answer: This statement highlights the internal struggle that every believer faces between the desire to do good and the presence of sin within. It emphasizes that even when we aim to pursue holiness, sin is a constant adversary, ready to divert our intentions.

2.Question

How can understanding the nature of our heart help us in the battle against sin?

Answer: Recognizing that our heart is deceitful and unsearchable ensures we approach our spiritual walk with caution. It reminds us to seek God's guidance continually and to remain vigilant against unrecognized sin. Regular prayers, such as David's request for God to search our hearts, can

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help reveal hidden issues.

3.Question

What role does desire play in influencing our actions and leading us into sin?

Answer:Desire is a powerful force within us. It often overshadows reason, leading us to pursue temptations that satisfy our evil inclinations. To combat this, we must ensure our desires align with glorifying God rather than succumbing to our sinful instincts.

4.Question

What are some traps that one can fall into while trying to introspect their heart for sin?

Answer:There are two main traps: 1) Morbid introspection, which can lead to discouragement and hinder the fight against holiness; 2) Focusing on secondary issues while ignoring primary problems, which can divert attention from deeper, more damaging sins.

5.Question

How does the enemy, sin, deceive our understanding as we pursue holiness?

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Answer: Sin uses gradual deception to lure us away from vigilance and obedience. This can start with overconfidence in our spiritual standing or a misapplication of grace, where we mistakenly believe our actions have no serious consequences.

6.Question

Why is it crucial to remain vigilant against letting temptation take root in our hearts?

Answer: Temptation left unchecked can entrench itself within us and lead to sin. By combatting temptation immediately and prayerfully guarding our hearts, we can prevent it from gaining a foothold in our lives.

7.Question

How does Scripture suggest we deal with indwelling sin and ongoing temptation?

Answer: Scripture teaches us to 'watch and pray' (Matthew 26:41) and 'guard our heart' (Proverbs 4:23) as proactive measures. Engaging with God's Word helps sharpen our discernment against the subtleties of sin.

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8.Question

What does it mean to abuse grace in the context of battling sin?

Answer:Abusing grace refers to the mindset that allows one to sin freely, thinking forgiveness is easily obtainable. This diminishes the seriousness of sin and God's holiness, leading to neglect of true repentance and accountability.

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Chapter 7 | Help in the Daily Battle| Q&A

1.Question

What does it mean to count ourselves dead to sin but alive to God in Christ Jesus?

Answer:It signifies a transformation where we no longer live under the dominion of sin but instead have a new life in Christ. We recognize that we have died to sin through Christ's sacrifice and are now empowered to live righteously.

2.Question

How can Christians actively participate in the battle against sin?

Answer:By continually reminding themselves of their identity in Christ—being dead to sin and alive to God—and resisting sin with faith. This involves a conscious effort to seek God's strength in every temptation.

3.Question

Why is the Holy Spirit essential for living a holy life?

Answer:The Holy Spirit empowers us to see our need for holiness, enlightens our understanding of God's standards,

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creates within us a desire for righteousness, and gives us the strength to overcome sin.

4.Question

What practical steps can believers take to depend on the Holy Spirit?

Answer:They can regularly engage with Scripture with a humble attitude and pray consistently for the Holy Spirit's guidance and strength in their lives.

5.Question

What role does prayer play in our pursuit of holiness?

Answer:Prayer is a means of expressing our dependence on God for strength and guidance in living pleasing to Him. Paul's continuous prayers for believers exemplify this need.

6.Question

How does the understanding of being 'alive to God' impact a believer's daily life?

Answer:It empowers believers to confront temptations and live according to God's will rather than yielding to sin. This perspective shifts focus from defeat to reliance on God's power.

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7.Question

What can we learn from the example of David regarding spiritual blindness?

Answer:David's experience with being blind to his sin shows how easily we can fail to see our faults without the Holy Spirit's illumination, emphasizing the need for humility and openness to correction.

8.Question

How can the knowledge of God's promises help in overcoming sin?

Answer:Knowing that God's power is at work within us encourages us not to succumb to despair but to trust in His ability to help us overcome temptations and live righteously.

9.Question

Why is it important to have a consistent intake of God's Word for holiness?

Answer:The Word of God reveals our need for holiness and God's standards, guiding us and providing the spiritual nourishment required to grow in our faith and resist sin.

10.Question

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In what ways does the Holy Spirit create a desire for holiness in believers?

Answer: The Holy Spirit highlights our sins, reveals God's standards, and stirs within us a longing for righteousness, fostering genuine repentance and growth toward holiness.

Chapter 8 | Obedience—Not Victory| Q&A

1.Question

What does Romans 8:13 say about living according to the Spirit and its consequences?

Answer: Romans 8:13 emphasizes that living according to the sinful nature leads to death, but if we use the Spirit's power to put to death the misdeeds of the body, we will live.

2.Question

How does 'responsibility' play a role in pursuing holiness according to Jerry Bridges?

Answer: Bridges highlights that while God's Spirit enables us to pursue holiness, we are responsible for actively putting to death our sinful actions. It's our obligation to exercise this

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responsibility as part of our faith.

3.Question

What mistake did Bridges make in his understanding of living a holy life?

Answer:He mistakenly believed that any effort on his part to live a holy life was a 'work of the flesh' and thought he could simply rely on God to do the work for him, neglecting his own responsibility.

4.Question

What is the key difference between viewing our spiritual journey in terms of 'victory' and 'defeat' versus 'obedience' and 'disobedience'?

Answer:Bridges argues that using 'obedience' and 'disobedience' places the responsibility for our actions directly on us, rather than attributing it to external factors that lead to 'defeat'.

5.Question

How can Christians rely on the Holy Spirit in their pursuit of holiness?

Answer:Christians can rely on the Holy Spirit as their source

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of strength, allowing Him to empower them. They should adopt an attitude of 'I can do it through Him who strengthens me,' rather than feeling defeated or as if they lack ability.

6.Question

What does it mean to 'put to death the misdeeds of the body' in practical terms?

Answer:Putting to death the misdeeds of the body involves actively resisting temptation, rejecting sinful thoughts, and choosing to live in a way that aligns with God's will by using the strength provided by the Holy Spirit.

7.Question

How does Bruce emphasize the relationship between God's provision and our responsibility?

Answer:Bridges points out that while God's provision includes the Holy Spirit and Christ's victory over sin, it is imperative that we take personal responsibility and actively use those provisions to pursue holiness.

8.Question

What impact does recognizing our personal responsibility have on our spiritual journey?

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Answer: Recognizing personal responsibility fosters a mindset of accountability, leading to genuine progress in holiness. It encourages us to acknowledge our choices and their spiritual implications.

9.Question

Why does Bridges suggest we need to change our language from 'defeat' to 'disobedience'?

Answer: Changing the language shifts the focus from feeling powerless to taking ownership of our actions, holding ourselves accountable for our choices, and recognizing the agency we have in our spiritual lives.

10.Question

What is the ultimate takeaway from recognizing our responsibility for holiness?

Answer: The ultimate takeaway is that recognizing and accepting our responsibility allows us to make meaningful strides in our spiritual journey, ultimately leading to a more profound relationship with God and a life that honors Him.

Chapter 9 | Putting Sin to Death| Q&A

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1.Question

What does it mean to 'put to death' the misdeeds of the body as mentioned in Colossians 3:5?

Answer: To put to death the misdeeds of the body, or to mortify them, involves actively destroying the strength and vitality of sin in our lives. It means we take decisive action to combat our earthly nature, which includes sexual immorality, impurity, lust, evil desires, and greed.

2.Question

Why is it important to rely on the Holy Spirit for mortification?

Answer: Relying on the Holy Spirit is crucial because true mortification cannot be accomplished through our own strength alone. The Holy Spirit provides the life and energy necessary to overcome sin, guiding us in our pursuit of holiness.

3.Question

How can convictions about holiness be developed according to the text?

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Answer: Convictions about holiness can be developed through consistent exposure to the Word of God. As we read and memorize scripture, our minds are reshaped and we grow in our understanding of God's will for our lives, enabling us to recognize and resist sin.

4.Question

What is the relationship between obedience and holiness?

Answer: Obedience is essential to holiness, as it is through obeying God's commands that we demonstrate our love for Him and grow in holiness. As we internalize and apply scripture, we cultivate the convictions that lead to righteous living.

5.Question

How can someone apply the 'Formula: How to Know Right From Wrong' in a practical situation?

Answer: When deciding on a television program to watch, one can use the formula: 1) Is it helpful? 2) Does it bring me under its power? 3) Does it hurt others? 4) Does it glorify God? By honestly answering these questions, one can assess

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whether the program aligns with their commitment to holiness.

6.Question

What is the ultimate aim of living a life of holiness according to 1 John 2:1?

Answer:The ultimate aim is to not sin at all. This desire for a higher standard of holiness challenges us to strive for a life that seeks to completely avoid sin, rather than minimising or excusing it.

7.Question

What is the significance of making a commitment to holiness?

Answer:Making a commitment to holiness involves a decisive choice to say 'no' to sin and 'yes' to God. This commitment is essential to effectively resisting temptation and living a life that reflects God's righteousness.

8.Question

How does one's past affect their response to certain activities?

Answer:An individual's past experiences can affect their

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engagement with seemingly neutral activities. For instance, someone may need to avoid certain activities like tennis if they previously struggled with idolatry surrounding that sport, even if others engage in it without issue.

9.Question

What warning does the author give about the ‘just one more time’ syndrome?

Answer:The ‘just one more time’ syndrome represents a dangerous mindset where one thinks they can indulge in sin lightly. The author warns that yielding to temptation repeatedly makes future resistance even more challenging, leading to deeper entrenchment in sin.

10.Question

Why is it vital to have a personal standard for holiness in areas of ambiguity?

Answer:Having a personal standard helps to guide decisions in areas where Scripture may not provide explicit direction. It fosters a sense of responsibility and encourages obedience based on individual convictions and understanding of God's

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Chapter 10 | The Place of Personal Discipline| Q&A

1.Question

What is the primary message about personal discipline in the pursuit of holiness?

Answer:Personal discipline is essential for attaining godliness and holiness; it requires structured training and consistent effort, similar to that of athletes, to correct and mold our character.

2.Question

Why do people often struggle to maintain commitments to holiness?

Answer:Many people struggle with maintaining commitments to holiness because they seek instant results and expect quick fixes rather than understanding that holiness is a lifelong process characterized by gradual improvement.

3.Question

How does the Scripture play a role in personal discipline?

Answer:The Scripture is fundamental to personal discipline; it provides guidance, correction, and training in

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righteousness, helping us to develop godly patterns when we engage with it regularly.

4.Question

What three questions should we ask ourselves when engaging with Scripture for personal growth?

Answer:1. What does this passage teach concerning God's will for a holy life? 2. How does my life measure up to that Scripture? 3. What specific steps do I need to take to obey?

5.Question

What does the author mean by 'perseverance' in the context of discipline toward holiness?

Answer:Perseverance refers to the commitment to continue striving for holiness despite failures and setbacks, understanding that progress is often slow and requires ongoing effort.

6.Question

How is meditation on the Word of God significant?

Answer:Meditation on Scripture allows for deeper reflection and application of biblical truths to our lives, helping us internalize God's ways and make meaningful changes.

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7.Question

What does the author suggest about the nature of discipline and failure?

Answer:Discipline is a structured approach to spiritual growth that acknowledges failures are part of the process; it encourages believers not to give up but to continue striving for holiness.

8.Question

How can we incorporate Scripture into our lives practically, according to the text?

Answer:We can incorporate Scripture into our lives through regular reading, studying, memorizing, and meditating on it, ensuring we have a plan to engage with the Word daily.

9.Question

In what way should our struggles with sin affect our view of holiness?

Answer:Our struggles with sin should drive us to recognize the need for discipline and growth; as we become more aware of our shortcomings, we are also prompted to pursue holiness more earnestly.

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10.Question

What example does the author give to illustrate the discipline needed to overcome a habit?

Answer:The author compares changing a bad habit, such as a boy's incorrect baseball swing, to overcoming sinful patterns, emphasizing that both require structured training and repeated practice to achieve success.

Chapter 11 | Holiness in Body| Q&A

1.Question

What does true holiness include according to the chapter?

Answer:True holiness includes control over our physical bodies and appetites, recognizing them as temples of the Holy Spirit and glorifying God through them.

2.Question

How do modern Christians generally view gluttony and laziness compared to earlier Christians?

Answer:Modern Christians often view gluttony and laziness as mere weaknesses of the will rather than sins, contrasting with earlier Christians who regarded them as sinful.

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3.Question

What warning does Michel Quoist provide about allowing the body to dominate our decisions?

Answer:Quoist warns that if we let the body make decisions and give orders, it can destroy our emotional and spiritual lives, making them anemic.

4.Question

What was Susannah Wesley's view on the authority of the body over the mind?

Answer:Susannah Wesley stated that anything increasing the body's strength and authority over the mind is considered sin.

5.Question

How does Paul describe his relationship with his body in the pursuit of holiness?

Answer:Paul describes his body as an adversary that needs to be kept under control, emphasizing that he must make it his slave to avoid spiritual disqualification.

6.Question

What is the danger of indulging excessively in physical appetites?

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Answer: Excessive indulgence in physical appetites can lead to an inability to resist other sins, as it weakens our resolve and makes it difficult to say no to lustful thoughts and desires.

7.Question

How should Christians view their bodies, according to the author?

Answer: Christians should view their bodies as temples of the Holy Spirit, recognizing that they are responsible for managing food, drink, and other indulgences.

8.Question

What is the relationship between materialism and spiritual laziness?

Answer: Materialism can create discontent and envy, leading to physical laziness, which is often mirrored in spiritual laziness as well.

9.Question

What practical steps does the author suggest to manage physical cravings?

Answer: The author suggests reducing exposure to

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temptation, fleeing evil desires, and making no provision for the flesh by planning ahead to resist cravings.

10.Question

What role does the Holy Spirit play in controlling sinful desires?

Answer:The Holy Spirit empowers Christians to overcome sinful desires when they depend on Him, enabling them to persevere despite failures.

Chapter 12 | Holiness in Spirit| Q&A

1.Question

What is the significance of purifying ourselves in body and spirit according to 2 Corinthians 7:1?

Answer:Purifying ourselves is vital as it reflects our reverence for God. Our thoughts, as well as our actions, must align with holiness, emphasizing that God values our inner lives just as much as our outward behavior.

2.Question

How should we evaluate our thought lives and the influences around us?

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Answer: We should assess everything we allow into our minds—television, movies, music, etc.—against Philippians 4:8, asking whether they are true, noble, right, pure, lovely, or praiseworthy.

3.Question

Why is controlling our thoughts just as important as controlling outward actions?

Answer: Because our thought lives ultimately shape our character. As Proverbs 23:7 states, 'As he thinks within himself, so he is,' indicating that our inner attitudes lead to our actions.

4.Question

What dangers do we face in relation to negative thoughts such as envy and bitterness?

Answer: These negative thoughts can lead us to harbor sin in our hearts, causing us to act in ways contrary to God's commands and defile our spirits.

5.Question

What can we learn from the elder brother in the story of the prodigal son?

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Answer:He exemplifies how one can follow all outward rules while being consumed by jealousy and resentment, leading to a spirit that is deeply unholy despite external conformity.

6.Question

What does the Bible say about the connection between our thoughts and actions?

Answer:The Bible indicates that our thoughts precede our actions; unhealthy thoughts can result in sinful actions, emphasizing the need for mental purity.

7.Question

What role does contentment play in overcoming envy?

Answer:Finding contentment in God allows us to overcome feelings of jealousy and envy, as illustrated by Asaph in Psalm 73, who found peace when realizing that God alone satisfies.

8.Question

How does a critical spirit detract from our holiness?

Answer:A critical spirit, rooted in pride, obscures our perception of our own flaws and leads us to judgment against others, hindering our ability to grow in holiness.

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9.Question

What steps can we take to root out defiling attitudes from our lives?

Answer: We must pray for humility and clarity to recognize these attitudes, seek grace to eliminate them, and replace them with thoughts that bring glory to God.

10.Question

Why is it crucial to guard our thoughts and what we allow into our mind?

Answer: Because negative influences can corrupt our thought lives and lead to sinful behavior, it's essential that we consciously choose what to engage with to maintain holiness.

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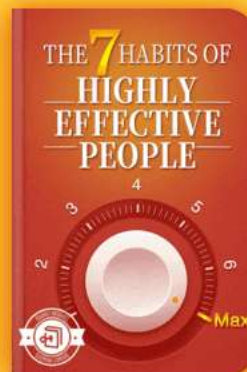
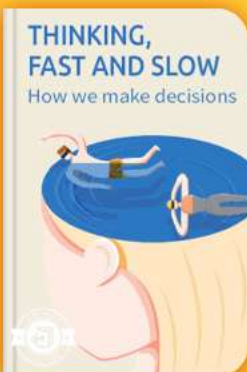


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Chapter 13 | Holiness and Our Wills| Q&A

1.Question

How does our will determine our moral destiny according to the chapter?

Answer:The will is the ultimate decision-maker for each choice we face—whether to sin or obey. Thus, the state of our wills dictates our character and conduct, establishing whether we lead a holy or unholy life.

2.Question

What is the role of the heart in determining our choices?

Answer:The heart, as defined in the Bible, encompasses all faculties of the soul—mind, emotions, conscience, and will. These faculties must harmonize to guide us toward good or evil choices.

3.Question

How should we approach the renewal of our will?

Answer:We must submit our wills to God, renew our minds, and direct our affections towards spiritual matters to bring our wills into alignment with God's will.

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4.Question

What influences our will's choices?

Answer:The choices our wills make are influenced by various external and internal forces, such as the suggestions from evil, conscience, friendships, and the Holy Spirit, reaching us through mind and emotions.

5.Question

How can we guard our minds and emotions?

Answer:By diligently watching over our hearts and prioritizing the intake of the Bible, we cultivate wisdom, understanding, and discretion, which in turn protects our minds and influences our wills.

6.Question

What proactive steps can be taken to set our desires toward holiness?

Answer:We should actively seek spiritual values, delight in God's law, and immerse ourselves in scriptures that highlight success stories of faith, motivating us to pursue a life of holiness.

7.Question

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How can motivational stories from the Bible impact our wills?

Answer: Biblical success stories provide real-life examples of faithfulness and obedience that can inspire and motivate us toward holiness, acting as a guidepost for our spiritual journeys.

8.Question

What is the relationship between our efforts and God's work in us?

Answer: While it is God who works within us to fulfill His purpose, we are also called to actively engage in our spiritual growth through discipline and guarding our thoughts and desires.

9.Question

How does the example of jogging relate to strengthening our will for holiness?

Answer: Just as motivational stories about jogging influenced the author's will to commit to exercise, similar stories from scripture can inspire us to engage in the pursuit of holiness.

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10.Question

What overall message does this chapter convey about the pursuit of holiness?

Answer:Holiness requires a balanced interaction between our wills, minds, and emotions, necessitating both God's work in us and our deliberate, disciplined efforts to align ourselves with His will.

Chapter 14 | Habits of Holiness| Q&A

1.Question

What is the relationship between sin and habits?

Answer:The more we sin, the more we become inclined to sin. Every sin reinforces the habit of sinning, making it easier for us to sin again. This creates a cycle that strengthens our sinful habits.

2.Question

How do habits influence our lives according to the text?

Answer:Habits, defined as prevailing dispositions or character in our thoughts and feelings, significantly influence our actions. They act as internal patterns that guide our decisions just as much as external influences do.

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3.Question

Why is it important to develop habits of holiness?

Answer:Developing habits of holiness allows us to 'put off' our old sinful self and embrace a new self characterized by righteousness and holiness. This transformation is essential for our spiritual growth and to break free from the bondage of sin.

4.Question

What role does the Holy Spirit play in breaking sinful habits?

Answer:Breaking sinful habits should not be attempted through mere human resolve. Instead, we must depend on the Holy Spirit for strength and guidance, ensuring that we cooperate with Him in our efforts.

5.Question

What is the first principle of developing new habits?

Answer:The first principle is that habits are developed and reinforced through frequent repetition. Just as repeated sin reinforces the habit of sinning, consistently saying no to sin strengthens our ability to resist it.

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6.Question

What caution should we take regarding exceptions?

Answer:We should never allow exceptions in our commitment to break sinful habits. Allowing just one indulgence can reinforce old habits, making it increasingly challenging to resist in the future.

7.Question

What does diligent effort entail according to the text?

Answer:Diligence in every area of our lives is necessary for success in overcoming any particular sinful habit. Weakness in one area can compromise our ability to resist temptation in other areas.

8.Question

How should we view failure in our attempts to change habits?

Answer:We should not be discouraged by failure. Failing is a part of the process, but giving up makes us a failure. As long as we continue to strive for holiness, we have not failed.

9.Question

What dual approach is necessary in the pursuit of

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holiness?

Answer: We must guard against external temptations while simultaneously addressing the internal habits of sin. Both fronts must be recognized and dealt with to progress toward holiness.

10.Question

Why is it essential to guard both our mind and habits?

Answer: Guarding our mind helps prevent external temptations from influencing us, but without addressing our internal sinful habits, we remain vulnerable. True progress in holiness requires tackling issues both outside and within ourselves.

Chapter 15 | Holiness and Faith| Q&A

1.Question

What does holiness require in our lives according to Hebrews 11:8 and the example of Abraham?

Answer: Holiness requires obedience to the will of God, even when the path is unclear or appears unreasonable, as exemplified by Abraham who went

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to an unknown land purely by faith.

2.Question

How does the farmer's decision to not harvest on Sundays illustrate the concept of faith in obedience?

Answer:The farmer's faith in observing the Sabbath, despite the risk of losing his crops, shows that holiness involves obedience to God's will even when it defies practical reasoning, and his eventual prosperity affirms God's blessing on such faith.

3.Question

In what way are faith and obedience interdependent in the pursuit of holiness?

Answer:Fait h enables believers to believe in and follow God's commands, even when faced with challenges or when the commands seem unreasonable, emphasizing that true obedience stems from genuine faith.

4.Question

What can we learn from Noah's example in Hebrews 11:7?

Answer:Noah's unwavering faith led him to build the ark in

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fearful anticipation of God's promise of salvation; his example demonstrates that obedience to God often requires perseverance and trust in the unseen.

5.Question

Why is it important to connect faith with the commands of God?

Answer:Connecting faith with God's commands reinforces that obedience is not merely a duty but a response to trust in God's promises, enabling believers to act according to His will amid life's uncertainties.

6.Question

How did Jeroboam's actions contrast with the principles of faith and obedience?

Answer:Jeroboam's disobedience, born from a lack of faith in God's promises, illustrates how fear and doubt can lead to actions that disregard God's revealed will, which ultimately leads to disastrous consequences.

7.Question

What does the phrase 'Without faith it is impossible to please God' imply about pursuing holiness?

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Answer: This phrase emphasizes that pursuing holiness is intrinsically linked to faith; one cannot genuinely strive for holiness without fully trusting and obeying God's commands and believing in His promises.

8.Question

How does the principle 'seek first his kingdom and his righteousness' relate to the pursuit of holiness?

Answer: This principle stresses that prioritizing God's kingdom over earthly concerns is foundational to living a holy life, invoking faith that God will meet our needs as we obey Him.

9.Question

What role does conviction and confidence play in obeying God's commands?

Answer: Conviction provides the assurance that obeying God is essential, while confidence in His promises enables believers to act on those convictions, even when obedience seems daunting.

10.Question

How can we apply the lesson of faith and obedience to our

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everyday lives?

Answer: We can apply this lesson by actively trusting God in decision-making, prioritizing spiritual values over worldly pressures, and committing to obey God's commands despite uncertainties or challenges.

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Chapter 16 | Holiness in an Unholy World| Q&A

1.Question

How should believers respond to living in an unholy world?

Answer:Believers are called to live among non-Christians, serving as 'the salt of the earth' and 'the light of the world.' This involves resisting the world's influence by holding firm to convictions based on God's Word and openly identifying as followers of Christ. They should strive for personal holiness while also being concerned for the spiritual state of those around them.

2.Question

What role does the Bible play in maintaining holiness in an unholy environment?

Answer:The Bible serves as a vital defense against the pollution of worldly influences. By meditating on its teachings, believers can cleanse their minds, guard against temptation, and strengthen their resolve to maintain a holy

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lifestyle.

3.Question

How can Christians effectively be 'salt' and 'light' in a corrupt world?

Answer:To be 'salt,' Christians should live out their faith authentically, demonstrating moral integrity that combats decay. To be 'light,' they should share the gospel with genuine concern for others, focusing on their need for salvation rather than simply condemning their actions. This balanced approach helps purify both the individual and the surrounding community.

4.Question

What advice is given for situations that become intolerable due to corruption?

Answer:In intolerable situations, such as environments promoting immorality or unethical behavior, believers are advised to consider leaving the situation if possible. They should also engage in prayer, as God can provide strength and guidance.

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5.Question

Why is it important for believers to have convictions about holiness?

Answer: Having rock-solid convictions about holiness is crucial for withstanding external pressures and ridicule from a sinful environment. Such convictions help maintain a distinct Christian identity and enable believers to resist compromising their values.

6.Question

What is the significance of open identification with Christ in daily life?

Answer: Openly identifying with Christ, such as carrying a Bible or leaving it visible, serves as a personal statement of faith. This practice can help deter temptation and encourages others to engage in discussions about faith, potentially leading to their spiritual awakening.

7.Question

How can a Christian engage with those who live in sin without being corrupted?

Answer: A Christian can engage with sinners by focusing on

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the individuals' need for salvation rather than their sinful behaviors, maintaining a gracious attitude that reflects Christ's love. By doing so, they can create opportunities for evangelism without compromising their own morality.

8.Question

What can we learn from Jesus' interactions with sinners?

Answer:Jesus integrated with sinners, demonstrating that He came to seek and save the lost. His interactions convey that Christians should not isolate themselves from those who sin but rather build relationships that can lead others to repentance and salvation.

9.Question

What is the ultimate promise believers can rely on in facing temptation?

Answer:Believers can trust in the promise from 1 Corinthians 10:13, which assures them that God is faithful and will not allow them to be tempted beyond what they can bear, and will provide a way to stand firm under temptation.

Chapter 17 | The Joy of Holiness| Q&A

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1.Question

What does Jerry Bridges mean by saying, 'God intends the Christian life to be a life of joy'?

Answer:Bridges emphasizes that holiness and joy are intrinsically linked; living a life in accordance with God's teachings leads to genuine joy. This is contrary to the misconception that holiness is restrictive or burdensome. Instead, true joy arises from the fulfillment of being in right relationship with God.

2.Question

How does obedience contribute to joy, according to the text?

Answer:Obedience is linked to joy in a cause-and-effect relationship. Jesus highlights that obedience to His commandments leads to remaining in His love, which in turn allows His joy to fill us. Therefore, those who pursue holiness through obedience experience the joy that comes from God.

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3.Question

What is the significance of David's statement in Psalm 16:11 regarding joy?

Answer:David recognizes that true joy is found in God's presence. After straying from God through sin, he lost this joy and later sought restoration. This indicates that joy is intimately connected to our fellowship with God and is lost when we disobey Him.

4.Question

What is the 'joy of victory' or 'joy of obedience' that Bridges refers to?

Answer:This joy is experienced when one overcomes a sin that has been a struggle in their life, resulting in a deep satisfaction that comes with submission and alignment to God's will. It's the joy of experiencing freedom from sin's mastery.

5.Question

How does anticipation of reward relate to joy in a holy life?

Answer:The anticipation of rewards—in both earthly and

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heavenly contexts—serves as a motivator for enduring hardships. Just as Jesus faced the cross with joy set before Him, believers find joy in the reward that awaits them for living a holy life.

6.Question

What does Nehemiah's statement, 'The joy of the Lord is your strength,' imply about joy and obedience?

Answer: This shows that joy not only comes from obedience but also empowers a believer to live righteously. Joy contributes to strength—a vital quality needed to overcome struggles and pursue holiness against the temptations of sin.

7.Question

What choices must we make to experience the joy that holiness brings?

Answer: We must choose to forsake sin, recognize our freedom from its dominion, and take responsibility for nurturing a disciplined life aligned with God's will. These choices lead to the fulfillment of joy in our spiritual walk.

8.Question

How does Bridges link the concept of a farmer to the

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pursuit of holiness?

Answer: Bridges compares the farmer's active effort in producing a harvest to our pursuit of holiness. Just as a farmer depends on God but must also work diligently, Christians are called to act responsibly in their journey towards holiness while trusting God to provide the strength needed.

9.Question

What does the commitment to holiness entail, according to Bridges?

Answer: Committing to holiness means a willingness to endure trials, say no to sinful desires, and discipline oneself in accordance with God's will. In this way, we embrace the privilege and responsibility of living a holy life.

10.Question

What is the overall message that Bridges conveys about the relationship between holiness and joy?

Answer: The overarching message is that holiness is not a burden but a pathway to profound joy, sourced from a deep

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and abiding relationship with God. Through obedience and the choices we make, we can experience the fullness of joy promised by Christ.

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The Pursuit of Holiness Quiz and Test

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Chapter 1 | Holiness Is for You| Quiz and Test

- 1.The chapter emphasizes that holiness is fundamentally about moral blamelessness and separation from sin for a relationship with God.
- 2.Bridges suggests that personal responsibility in pursuing holiness contradicts the concept of living by faith.
- 3.The tendency to categorize sins into acceptable and unacceptable levels is encouraged to help believers ease their conscience.

Chapter 2 | The Holiness of God| Quiz and Test

- 1.God's holiness is characterized by the complete absence of evil.
- 2.God's demand for holiness is flexible and allows for some sin in a believer's life.
- 3.Believers are not held accountable for their actions because they are covered by God's grace.

Chapter 4 | Holiness Is Not an Option| Quiz and

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Test

- 1.Christians can earn salvation through personal holiness because their best actions are entirely without flaw.
- 2.A genuine conversion brings a desire for holiness, and a lack of this desire may indicate a question of true faith.
- 3.The ultimate goal of salvation is to become 'holy and blameless' as stated in Ephesians 1:4.

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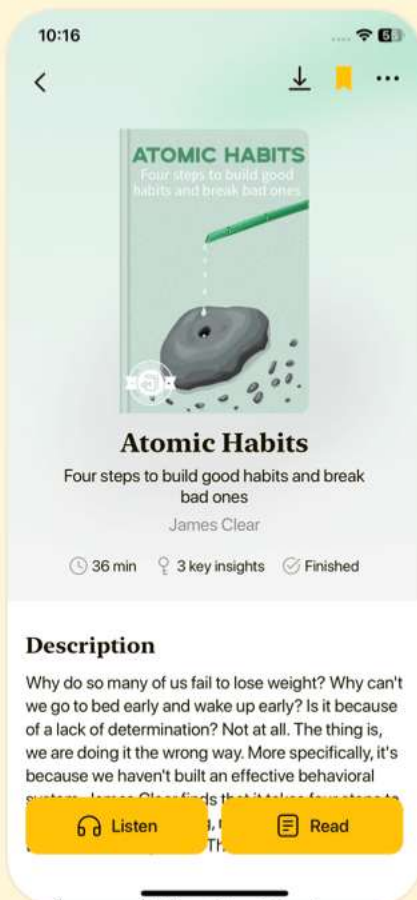


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Chapter 4 | The Holiness of Christ| Quiz and Test

1. Scripture affirms that Jesus lived a life free from sin, confirming His sinlessness.
2. Christ's holiness is defined solely by the absence of sin, without regard to obedience to God's will.
3. Holiness requires strict adherence to regulations rather than embodying the will of God in every aspect of life.

Chapter 5 | A Change of Kingdoms| Quiz and Test

1. Many Christians feel capable of living a holy life without struggles with sin.
2. The pursuit of holiness is considered an active endeavor according to Romans 6:12.
3. Believers have no responsibilities once they are saved, as they are completely free from sin.

Chapter 6 | The Battle for Holiness| Quiz and Test

1. Believers are delivered from the dominion of sin through their union with Christ, but they do not struggle with sin after that.
2. The Holy Spirit fosters a desire for holiness in believers

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despite the presence of indwelling sin.

3. Indwelling sin is easily recognizable and does not require prayer or reliance on Scripture for believers to identify it.

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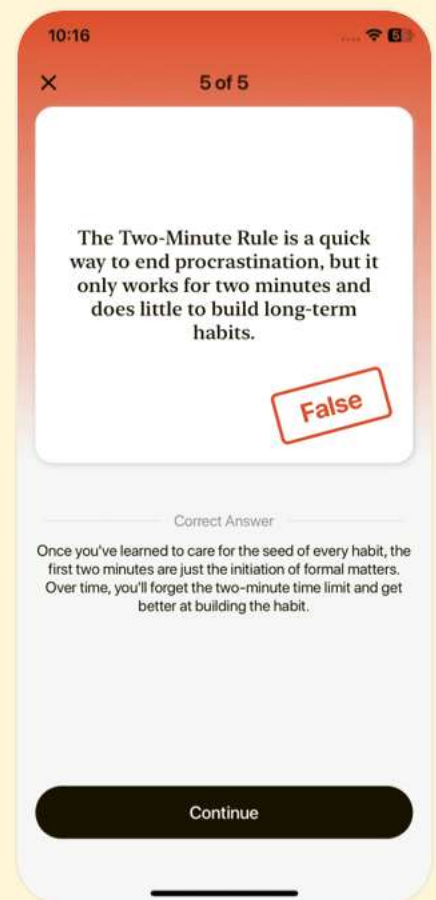
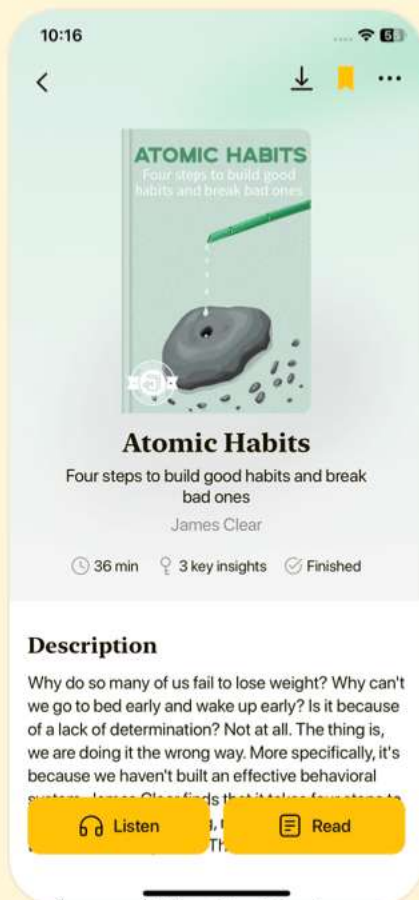


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Chapter 7 | Help in the Daily Battle| Quiz and Test

1. Believers are called to recognize their identity as dead to sin and alive to God through Christ according to Romans 6:11.
2. Holiness can be attained solely through self-effort and personal discipline without reliance on the Holy Spirit.
3. The Holy Spirit plays a crucial role in illuminating a believer's understanding of God's standards and cultivating a desire for holiness.

Chapter 8 | Obedience—Not Victory| Quiz and Test

1. God provides for our holiness through the reign of sin's defeat, union with Christ, and the indwelling Holy Spirit.
2. The reliance on the Holy Spirit means we can be passive in our pursuit of holiness.
3. Framing our failures as 'defeat' encourages personal accountability in our pursuit of holiness.

Chapter 9 | Putting Sin to Death| Quiz and Test

1. Pursuing holiness is primarily the responsibility of

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the individual and not merely relying on divine intervention.

2. Memorizing scripture is not necessary for developing strong convictions according to the chapter on holiness.

3. The chapter suggests that a commitment to holiness is optional and procrastination in making decisions against sin is acceptable.

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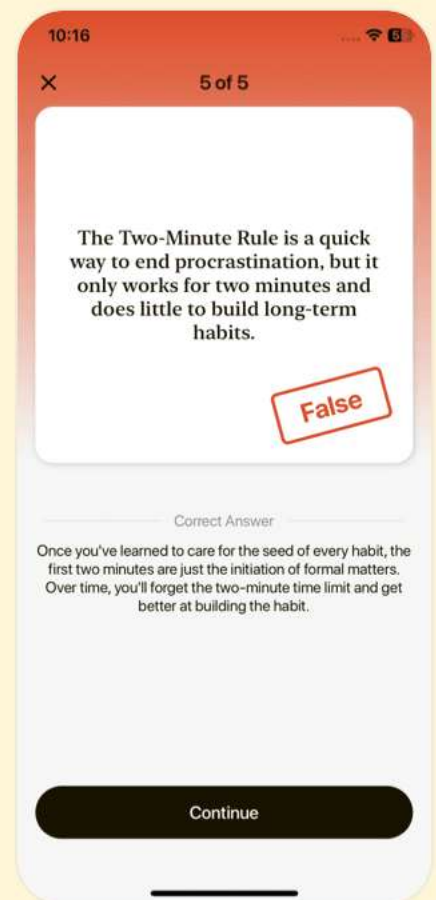
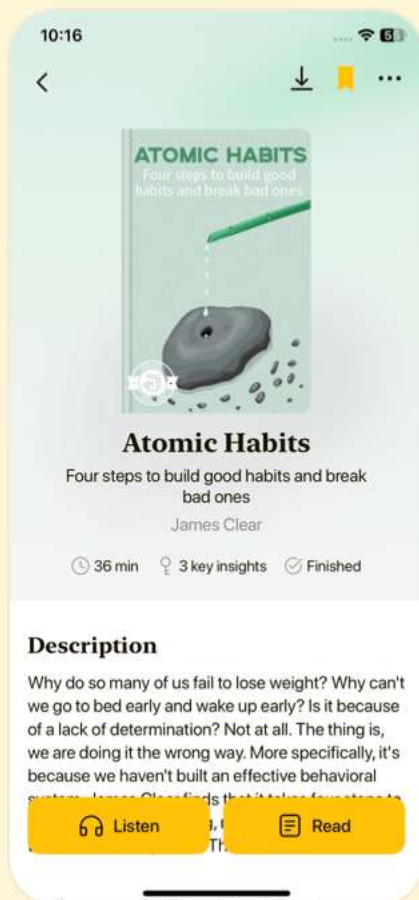


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Chapter 10 | The Place of Personal Discipline| Quiz and Test

1. Personal discipline is not necessary for achieving godliness.
2. The Apostle Paul compares Christian discipline to the training of athletes in 1 Timothy 4:7.
3. Meditation on Scripture has no significant impact on applying Biblical teachings to life.

Chapter 11 | Holiness in Body| Quiz and Test

1. True holiness involves recognizing our bodies as temples of the Holy Spirit, compelling us to glorify God through them.
2. Contemporary Christians fully embrace bodily holiness and see gluttony and laziness as significant sins rather than weaknesses.
3. Being proactive in managing our cravings is essential to overcoming physical desires.

Chapter 12 | Holiness in Spirit| Quiz and Test

1. Holiness in Spirit encompasses only our outward

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conduct and actions, disregarding our inner lives and thoughts.

2. Our thought lives significantly influence our actions and character, and we should focus on true, noble, and praiseworthy thoughts.

3. Retaliation in response to wrongs is encouraged as it allows individuals to seek justice for themselves.

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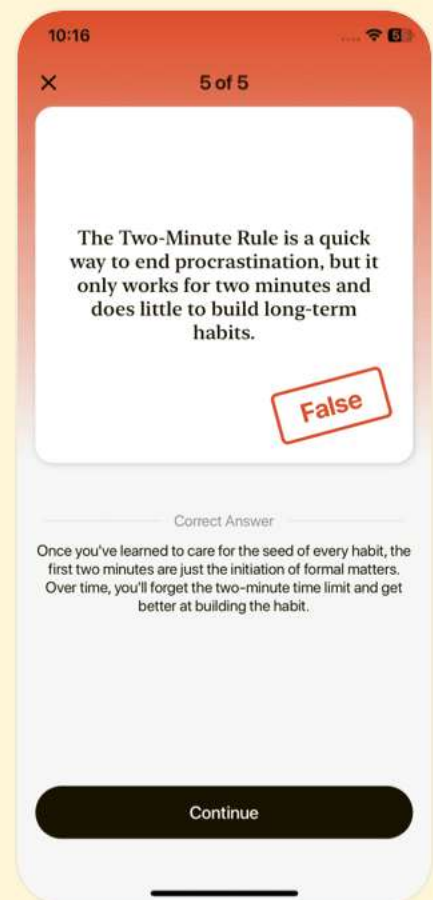
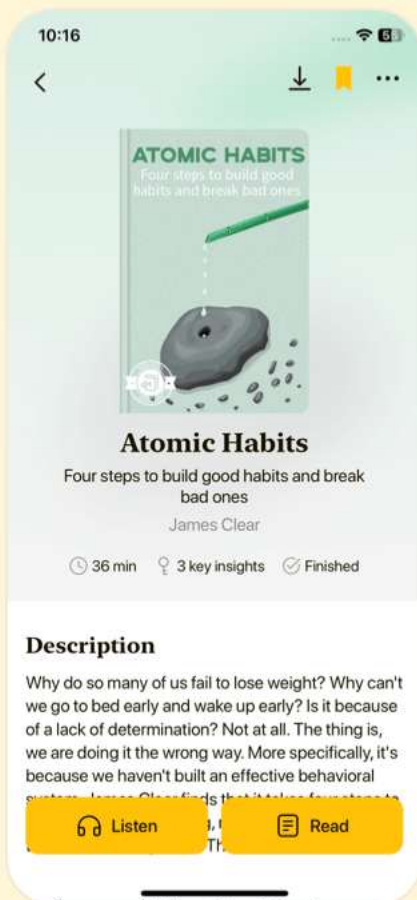


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Chapter 13 | Holiness and Our Wills| Quiz and Test

- 1.The will plays a crucial role in determining whether one will sin or obey, influencing moral destiny.
- 2.The heart consists only of emotions and conscience, while the mind and will are separate faculties that were not affected by the fall of man.
- 3.Engaging with spiritual values is unnecessary when monitoring and redirecting desires towards God's will.

Chapter 14 | Habits of Holiness| Quiz and Test

- 1.Habit formation can be influenced equally by internal and external factors.
- 2.Believers are encouraged to rely solely on their willpower to break sinful habits.
- 3.Allowing exceptions to new habits can strengthen them and lead to positive change.

Chapter 15 | Holiness and Faith| Quiz and Test

- 1.Holiness involves not just separation from sin but also obedience to God's will.

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2.Obedience and faith are concepts that are never used interchangeably in the Bible.

3.The pursuit of holiness requires confidence in God's promises as well as conviction that obedience is necessary.

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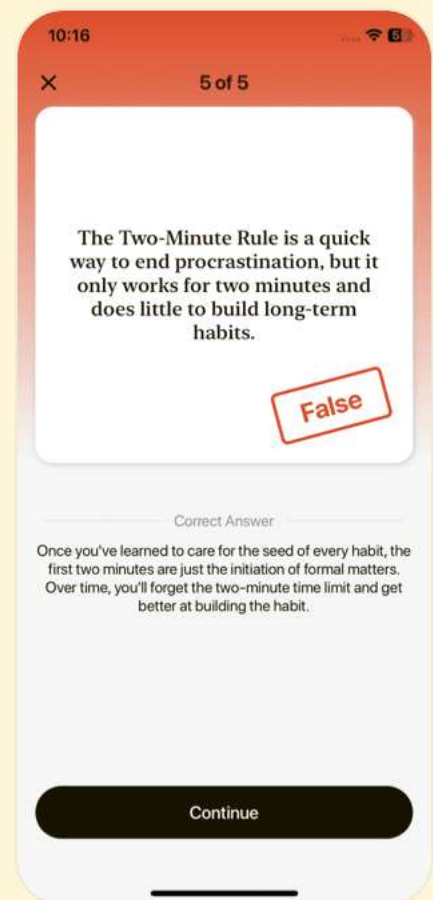
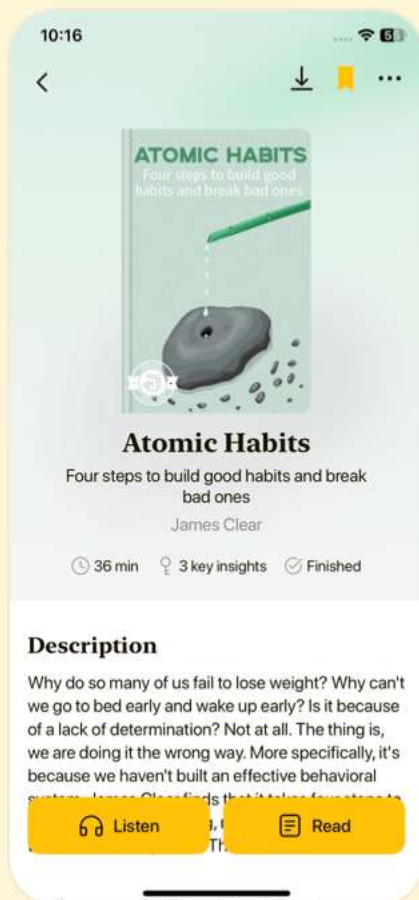


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Chapter 16 | Holiness in an Unholy World| Quiz and Test

1. Believers are called to navigate their faith in a holy world free from temptations.
2. Scripture encourages believers to stand firm in their convictions and remain unpolluted by the world.
3. In order to maintain holiness, Christians should avoid identifying themselves openly as followers of Christ.

Chapter 17 | The Joy of Holiness| Quiz and Test

1. True or False: The Christian life is intended to be joyful and holiness is associated with negativity.
2. True or False: Jesus teaches that disobedience leads to greater joy.
3. True or False: God's love is a motivation for our obedience, and it reduces the experience of joy.

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