

PLEASE
DON'T SAY
YOU NEED ME

Biblical Answers for Codependency



JAN SILVIOUS

A PDF COMPANION TO THE AUDIOBOOK



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Appendix A

How Can I Have a Relationship to Christ?

- 1. What does it mean to have a relationship to Christ?** To have a relationship to Christ, you must be saved—you must be born again.

Being saved refers to salvation from the penalty of sin by entering into a personal relationship to Jesus Christ. It means that you can live victoriously during this lifetime and go to heaven when you die.

Being born again refers to a spiritual rebirth that takes place when you acknowledge sin in your life, repent (agree with God about sin), accept Jesus Christ's payment for sin, and commit your life to him. To be born again is to be saved, to have salvation, to be a Christian.

- 2. What is sin?**

- Failure to meet God's standards
- Doing your own thing
- Having your own way
- Disobeying God in thought, word, or deed

All we like sheep have gone astray, we have turned every one to his own way . . ." (Isaiah 53:6).

So any person who knows what is right to do but does not do it, to him it is a sin (James 4:17).

(Verses from THE AMPLIFIED BIBLE).

- 3. Who are sinners? Aren't most people basically good?** Every person has sinned.

All have sinned and are falling short of the honor and glory which God bestows and receives (Rom. 3:23 AMPLIFIED).

Therefore as sin came into the world through one man and death as the result of sin, so death spread to all men [no one being able to stop it or to escape its power] because all men sinned (Rom. 5:12 AMPLIFIED).

For the wages which sin pays is death; but the [bountiful] free gift of God is eternal life through [in union with] Jesus Christ, our Lord (Rom. 6:23 AMPLIFIED).

4. Why is sin so bad? Sin separates you from God.

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear (Isa. 59:2).

[God's] eyes are too pure to look on evil; you [God] cannot tolerate wrong (Hab. 1:13).

5. Since sin has separated me from God, is there any hope?

Yes. God has done everything necessary to provide a way for your salvation.

The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance (2 Peter 3:9).

For God so greatly loved and dearly prized the world that He [even] gave up His only-begotten (unique) Son, so that whosoever believes in (trusts, clings to, relies on) Him shall not perish—come to destruction, be lost—but have eternal (everlasting) life (John 3:16 AMPLIFIED).

But to as many as did receive and welcome Him, He gave the authority [power, privilege, right] to become the children of God, that is, to those who believe in—adhere to, trust in, rely on—His name (John 1:12 AMPLIFIED).

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we

loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins (1 John 4:9–10).

- 6. How did Jesus provide salvation?** His death on the cross paid for sin. He accepted the penalty for your sin and paid the price.

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the Lord has laid on him the iniquity of us all (Isa. 53:5–6).

For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become [endued with, viewed as in and examples of] the righteousness of God—what we ought to be, approved and acceptable and in right relationship to Him, by His goodness (2 Cor. 5:21 AMPLIFIED).

- 7. How can I be saved?** You can be saved by entering into a personal relationship to Jesus Christ through trusting in (believing in, having faith in) him and his payment for sin. You must believe that . . .

Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures (1 Cor. 15:3b–4).

- 8. What will happen when I do this?**

- a. Your sins will be forgiven. And because your sins are forgiven, they will no longer separate you from God.

In Him we have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of our offenses (shortcomings and trespasses), in accordance with the riches and the generosity of His gracious favor (Eph. 1:7 AMPLIFIED).

b. You will be sealed with the Holy Spirit of God.

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit (Eph. 1:13).

c. You will have eternal life.

He who has the Son has life; he who does not have the Son of God does not have life (1 John 5:12).

9. I do want to be saved. How do I do it? Talk to God. Tell him how you feel. You might say something like this:

God, I know that I have sinned—in thought, word, and deed. I have lived for myself and not for you. Thank you for sending Jesus to pay for my sin by giving his life on the cross. I want Jesus to come into my heart and be my Savior.

Amen.

10. Must I do anything else? Tell others about your decision to be a Christian.

Because if you acknowledge and confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in and rely on the truth) that God raised Him from the dead, you will be saved. For with the heart a person believes (adheres to, trusts in and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses—declares openly and speaks out freely his faith—and confirms [his] salvation (Rom. 10:9–10 AMPLIFIED).

Now that you are a Christian, you are a part of the family of God (John 1:12) and you can never lose that position. You have been reborn.

Therefore if any person is (ingrafted) in Christ, the Messiah, he is (a new creature altogether,) a new creation; the old (previous moral and spiritual

condition) has passed away. Behold, the fresh and new has come! (2 Cor. 5:17 AMPLIFIED).

How does being a Christian, being born again, change a person who is codependent? Jesus Christ is now in his rightful position in your life. He has become your master, owner, friend, and companion for life. The Holy Spirit lives within you and gives you power to live in obedience to God. You now have the power not to sin. Since he still gives you a free will, the choice is under your control. He simply enables you to make a choice.

We know that our old (unrenewed) self was nailed to the cross with Him in order that (our) body, [which is the instrument] of sin, might be made ineffective and inactive for evil, that we might no longer be the slaves of sin (Rom. 6:6 AMPLIFIED).

Let not sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to their cravings and be subject to their lusts and evil passions. Do not continue offering or yielding your bodily members [and faculties] to sin as instruments (tools) of wickedness. But offer and yield yourselves to God as though you have been raised from the dead to [perpetual] life, and your bodily members [and faculties] to God, presenting them as implements of righteousness. For sin shall not [any longer] exert dominion over you, since now you are not under Law [as slaves], but under grace—as subjects of God's favor and mercy (Rom. 6:12–14 AMPLIFIED).

As you prayerfully read and meditate upon Scripture, saturating your mind with God's Word, he will transform your life (Rom. 12:2).

As you begin to know him as the faithful, loyal, trustworthy, loving Savior, you will realize he is the only one who can truthfully say, "I will never leave you nor forsake you." He alone is worthy of your total depen-

dence. His greatest desire is to have a relationship with you, to love you, and to have you take him at his word.

— JS —

Appendix B

Your Value in Christ

These Scripture verses will help you to renew your mind. Read each verse, asking God to show you what he thinks of you.

You are a new creation (2 Cor. 5:17).

You are a child of God. You belong to him (John 1:12; 1 Peter 2:9).

You are a gift from God to Jesus (John 17:9, 12, 24).

You are greatly loved (Rom. 8:35–39).

You have been drawn by God (John 6:44).

You have been called by God (Rom. 8:28, 30)

You have been chosen by God (Eph. 1:4).

You are in Jesus' prayers (John 17:9; Heb. 7:25).

You are his friend (John 15:14–15).

You have access to God through Jesus (Eph. 2:18; 3:12).

You are being conformed to his image (Rom. 8:29).

You have been sanctified and justified with God (1 Cor. 6:11).

You are a co-heir with Christ (Rom. 8:17).

You are forgiven for all your sin (Col. 2:13).

You are not condemned (Rom. 8:1).

You have power over all sin (Rom. 6).

You can live victoriously through him (2 Cor. 2:14; Jude 24).

You are strengthened by him (Phil. 4:13).

You are God's workmanship (handiwork) (Eph. 2:10; Phil. 1:6; 2:13)

Your body is the temple of the Holy Spirit (1 Cor. 6:19).

You have God's Spirit within you (John 14:16; 2 Tim. 1:14).

You have all you need for life and godliness (2 Peter 1:3).

You have eternal life (John 3:16).

Appendix C

The Attributes of God

What is God like? Can you really depend upon him to meet your deepest needs? Can he satisfy the longings of your heart?

To know the attributes of God—his characteristics—is to know he is trustworthy. As you get to know him, you will be able to relax with him, rely on him, and deepen your relationship until your longing to be loved, valued, and secure is satisfied in him.

God has chosen to reveal himself through his Word. As you look for him in Scripture, you will find him to be

Compassionate—God's compassion, his mercy, is demonstrated by his loving-kindness toward us. "The Lord is compassionate and gracious, slow to anger, abounding in love" (Ps. 103:8).

Faithful—God is loyal, devoted and worthy of our confidence. He can't lie. "Let us hold unswervingly to the hope we profess, for he who promised is faithful" (Heb. 10:23).

Holy—God is absolutely excellent in morality. "For the Mighty One has done great things for me—holy is his name" (Luke 1:49).

Immutable—God doesn't change. "Jesus Christ is the same yesterday and today and forever" (Heb. 13:8).

Infinite—God has no bounds or limits. "Oh, the depth of the riches of the wisdom and knowledge of God! How

unsearchable his judgments, and his paths beyond tracing out!" (Rom. 11:33).

Just—God always acts fairly and in accordance with his nature. "He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he" (Deut. 32:4).

Long-suffering—God is patient, a characteristic that is associated with hope and mercy. "But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness" (Ps. 86:15).

Loving—God expresses his love in his actions toward us. His love is unconditional, sacrificial, and everlasting. It exists because of who he is and not because of anything deserved by those who receive it. "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Rom. 8:38–39).

Omnipotent—God is almighty, all powerful—unlimited in power, authority, or ability. "Ah, sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you" (Jer. 32:17).

Omnipresent—God is present everywhere at the same time; he is never absent. "'Am I a God nearby,' declares the Lord, 'and not a God far away? Can anyone hide in secret places so that I cannot see him?' declares the Lord. 'Do not I fill heaven and earth?' declares the Lord" (Jer. 23:23–24).

Omniscient—God knows everything; he has infinite wisdom. "You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a

word is on my tongue you know it completely, O Lord” (Ps. 139:2–4).

Righteous—God always does right and is free from any wrong doing. “The Lord is righteous in all his ways and loving toward all he has made” (Ps. 145:17).

Sovereign—God rules over all. He is supreme in his position and is limited by no one. “Yours, O Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, O Lord, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name” (1 Chron. 29:11–13). “The Lord reigns, he is robed in majesty; the Lord is robed in majesty and is armed with strength. The world is firmly established; it cannot be moved. Your throne was established long ago; you are from all eternity” (Ps. 93:1–2). “He does as he pleases with the powers of heaven and the peoples of the earth. No one can hold back his hand or say to him: ‘What have you done?’” (Dan. 4:35b).

Truthful—God can’t lie. “For the faith of God’s elect and the knowledge of the truth that leads to godliness—a faith and knowledge resting on the hope of eternal life, which God, who does not lie, promised before the beginning of time” (Titus 1:1b–2).

Wrathful—God punishes sin. “Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord” (Rom. 12:19).