

SESSION 4 | PSALM 119

EMPLOYING GOD'S MEANS FOR GROWTH

The Means of Grace

"The means of grace are divine instruments given by God to equip us 'for good works, which God prepared beforehand, so that we would walk in them; (Eph 2:10). They are the tools used by God to chisel away our hard hearts and conform us to the image of Christ."¹ – Jerry Wragg and Paul Shirley

"The means of grace are the lifeblood of sanctification and the believer's chief resource in the pursuit of holiness."² – Jerry Wragg and Paul Shirley

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| 1. Preaching | 5. Prayer |
| 2. The Ordinances (Baptism & Communion) | 6. Trials |
| 3. Corporate Worship | 7. Confession and Repentance |
| 4. Personal Bible Study | 8. Discipleship |
| | 9. Service |

"Christ also makes us careful to use all means by which fresh thoughts and affections may be stirred up and preserved in us. Christ so honours the use of means, and the care he bestows on us, that he ascribes both preservation and victory to our care in keeping ourselves... We are only safe when we wisely make use of all good advantages that we have access to. By going out of God's ways we go out of his government, and so lose our good frame of mind, and find ourselves overspread quickly with a contrary disposition. When we draw near to Christ (James 4:8), in his ordinances, he draws near to us." - Richard Sibbes³

"Biblical truth...permeates every item on the list [of the means of grace]. Sanctifying change occurs as our faith is informed with the truth, our minds are transformed by truth and our convictions about life are established in the truth."⁴ – Jerry Wragg and Paul Shirley

¹ Jerry Wragg and Paul Shirley, *Free to Be Holy: The Liberating Grace of Walking by Faith* (Jupiter, FL: Grace Immanuel Bible Church, 2019), 128.

² Wragg and Shirley, *Free to Be Holy*, 128.

³ Richard Sibbes, *The Bruised Reed* (Carlisle, PA: The Banner of Truth Trust, 1998), 104.

⁴ Wragg and Shirley, *Free to Be Holy*, 130.

Two components of the psalmist's exemplary soul care:

I. An accurate recognition of his circumstances

II. An attentive fixation on the truth

