

Suggested Answers to Bible Study on Wellness Session 4

- 1) **What are the three uses of the Law?** 1) *As a curb: to limit outbursts of sin, to keep order in the world.* 2) *As a mirror: to reveal and condemn our sin.* 3) *As a guide: to direct our thoughts, words, and actions as Christians in God-pleasing ways.*
- 2) **Why is the second, or mirror, use of the Law so important?** *It shows that we all have sinned and cannot keep God's commandments, and so it makes known our need for the Gospel of Christ, who is the fulfillment of the Law. The Law always accuses. This goes along with what we discussed in session one of this study about being dead in our sins. When we don't know we have sin, we cannot be redeemed from them. Being aware through the Law of our brokenness turns us to contrition and salvation.*
- 3) **How does this relate to our well-being?** *Understanding that we are natural enemies of God and that only through our rebirth in Jesus can we begin to become wholehearted people is the beginning of true wellness. Also, realizing that Christians are at the same time saints and sinners who continue daily to struggle with sin gives us the anchor we need to realistically approach how to become resilient in this life.*
- 4) **Why does the Apostles Creed follow the Ten Commandments?** *The Commandments are written on the hearts of all people by virtue of their creation. They reveal our sins and prepare us to receive the gifts of salvation confessed in the Apostles Creed. "The Commandments teach what we ought to do. But the Creed tells what God does for us and gives to us" (LC II 67). The Ten Commandments are the Law, and the Apostles Creed is the Gospel.*
- 5) **What is the Apostles Creed?** *The Apostles Creed summarizes God's work in creation and human history as taught in the Bible.*
- 6) **What distinguishes the Father, Son, and Holy Spirit from one another?** *In their relationship to one another, they are distinguished by their interactions with one another. The Father begets the Son from eternity; the Son is begotten of the Father from eternity; the Holy Spirit from eternity proceeds from the Father and the Son. They are distinguished by their works for us and their relationship to us. The Scriptures ordinarily speak of the Father as creating us, the Son redeeming us, and the Holy Spirit sanctifying us.*
- 7) **What unites the Father, Son, and Holy Spirit as one God?** *In their relationship to one another, the three persons find their unity as one divine being called God. The Father, Son, and Spirit are alike almighty, alike Creator, alike Redeemer. In their relationship with us, the three Persons find their unity in the Father as both the source and goal of their work. The Father sends the Son out of love, and together they send the Holy Spirit. The Holy Spirit brings us to Christ, who in turn shows us the Father's love.*
- 8) **What does the Apostles Creed provide for us toward our well-being?** *The Apostles Creed provides us with an understanding of who God is. He is the Holy Triune God. God is three Persons in one who works to create us, redeem us, and call us to serve Him and our neighbors. This gives us purpose in our lives, which contributes to our well-being and wholeheartedness.*
- 9) **Why does the Lord's Prayer come after the Apostles Creed?** *After the revelations that God created us to live with Him and others and that God has redeemed us so we could live according to His will, the Lord's Prayer reveals that we now pray for God's will to be done and for His gifts to be received in the face of all dangers.*
- 10) **How does God initiate prayer?** *God commands us to approach Him and call upon*

Him. He promises to hear our prayers and gives us the very words that we can use in prayer.

- 11) How does God answer prayer?** *He hears the prayers of His children and answers in His own time and own way. God always knows what is best for us.*
- 12) For what does Jesus teach us to pray in the seven petitions of the Lord's Prayer?** *To seek all that we need from God. In the first three requests, we pray for things about God; in the last four requests, we pray for our needs, both physical and spiritual.*
- 13) How can the Lord's Prayer--and the regular use of it and all prayer--help our well-being?** *It teaches us to put all of our trust in Him alone who brings us life and abundance. Putting our trust in anything or anyone other than Him is idolatry and leads to death.*
- 14) What is the central thought in the blessings of Baptism?** *Baptism is far more than a religious ceremony. It "is not a work, but a treasure included in the Word. It is offered to us by faith" (Large Catechism IV 37). In Baptism, we are adopted as children of God and are made one with Christ and incorporated into His Body, where we continue to receive all that our Lord has promised to His people.*
- 15) What can Baptism mean for us and our well-being?** *In Baptism, in the name of the Triune God, we are given God's name. We can identify as children of God and receive the benefits that entails. When we know who we are, it continues to provide us with stability and purpose in life.*
- 16) What are some ways in which people attempt to deal with sin and its consequences in their lives?** *We often try to hide our sins and commit even more sins to cover them up so that they are not discovered by others.*
- 17) How are we brought to confess our sins?** *God uses the Law to bring us to the realization of our sin.*
- 18) How does life change when we recognize that every day is a day for repentance?** *As Christians, when we confess our sins, we acknowledge the truth that we have failed to fear, love, and trust in God above all things. Christ's absolution is heard in the words of our pastors and delivered to our ears as well as read in Scripture and declares us free of our sins. In this life on earth, we must do this daily because we are constantly being attacked by the devil and our own sinful flesh. Then we can have a right conscience and live our lives to the fullest by loving and serving others. This will contribute to our well-being in a positive manner.*
- 19) How does the meal of Christ's body and blood benefit us?** *The forgiveness given to us sets us free from our sinful pasts in which death and the tyranny of Satan are our only future. Christ's body and blood give us new life and a new future every day.*