

## Part 1 – Our Strength and Our Rock

In chapter seventeen, part 1, we learned how David called upon God to hear his prayers because he was sincere and was not trying to fool God into answering them while secretly keeping sin in his heart. That's why he went on to ask God to judge him for he knew that our Heavenly Father can read our heart and mind and knows who is righteous (believes in Jesus Christ) and who is not. David also knew that God had thoroughly tested his heart and found nothing because David sincerely repented for his sins and trusted in the blood that the Messiah (Jesus Christ) would shed for our sins. He even worked hard to keep his tongue from speaking evil, which is one of the hardest things in life to do!

In part 2 we learned how God has showed us His marvelous lovingkindness in so many ways throughout the thousands of years mankind has walked on the earth. He created us, after all and gave us this beautiful world to live in and He has also given us a way to live eternally, when we humble ourselves, repent sincerely and accept His only begotten Son, Jesus Christ, as our Savior and King. And God has consistently taken care of His children, who are trying to do what's right (according to His Word), by His 'right hand' of power, which is Jesus Christ. Indeed, it does not matter if the wicked rise up against us, oppress us, lie about us, compass about with all kinds of lying propaganda, nor how they weaponize the intuitions in society against us, God will always protect those who love, revere and serve Him as the 'apple' (pupil) of His eye and save them from the wicked who are, not only trying to destroy us physically, but also spiritually. These are promises we should *not* forget, *for the Lord is faithful, who shall stablish you, and keep you from evil* (2 Thess 3:3).

In part 3 we learned that Satan (and those who follow him) are as a lion who is greedy for prey in that they seek diligently (with all their wicked heart and mind) to, not only steal and oppress the people of the world, but also to deceive them into rebelling against God Almighty and His Son, Jesus Christ. They want everyone to submit to *their* wicked governing system and ultimately to Satan himself when he comes to earth (with his fallen angels, Rev 12) to rule the world with his wicked 'beast system'. However, Satan's 'laws' are completely contrary to God's righteous Laws and thus lead us to sin against God, which will cause us to ultimately be spiritually destroyed due to sin (if we don't repent for it). But David also called upon God to disappoint and cast down (overthrow) the plans of the wicked ones (including Satan) and deliver his soul (ours as well) from those who seek to conquer us (both physically and spiritually). And David knew this could (and will be) done with God's mighty sword, which is His Word. Indeed, Jesus will return and smite the earth with His mighty sword; not only by speaking truth, but also by implementing His righteous laws during the Millennium, so that all the world is taught the truth without any Satanic interference. David also pointed out that the wicked who lust after the riches of this world have no portion in the kingdom of God. Though they greedily seek to get all the world government and riches of the world under their control, they will be deposed from power when Jesus Christ returns, and none of the things they lusted after will even exist anymore. This is because this world age, and all the things in it, will be destroyed when Jesus Christ returns (in one hour, as Rev 18 tells us). Thus, it behooves us to do as David did and seek God's face, which

means to seek His Word and work sincerely (from the heart) to do what's right; because only those who remain faithful to Jesus Christ (work hard to do what's right with the help of God's Word and the Holy Spirit within us) will inherit the world. They will be the ones with a 'goodly heritage' (which is God Himself) and that's what'll satisfy us when we are given eternal life (i.e. 'awake' with His likeness).

So, the last chapter (again) taught us how to overcome sin and deception and reminded us of the great promises we have been given for doing so. Only those who put off the 'old man' and put on the 'new man' (that's righteous through the blood of Christ Jesus) will be rewarded eternal life and given authority to rule with Him when Jesus Christ returns. And these are not vain promises. *They are reality*, and if we don't want to miss the first resurrection (of eternal life) we must cleave to them with all our heart and mind, by continuing to study God's Word and striving to obey it *each day* with the guidance of the Holy Spirit of God. Let us also remember that the last chapter ended with the subscription "to the Chief Musician", which means: 'to He that has the victory' or 'to He who gives the victory', which is (of course) Jesus Christ. Most Bibles put this at the beginning of this 18<sup>th</sup> chapter but it truly does not belong here, so we won't cover it.

We now come to a longer than normal Psalm which can be described as the "victor's song". And that's because it describes the victory that God gave David over all his enemies, as the subtitle will tell us. But truly, this looks forward to THE 'man', Jesus Christ (as all of the Psalms from 16-41 do). Therefore, we know that David was a 'type' of Jesus Christ himself. As Acts 2:29-30 tells us, David was a prophet. Thus, the many Psalms he wrote about his own experiences also prophesied of Jesus' sufferings, death, resurrection (victory over death) and even His ascension to heaven, as well as His righteous rule when He returns. This is an important point to remember as we continue to study these great Psalms...

### *Psalm 18*

*I A Psalm of David, the servant of the Lord, who spake unto the Lord the words of this song in the day that the Lord delivered him from the hand of all his enemies, and from the hand of Saul: And he said, I will love thee, O LORD, my strength.*

So, this Psalms was written after the Lord (YHVH) delivered David from all his enemies, even Saul. And it's actually written (almost word for word) in 2 Sam 22. If you look at the timeline in 2 Sam 22, you'll see that it was actually written long after Saul died and even after the last of all rebellions had been put down (including the rebellion of his son, Absalom). The *Companion Bible* points out that it was, however, 'edited' and then handed over to the 'chief musician', which is Jesus Christ. In other words, David made this Psalm available for all people to use in worshiping the 'chief musician', Jesus Christ (YHVH). Thus, there are a few differences from this Psalm 18 and 2 Sam 22 - and one difference was the addition of the part of this first verse that says *I will love thee, O LORD, my strength*. But, let's not overlook the portion of the subtitle that says David considered himself to be a servant of the Lord (YHVH). This is because anyone who loves our Heavenly Father (believes in Jesus Christ) is a servant of His. Why? Because in life, we can either 'serve' sin (Satan) or righteousness (Jesus Christ/God), as Romans 6 clearly

explains. So, if you've accepted Jesus Christ by sincerely repenting for your sins and believe that His precious blood He shed is able to pay for your sins - you won't be content to live your life the way you used to (in sin). You'll study His Word to learn of Him (Mth 11:29) and strive (sincerely) to obey His Word out of love for Him. As Jesus clearly said in John 8:31-32: ***If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.*** As the Hebrew prim root for the word 'servant' explains, this means we will **work** ('abad #5647) to clean our own heart and mind and then **work** share the Gospel of Jesus Christ, by using whatever gift(s) He gives us.

So, when David says (to YHVH): *I will love thee, O LORD, my strength*, he's explaining why YHVH's servants serve Him. As Col 3:14 says, *love is the bond of perfectness. Love is what knits our soul to His.* Once you begin to learn of the holy and righteous characteristics of our Heavenly Father, you cannot but help to love Him. He is, after all, *merciful and gracious, longsuffering, and abundant in goodness and truth* (Ex 34:6). This is in stark contrast to Satan, who is *a liar, and the father of it* (John 8:44). Also, it is from the Lord (YHVH) that we get internal strength and peace of mind (and heart). His truth (and Holy Spirit) gives us the internal strength we need to do what's right regardless of the persecutions that come from taking a stand against evil. And it is doing what's right (the best we can) *sincerely* (from the heart) that brings great blessings in our personal life; *especially* peace of mind and joy in our heart (which is our 'goodly heritage' David spoke of back in Psalms 16). The word '**strength**' here is *chezeq* (#2391), which means: **help**. It comes from the prim root *chazaq* (#2388), which means: **to fasten upon**; hence, **to seize, be strong** (figuratively, *courageous*, causatively *strengthen, cure, help, repair, fortify*), **obstinate; to bind, restrain, conquer**. And while our internal strength comes from understanding God's Word (and promises) it is the Holy Spirit that *helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered* (Rom 8:26). So, Jesus not only died to pay for our sins, but to be able to help (strengthen) us (inside our own heart and mind) whenever we need it, as the book of Hebrews explains...

*14 Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;*

*15 And deliver them who through fear of death were all their lifetime subject to bondage.*

*16 For verily he took not on him the nature of angels; but he took on him the seed of Abraham.*

*17 Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.*

*18 For in that he himself hath suffered being tempted, he is able to succour them that are tempted.*

Heb 2:14-18

Verse 14 points out that Jesus Christ destroyed the Satan's (the Devil) power over us. And that's because Satan's power comes from *his ability to deceive us into sinning against God* (rebellious)

and thus, causing us to cut ourselves off from our only true source of eternal life (God and His Son, Jesus Christ). Verse 18 continues on to tell us that, Jesus' sufferings in this life were two-fold. Not only did He pay for our sins but He also learned much from His sufferings and the temptations in life. Thus, He is able to help us through any (and all) troubles, persecutions *and* temptations to sin. The Greek word '**succour**' is *boetheo* (#997) and it means: ***to aid or relieve***. And He does this (as Romans explains) through His Holy Spirit that gives us understanding *and* strength (via studying and knowing the Word of God). This is why Jesus said...

*15 If ye love me, keep my commandments.*

*16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;*

John 14:15-16

*26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.*

*27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

John 14:26-27

If we truly do love Jesus Christ, we'll obey and keep (guard) His commandments (in our heart and mind). This means we'll not only strive to understand them, *and to do them*, but also to guard God's Word tightly in our heart and mind and *not let anyone shake us from our faith in Jesus Christ*. Thus, the peace that the Holy Spirit gives us is from understanding what's truly going on inside our own soul (and how to fix it through sincere repentance and learning to obey His Word) as well as understanding what's really going on in the world. Knowing why the world is going to 'hell in a handbasket' gives us great comfort (peace of mind) because we realize it's in God's plan of Salvation to allow the wicked people of the earth to form a 'one world order'. And that's because, *God wants to expose Satan for the fraud he really is*. And allowing Satan to come to earth with his fallen angels (as Rev 12 speaks of) is just how he'll do that. And through the testimony of Jesus' faithful followers (Mth 10:18-22, Mk 13:9-13, Lk 21:12-19, Rev 11), the Holy Spirit will indeed expose Satan for who he really is. And the miracles and plagues the two witnesses do (Rev 11) will 'back up' their testimony (the Gospel of Jesus Christ) so that the world can begin to see the difference. After all, Satan will be able to do some miracles when he's here on earth (Rev 13:14), which is what will deceive most people on earth. But, the way the two witnesses will conduct their testimony – in harmony with the miracles and plagues they perform from the Holy Spirit – will reveal the difference between Satan's limited power and God's total power over all His creation. And, as the sixth vial tells us (Rev 16:12-14): Satan, the 'beast' and the 'false prophet' will gather the kings of the earth together to battle Jesus Christ when He returns. And this too is in God's will, as He said in Zeph 3:8: *for my determination is to gather the nations, that I may assemble the kingdoms, **to pour upon them mine indignation, even all my fierce anger**: for all the earth shall be devoured with the fire of my jealousy*. This is called the 'day of vengeance' (that comforts all that mourn, Isa 61-2), which is the day that Jesus Christ returns to pour out the 'cup' of God's wrath upon all His enemies. Only those who have

remained faithful to the true Jesus Christ at that time will be spared God's wrath (1 Thess 1:10, 5:9, 2 Thess 1:7-12). These vital truths are critical to know for us to have peace in mind, despite all the turmoil that's going on in the earth. And that's why we (like David) can love YHWH and rest assured that He will strengthen us, and deliver us, from all our enemies, just as He did for David so many times. After all, Jesus has given us power over *all the enemy* (Lk 10:19).

*Psalm 18*

*2 The LORD is my rock, and my fortress, and my deliverer; my God, my **strength**, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.*

David uses several analogies in this verse that are very common in the Psalms. First off, he says that the Lord (YHWH) is His 'rock' and his 'fortress'. We are told specifically just what that Rock is, in Paul's first letter to the Corinthians...

*1 Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea;*

*2 And were all baptized unto Moses in the cloud and in the sea;*

*3 And did all eat the same spiritual meat;*

*4 And did all drink the same spiritual drink: for they drank of **that spiritual Rock** that followed them: and **that Rock was Christ.***

*5 But with many of them God was not well pleased: for they were overthrown in the wilderness.*

*6 Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.*

1 Cor 10:1-6

So, our spiritual Rock is Jesus Christ Himself. And Jesus gave us a parable to help explain this...

*21 Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.*

*22 Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?*

*23 And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.*

*24 Therefore whosoever heareth these sayings of mine, **and doeth them**, I will liken him unto a wise man, **which built his house upon a rock**:*

*25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: **for it was founded upon a rock.***

*26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, **which built his house upon the sand**:*

*27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; **and it fell: and great was the fall of it.***

Matt 7:21-27

Jesus clearly tells us that only those who actually DO the will of our Heavenly Father will be allowed to enter the kingdom of heaven, which means to reign with Jesus Christ when He returns. And the reason is clear: those who *obey* Jesus Christ's teachings (and Jesus only taught that which the Old Testament teaches, John 7:16) are those who God considers righteous. Though we might fall short and sin from time to time, we (who accept Jesus Christ) are not *habitual* sinners rebelling against our Creator, YHVH - and *that's the difference* between those who are spiritually on the Rock of Jesus Christ verses those who are on the 'sand', which is Satan. So, the analogy is very clearly that: when we study God's Word (all of it; both the Old and New Testaments) and strive to obey it, *from the heart* (sincerely) we are putting our soul firmly on a spiritual Rock (Jesus Christ) and that means we cannot be 'moved' (from the truth - from doing what's right) no matter how hard the wind and rain (lies and persecutions) come against us. Meanwhile, those who are on the sand (Satan's doctrine) will wither to peer pressures in life. They cave to political correctness and 'woke' ideologies that strive to get us to cast off our faith in Jesus Christ (and the principles of the Bible).

Now, the word '**fortress**' here is *matsuwd* (#4686), which means: **a net**, or (abstractly) **capture**; also **a fastness**. It can be likened to a physical strong hold (a city with walls or a high tower) on a mountain that is very hard to capture due to the fortification. So, the implication is that: those who trust and believe in Jesus Christ (the principles in the entire Bible) are as spiritually hard to deceive as a high tower or a mountain strong hold. They simply refuse to 'sell their soul to the Devil' no matter what happens to them. They don't let their carnal mind make them 'sell out' to Satan for any reason. They don't let their emotions, pride or lusts get in the way with doing what's right. And while Christians are not perfect, they will repent when they see their sins and strive to do better. Remember, Jesus Christ is our intercessor at the right hand of God (Rom 8). And He helps us see when we've sinned and forgives us when we sincerely repent. He also helps us learn how to overcome our sins, weaknesses and shortcomings, so we can learn to do what's right in all situations life throws at us.

Now, a buckler is also another commonly used word in the Psalms and without knowing how people in David's day used to fight, it's hard to understand it because our modern technology has changed warfare a lot. Before they had guns and rockets and other means massively destructive means of physical warfare, all they had were things like swords and spears to fight with. Those were offensive weapons. But, they also had defensive weapons such as a shield *and a buckler*. This word 'buckler' in this verse actually means a shield but it's a smaller one that was often put onto their arm, instead of one they used in their hand (#4043). And Ps 91:4 specifically tells us what this is: *his **truth** shall be thy shield and buckler*. And in Eph 6:16 Paul tells us our faith in the truth is our shield, which is needed to *quench all the fiery darts of the wicked* (Eph 6:16). These 'fiery darts' are lies. In other words, when we have truth in our heart and mind (God's Word and Holy Spirit), our belief in the truth *deflects all lies so we don't believe them*. And *this* is what comforts us in the midst of a very confused and wicked world.

Now, the word 'horn' is another word used a lot in the Psalms and actually, all throughout the Word of God. And it's an analogy for *power*. And the reason a horn refers to power is simply

because animals that have horns use them to fight with. The larger the horn the more powerful they are. Therefore, **because God's Word (truth) is more (*much more*) powerful than Satan's lies, God's Word is a horn of salvation for us**. As Jesus said in John 6:63: *It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life*. God's Word 'quickens' us, which means ***it makes our soul come to life***. That's why God's word gives us spiritual life. After all, God's Word is so powerful that He created the world out of nothing (John 1). It's so powerful that it raised people from the dead, such as Lazarus (Lk 11) and even Jesus Himself; and is so powerful it raises our soul from the dead too, which is why we will also receive an eternal body when Jesus Christ returns (Rom 8:11). As Heb 4:12 says: ***the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart***. This again is why our Heavenly Father (through Jesus Christ) is our 'horn of salvation' - which is why the Holy Spirit used Zacharius to quote this verse (in Luke 1:69) when prophesying of how Jesus Christ would save Israel (and the world) from their sins.

#### *Psalm 18*

*3 I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.*

David now begins (in this prayer in Ps 18) to explain *how* he calls upon God for deliverance. And he'll continue to do so for several more verses (3-6). So, this 'call for deliverance' comes after David *praised God* for being his deliverer, his Rock, strength, buckler, high tower and his horn of salvation. So, he is therefore simply pointing out what we need to do in order to be saved from our enemies. First off, we should always be careful to give our Heavenly Father the praise for all He's done in our life, *especially* delivering us out of our troubles. However, He also very much appreciates our praise even during the 'good times' in life. But also, any gifts we have should be accredited to Him also because... well, because HE gave them to us! Ps 33:1 also tells us that *praise is comely for the upright*. Paul also tells us that to praise God for all He's done for us is actually a form of giving Him spiritual 'sacrifices', which is what He truly desires from us...

*By him therefore let us offer the sacrifice of praise to God continually, that is, **the fruit of our lips giving thanks to his name**.*

Heb 13:15

Peter also tells us...

*If any man speak, let him speak as the oracles of God [i.e. speak and share the truth]; if any man minister, let him do it as of the ability which God giveth: **that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever**. Amen.*

1 Peter 4:11

Essentially, we should *always* remember to ‘count our blessings’ and give thanks, and praise, to God for them. This not only pleases Him immensely but *it also keeps our mind and heart focused on the reality of all He has done for us, instead of* on all the ‘threats’ surrounding us. As Phil 4:6-8 teaches us, we must learn to turn our fears, anxieties and worries over to our Heavenly Father by simply praying to Him about them. Once we do this, and have the faith to know He’ll help us, the Holy Spirit will give us peace that passes all understanding and will protect and guard our heart from all deception. Paul also tells us we must learn to counteract all of the negative ‘news’ about the wicked things going on in the world *with truth from His Word*. He specifically tells us to meditate on things that are true (which much of the ‘news’ we get is not), honest, just, pure, lovely (acceptable), of a good report, virtuous and praise worthy.

In other words, we must balance all the ‘bad news’ we hear (or see) with the ‘good news’ of the Gospel of Jesus Christ (the Word of God). It all goes back to remembering the promises of God and what He has done for us. Not only in our personal life but also what He’s done for His children all through the ages. As Ps 119:52 says: *I remembered thy judgments of old, O LORD; and have comforted myself*. Thinking about all of God’s ‘mighty acts’ (written in His Word) should give us great comfort. For example: when we remember the mighty works He used to free Israel from Egyptian bondage, it should remind us that He will also free us from bondage to Satan. Through Jesus Christ He has already done this if you’ve truly accepted Him (or is working with you on it) but it’ll be a physical freedom also when Jesus Christ returns and rewards you with eternal life. So, indeed, we should remember God’s Word (and think about it) anytime we start to get really upset about how the wicked seem to be getting ahead and all of the horrible things going on in the world. We must comfort ourselves by remembering God’s mighty works and promises. Psalms 37 is a really good chapter to study (and remember) concerning this.

Now, David also points out that he knows (is assured of) that when he calls upon YHVH (asks for help) he will be saved from his enemies. David *would* know because, time and time again God helped him through *many* hard times. From back in the days when he was a mere shepherd boy (when God helped him kill a lion, and a bear, to defend his flock) - to when God gave him the victory over the giant, Goliath - to the many victories God gave him while he was on the run from Saul - to the many victories God gave him in battle as a king... many times (*so many times*) God delivered David out of fierce physical persecutions and warfare. David became a man famous for his warfare because God protected him and taught him how to effectively fight physically. And, as wonderful as that was, it was not the most important ‘salvation’ that David received from God Almighty.

Our Heavenly Father also saved David’s soul and that’s the most important thing for us all. As we learned from our prior studies in the Psalms, David understood God’s promises of the Messiah – written of in places such as Genesis 3:15 and Deut 18:18-19, among others. And this promise (that the Messiah *would* come) is what David clung to. He knew that God would forgive his sins *because* He had promised to send a Messiah that would pay for our sins and give us eternal life. God also taught David His Word (truth) and helped him understand it, which is why David was used so much (by the Holy Spirit) to write these prophetic and instructional Psalms.

Which is why, the Holy Spirit also caused Zacharias (the father of John the Baptist) to quote this verse as well, in Luke 1:71, when prophesying of how Jesus Christ would save Israel from our enemies – from all those that hate us...

*67 And his father Zacharias was filled with the Holy Ghost, and prophesied, saying,  
68 Blessed be the Lord God of Israel; for he hath visited and redeemed his people,  
69 And hath raised up an horn of salvation for us [Ps 18:2] in the house of his servant David;  
70 As he spake by the mouth of his holy prophets, which have been since the world began:  
71 That we should be saved from our enemies, and from the hand of all that hate us; [Ps 18:3]  
72 To perform the mercy promised to our fathers, and to remember his holy covenant;  
73 The oath which he sware to our father Abraham,  
74 **That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear,**  
75 In holiness and righteousness before him, all the days of our life.*  
*Luke 1:67-75*

The Holy Spirit makes it quite clear that the salvation that Jesus Christ gives us enables us to serve God *without fear* of the wicked, and in holiness and righteousness. This is because the Holy Spirit (that the death and resurrection of Jesus Christ gave us) is what helps us to understand God's Word, which is what enables us to put off the 'old man' *which is corrupt according to the deceitful lusts* (Eph 2:22), so we don't serve sin any longer (Rom 6:6). And this is done by *renewing in the spirit of your mind* (Eph 4:23) through God's Word (Col 3:10) so we can put on the 'new man', which *is created in righteousness and true holiness* (Eph 4:24). This is 'salvation' in a nutshell. Jesus Christ saves us from the carnal mind (our heart, the part of us that wants to sin) by teaching us truth (God's Word) and giving us the strength and understanding to put off our wicked ways and obey (serve) God by learning to do what's right, *for the fruit of the Spirit is in all goodness and righteousness and truth* (Eph 5:10). Truly, the only 'good thing' in us is the Word of God and the Holy Spirit'. That is why one of the 'fruits' (actions, works) of the Holy Spirit abiding in us (John 15) is righteousness, as Paul explained to the Galatians...

*16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.  
17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.  
18 But if ye be led of the Spirit, ye are not under the law.  
19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,  
20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,  
21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.  
22 But **the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,**  
23 **Meekness, temperance:** against such there is no law.  
24 And they that are Christ's have crucified the flesh with the affections and lusts.*

*25 If we live in the Spirit, let us also walk in the Spirit.*

*26 Let us not be desirous of vain glory, provoking one another, envying one another.*

Gal 5:16-26

Paul explains what righteousness really is: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness (humility) and temperance (self-control). And we can only learn to do these things when we study God's Word, and allow His Holy Spirit to help us learn to implement it in our heart, mind, words and actions. This is how He spiritually saves us from our enemies, who are working hard to get us to rebel against our only source of eternal life: God Himself and His Son, Jesus Christ. So, if you want to be an 'overcomer' then learn how to overcome your own sins (through Jesus Christ) and help others learn how to do so also...

*14 Ye are the light of the world. A city that is set on an hill cannot be hid.*

*15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.*

*16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.*

*17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.*

*18 For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.*

*19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall **do and teach them**, the same shall be called **great in the kingdom of heaven**.*

*20 For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.*

Matt 5:14-20

We'll pick this up in part 2...

AMEN.