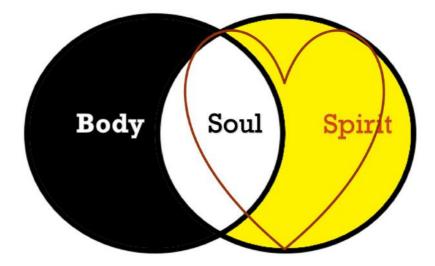


COVENANT

THE CONCEPT OF

Bible Course Study Guide



Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23

Ketterman and McCracken

A Faith-Based Mental Health Curriculum

Lesson One

©2020 Mastering Mental Health (TM) LLC, All Rights Reserved

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from author.

A Faith-Based Mastering Mental Health Curriculum

www.masteringmentalhealth.com

ISBN: 978-1544867328

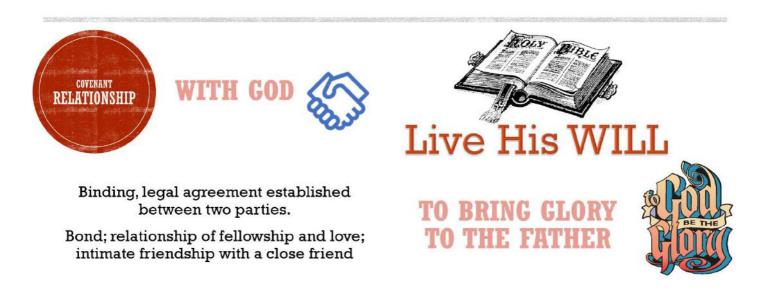
Version 1.0

Mastering Mental Health, its contractors, employees, and heirs, (hereinafter Diana Ketterman and/or www.masteringmentalhealth.com) is an informational site. The resources made available are provided for informational purposes only, and should not be used to replace the specialized training and professional judgment of a health care or mental health care professional.

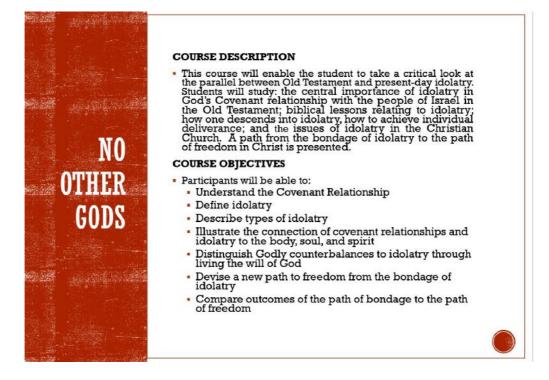


Did you know that God's Will, the Word of God, is a Covenant? In this module we will learn about the concept of covenants. Objectives for this lesson include:

- Define Covenant Relationship
- Interpret Word Meanings in the Bible in the Hebrew and Greek
- Illustrate the Will of God, the Word of God
- · Compare Human Relationships with our Covenant Relationship with God
- Assess Covenant Relationship with God
- Choose Covenant Relationship with God



The Concept of Covenant is the first lesson of ten in the series No Other Gods.



The word covenant is used throughout the Bible in both the Old Testament and the New Testament. It was first used in God's relationship with Noah. While covenant began with Adam, the word, covenant, is first used in the Old Testament with Noah.

The word, covenant, is described in the Greek and Hebrew by several different words. Words in the Old Testament are in Hebrew and words in the New Testament are in Greek. Almost every word in the Bible is defined by a number. It is good to have a Strong's Concordance to look up biblical word definitions in order to understand what the verse is saying.



The Hebrew meaning of the first usage of the word, Covenant, in the Old Testament means "pledge, agreement, treaty, alliance, relationship". The number of the word is H1285, where H stands for "Hebrew." The Greek meaning of the last usage of the word, Covenant, in the New Testament means "compact, contract, testament, will". The number of the word is G1242, where G stands for "Greek."

If you do not have a Strong's Concordance, you can find the meaning of these words by looking them up in the online Blue Letter Bible, https://www.blueletterbible.org/. Type in the word number and the references in the Bible for that number will display.

Study Questions

- 1. Who was the first person named in the Bible associated with the word, covenant?
- 2. Who was the last person named in the Bible associated with the word, covenant?

3. Find Genesis 6:18 in the Blue Letter Bible. https://www.blueletterbible.org/ What is the Hebrew number for the word "ark" in this passage? (Have you ever heard of the Ark of the Covenant. How do you think Noah's Ark might be associated with the Ark of the Covenant.)

4. What does the Hebrew word, "ark", (H8392) found in Genesis 6:18 and Exodus 2:3 mean?

5. Look up the Hebrew word, "ark", H727, in the Blue Letter Bible as found in Deuteronomy 31:25-26 and 1 Kings 8:6, 10-11). List some of the meanings of this usage of the word, "ark." (There are several).

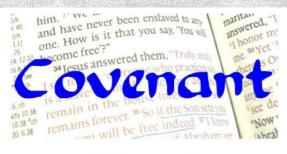
6. Look up the Greek word, "ark", G2787, in the Blue Letter Bible as found in Revelations 11:19. List some of the meanings of this usage of the word, "ark"? (There are several).

7. Read Genesis 6:18; Exodus 2:3; Deuteronomy 31:25-26; 1 Kings 8:6, 10-11; Revelations 11:19

These passages illustrate the word "ARK" is relevant to Noah, Moses, the physical temple, and the heavenly temple. Think about the meanings of the word "ark" in the Hebrew and Greek, what do you think the ark symbolizes and how is it relevant to us?

A BIBLICAL COVENANT IS A RELATIONSHIP WITH AN AGREEMENT TO LIVE ACCORDING TO HIS WILL.

HIS WILL = the testament; the word





Using the words interpreted from the Hebrew (H1285) and Greek (G1242) word, "Covenant", one might say the definition of a biblical covenant is a relationship with Christ with an agreement to live according to his will (the testament; the word).

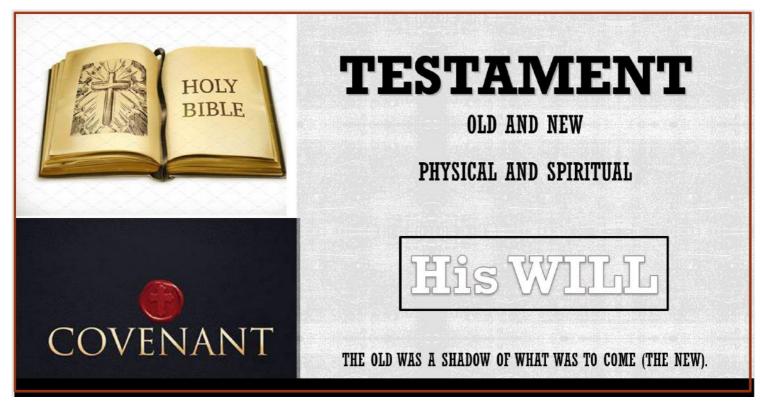
When we live outside the Will, the Word of God, we are guilty of breaking the covenant. Thank God, He always keeps His end of the covenant. His will, the Word stands and cannot be broken.

Often people ask, "What is God's will for my life?" He knows our heart and instructs us in Proverbs 4:23 to keep our heart with all diligence, for out of it are the issues of life. We have His will in His Word. In order to stay in relationship with Christ we must follow His will, His Word with our whole heart; thus keeping our end of the Covenant.



8. Read Psalms 89:34. What is your takeaway concerning God and His Covenant?

9. Read Proverbs 4:23 and Philippians 4:7. What do these verses say about our covenant with God?



Have you ever thought of the Bible as the WILL of God? Many ask, "How do I know God's will for my life?" God speaks His Will to us through His Word, His Testaments, the Bible.

The two testaments (old and new) are covenants which portray the will of God. The new testament fulfilled the old testament, when a new covenant was made through Jesus Christ.

Many people say the Old Testament is no longer relevant. However, the Old Testament is a type, a shadow, of the New better Testament. It is a physical manifestation of the spiritual. Scholars say the book of Revelations alone has 500 references to the Old Testament! The Old Testament presents the spiritual world in a physical realm. We live in the physical realm. Understanding the Old Testament is paramount to understand the New Testament.

Matthew 5:17 says Jesus did not come to abolish the Law or the prophets, but to fulfill them. The prophecies and the law of the Old Testament will continue to accomplish the purpose for which it was given. Jesus came to ESTABLISH the Law, meaning he was the example on how to live the law out perfectly without sin. His coming fulfilled many Old Testament prophecies concerning himself. He did not come to destroy the old system but to build on it and make it better. He came to FINISH the Old Covenant and to establish a New and Better Covenant, which incorporated the foundation of the Old Covenant. We are to follow the example of Jesus.

Study Questions

- 10. How many Testaments are there?
- 11. How can we know the will of God?

12. List one thing that is God's will for your life? Give the scripture reference to demonstrate His written will for your life.



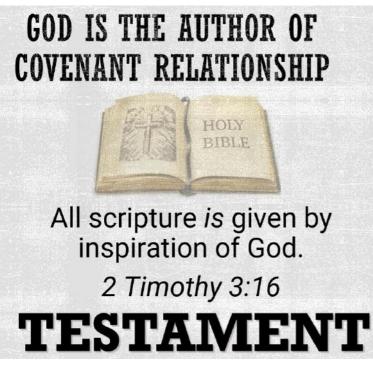
Covenant Relationship is a partnership with God to accomplish His Will. Partnering with God is not saying, "God if you do this, then I'll do this." "God, if you give me a new house, then I'll serve you." God, if you get me out of here, then I'll read your Word." We must make a decision to partner with God in order to know His Will. His Word, outlines the partnership details that He has set. God sets the "ifs" and the "thens". These are called "conditions (Deuteronomy 7:12; 8:19). Sometimes God will honor our conditions, but there is no obligation for Him to do so. He knows our heart. What do we want more, our will or His will?

Study Questions

13. How important is it to know the concept of covenant?

14. Read Deuteronomy 7:12. What are the "Ifs" and what are the "Thens" (conditions) concerning the covenant.

15. Read Deuteronomy 8:19. What are the "Ifs," and what are the "Thens?"



There is no other book like the Holy Bible. ALL scripture is given by inspiration of God. When we read the Bible. We are reading the Word of God, the Will of God!

16. How much time do you spend in the Word on a daily basis?

17. Write a scripture verse below from memory.

The covenant relationship with God recognizes that He is our **Father**, our **Friend**, and our **Teacher**.

Knowing what roles God plays in our lives is important to knowing who we are in Him. He is our Father, Friend, and Teacher. We should put No Other Gods in these roles. When we put someone human or something (physical) above God (spiritual) we are exalting another god.

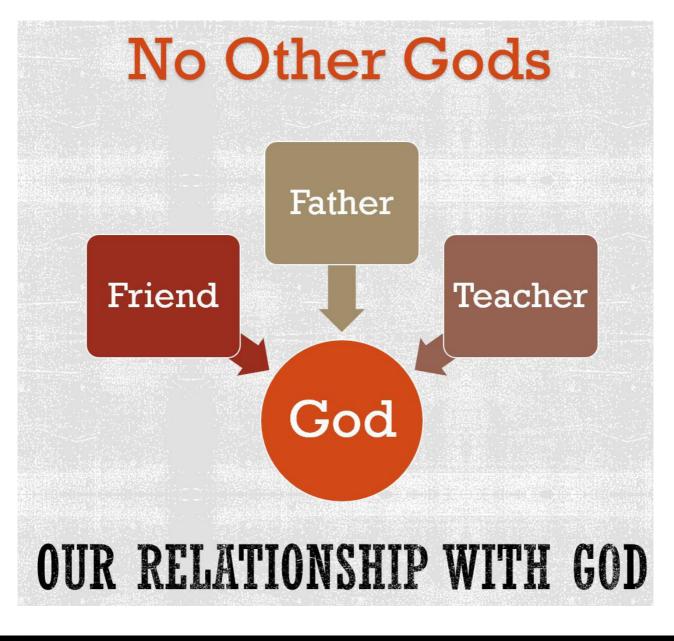
Knowing Jesus as Father, Friend, and Teacher is POWERFUL! However, often we associate our physical relationship experiences with expectations of how our spiritual relationship with God is; when in reality, the Covenant, the Word of God describes our relationship with God, our Father, Friend, and Teacher. It is what He says it is! We are what He says we are!

God is FAMILY. God is a FRIEND. God is a MENTOR. Think about the physical roles you play in life. They may include the following: son, daughter, student, brother, sibling, sister, nephew, niece, aunt, uncle, close friend, student, teacher, babysitter, sports player, band member, club member, grandchild, caretaker, employee, member, or neighbor. We also have godly (spiritual) roles. We are God's child, his friend, and his student.

Who we associate with is important. 1 Corinthians 15:33 says, "Do not be deceived: "Evil company corrupts good habits." When we hang with God, following his WILL (the Word), we are sure to be in good company.

Being in God's family, we carry the NAME of God's family. Our character and lifestyle is associated to His Name. Psalms 23:3 says, "He leads me in the paths of righteousness for His name's sake." When we follow His Will (the Word), it will lead us in the paths of righteousness so that we do not tarnish the name of God.

Thankfully the covenant that we have with God provides forgiveness when we repent for straying from the covenant. 1 John 1:9 says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.



Study Questions

16. **Father, Friend**, and **Teacher**. These are the roles of God in our life. Which of these roles do you feel most connected to God? Describe how he is close to you in the role you selected.

17. Name a person who is in each of the following roles of your life:

Father _____

Friend ______

Teacher _____

RELATIONSHIP WITH GOD AS FATHER

FATHER

PARENT, GENERATOR, MALE ANCESTOR, FOUNDER, SENIOR,

ORIGINATOR, TRANSMITTER, PRINCIPAL, HEAD, CHIEF

Below are a few scriptures describing God as our Father. Father is defined in the Hebrew and Greek as "parent, generator, male ancestor, founder, senior, originator, transmitter, principal, head, chief". Often, we think of God, the Father in the same light as our earthly father. But there is no comparison!

Reference	Verse	
Isaiah 64:8	But now, O LORD, You are our Father ; We are the clay , and You our potter ; And all we are the work of Your hand.	
Malachi 2:10	Have we not all one Father ? Has not one God created us? Why do we deal treacherously with one another? By profaning the covenant of the fathers?	
Matthew 23:9	Do not call anyone on earth your father; for One is your Father , He who is in heaver	
l Corinthians 8:6	For us <i>there is</i> one God, the Father , of whom <i>are</i> all things, and we for Him; and one Lord Jesus Christ, through whom <i>are</i> all things, and through whom we <i>live</i> .	

Isaiah says God our Father shapes who we are! Have you ever felt like a broken piece of pottery, with pieces of life scattered about? Often the brokenness comes from our heritage, our sins, and/or victimization. However, we are never broken beyond repair! God, our Father, made us! He is the master potter, and He can restore and repair our life through His Word better than it was before.

Malachi says God, our Father, wants us to treat our brothers and sisters with loyalty and kindness. Father God is like an earthly father in that His will, His covenant, His Word, is profaned or defiled when we are not in unity within the family.

Matthew quotes Jesus who says that we are not to call any other person "father". In other words, we should not elevate any earthly man with a title. This is a caution against pride. We must exalt God the Father above all men. We are to be careful not to exalt any man with the title of Father as in relation to our Father God.

Paul says in Corinthians says that we have LIFE through our Father God! We were created for Him and through Him! We have a wonderful heritage! We have a wonderful family! A wonderful future where we will live forever.

Study Questions

We cannot be in a covenant relationship with God if we do not **believe** His covenant, His Word, and **follow** the conditions as set forth. We have the choice if we want to honor and glorify God the Father. Unbelief blinds.

18. Review the biblical references above. Choose one verse and write an application paragraph to your own life detailing your relationship with God as Father. Be sure to use some of the definition words from the Hebrew and Greek defining the word, "Father," when writing your Father application paragraph.

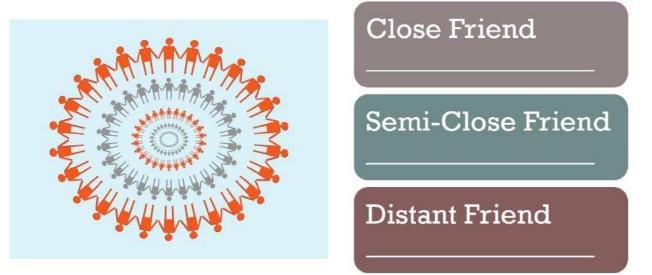
19. Is it difficult for you to identify with God the Father? How does your relationship with God the Father contrast with your relationship with your earthly father?

20. Read John 8:44. Who was Jesus talking to? What do you think this verse means? How does one switch families, away from God, the Father, to the Father, the Devil?



Do you have a circle of friends? There are three circles of friends: close friends, semi-close friends, and distant friends. The number of close friends is small. We tell secrets to our close friends. We trust them totally to look out for us. We share loyalty. Then there are semi-close friends. We tell them some private information, but not everything. We don't totally trust them or possibly we do not feel completely comfortable with them having complete knowledge about our life. Lastly, there are distant friends. Sometimes, they are distant because of geographic locations, personalities, or social status.

21. In the space below, write the first name of a close friend, a semi-close friend, and a distant friend.



Reference	Verse	
Exodus 33:11	So the LORD spoke to Moses face to face, as a man speaks to his friend .	
Isaiah 41:8	But thou, Israel , <i>art</i> my servant, Jacob whom I have chosen, the seed of Abraham my friend .	
James 4:4	Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God ? whosoever therefore will be a friend of the world is the enemy of God .	
James 2:23	And the Scripture was fulfilled which says, " Abraham believed God, and it was accounted to him for righteousness." And he was called the friend of God.	

Four verses were selected from the Old and New Covenant to illustrate that when we are in a covenant relationship with God, He is our friend. Now, let's look at the role one has in a covenant relationship when God is our friend.

Study Questions

22. Read 1 Chronicles 6:49. What was the role of Moses to God?

23. Looking at Isaiah 41:8, it is important to know that Jacob was the father of the twelve tribes of Israel. Therefore, Jacob was referred to as Israel. What role was Israel to God?

24. Read Psalm 105:42. What was the role of Abraham to God?

25. There is a popular song, "Friend of God." The lyrics say we are friends of God. However, what does the Covenant in James 4:4 say the condition is to be called a friend of God?

Is God your close Friend? If so, he is your **associate**, **lover**, **companion**, **neighbor**, **fellow-citizen**, **brother**, **a familiar** one to you? If He is our close Friend, then we are His servant, doing as he commands. We turn to Him first.

RELATIONSHIP WITH GOD AS TEACHER

INSTRUCT

DRIVE, UNITE, KNIT TOGETHER, LEARN, CHASTEN, ADMONISH, DISCIPLINE,

REFORM, MAKE WISE

Reference	Verse			
Deuteronomy 4:36	Out of heaven He made you to hear His voice, that He might instruct you.			
Psalms 32:8	I [God] will instruct you and teach you in the way you should go.			
Psalms 94:10	He who instructs the nations, shall He not correct , He who teaches man knowledge ?			
Isaiah 28:26	For He instructs him in right judgment, His God teaches him.			
Isaiah 54:13	All your children <i>shall be</i> taught by the LORD, and great <i>shall be</i> the peace of your children.			
l Corinthians 2:16	For "who has known the mind of the LORD that he may instruct Him?" But we have the mind of Christ.			

Study Questions

When we are in Covenant relationship with God, we recognize that He is our Teacher.

26. Read the verses and the words defining God as teacher. What thought comes immediately to mind about God being your teacher?

27. Deuteronomy 4:36 says that God MADE us to HEAR his voice so that He can TEACH us. Why do you think many do not hear His voice?

28. Knit together is a definition of being in covenant relationship with God as Teacher. If we are knit together to someone, we KNOW that person. Read Matthew 22:29 and Psalms 46:10. How do we KNOW God?



RELATIONSHIP PURPOSE TO BRING GLORY TO THE FATHER

HONOR, PRAISE, MAGNIFY, CELEBRATE, TO MAKE KNOWN, ACKNOWLEDGE

Reference	Verse
Leviticus 10:3	And Moses said to Aaron, "This is what the LORD spoke, saying: 'By those who come near Me, I must be regarded as holy; And before all the people, I must be glorified .'"
Psalms 86:12	[David said], I will praise You, O Lord my God , with all my heart, And I will glorify Your name forevermore.
Matthew 5:16	Let your [Us] light so shine before men, that they may see your good works and glorify your Father in heaven.
Romans 15:6	That ye [Us] may with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ.

It is important to know the purpose of the Covenant relationship. Often our purpose is "I want to go to heaven.," but His purpose is to bring Him glory. In future lessons we will learn about covenants God made with individuals, such as Moses, David, and us. The Covenant states very clearly the intent God had for the outcome of His covenant, and that is to bring Him glory!

Study Questions

29. List ways in which you bring glory to God.

30. Suppose you go to the doctor and are told you have a rare genetic blood disorder. What are your thoughts? What are your emotions? What is the first thing you do?

31. Suppose you open the mail and there is a \$100 check you were not expecting. What are your thoughts? What are your emotions? What is the first thing you do?

32. Suppose a neighbor, whom you don't really like, says something offensive to you. You respond with a snippy comment. What are your thoughts? What are your emotions? What is the first thing you do?

33. What is the first thing we should have done in all of these circumstances?

34. Have you ever felt you do not know God as Father, Friend, and Teacher? Check reasons below that describe why you feel you were not or are not in a covenant relationship with God in these roles.

I'n
Go
I T a

I'm not good enough.

God is too far away.

I am a sinner.

God won't answer.

011
Other
Oulor

Being in covenant relationship with God positively affects our mental health. God is three parts: Father, Son, and Spirit. God made man's vessel with three parts: body, soul, and spirit.

The body consists of gateways through the five senses. Information is taken into the emotional realm, the soul and responses are projected from the soul to the physical body (input/output). The body's components such as the blood flow are affected by the input and output. The body contains the physical heart and brain, but the soul realm stores memories, emotions, and thoughts.

Neuropaths are made in the brain from repeated behaviors. For example, if one is told repeatedly, "you're stupid, you're stupid, you're stupid" enough, the soul develops a belief system based on a lie from the ear gate.

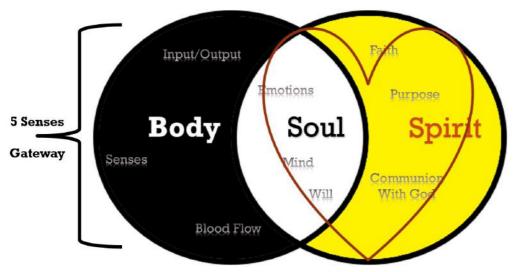
However, when we accept Christ, his spirit lives within us, and we have His Word, the Truth, that tells us who we are in Christ. When we are in alignment with His Word we can better control our responses to emotions and thoughts.

If we are not in relationship with God in all three areas: body, soul, and spirit, there is a covenant breach and we put ourselves in jeopardy of reacting out of God's will.

The questions in this section asks the participant to align one of the three parts of God to one of the three parts of man and describe how knowing God as Father, Friend, and/or Teacher affects a specific element of man's Body, Soul, and/or Spirit.

For example one might ask, "How does having a covenant relationship with God, my Father affect my mind? It changes my thoughts! Therefore, I would say, "Being in covenant relationship with God, my Father, affects my Soul in that his Word gives me a sound mind with true thoughts of who I am in Christ."

Being in covenant relationship with God positively affects our Body, Soul, and Spirit. 1 Thessalonians 5:23, says, "I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.". The Word separates the three so we can see clearly how each is affected. Hebrews 4:12 says, "For the **word of God (Covenant)** is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of **soul** and **spirit**, and of the joints and marrow (**body**), and is a discerner of the thoughts and intents of the heart.".



The Soul and the Spirit live forever.

Our heart consists of our Soul and Spirit.

Our heart connects and joins our Soul and Spirit.

Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23

In the heavenly temple there is an Ark of Testament, an ark of His Word. Just as Moses and Noah found safety in the ark and experienced the presence and the glory of God, we also have safety, deliverance, salvation, the presence and the glory of God when are in covenant relationship with Him, remaining in the the Ark of Testament, His Word, His Will, the Bible.

Study Questions

Imagine God as your Father, Friend, and Teacher. Below, insert the part (Body, Soul, Spirit) that is affected (which area) by Covenant Relationship in these roles.

Example:

Being in covenant relationship with God, my Father, affects my Soul in that his Word gives me a sound mind with true thoughts of who I am in Christ.

34	. Being in covenant relationship with God, my Father affects my	in that
35.	Being in covenant relationship with God, my Friend, affects my	in that
36.	Being in covenant relationship with God, my Teacher affects my	_ in that

37. Have you entered into a covenant relationship with God? If so, when?

38. If not, why not?

References

Nee, L. & Nee, W., 2003. Basic Elements of the Christian Life. Living Streams Ministry: Anaheim, California, 7.

Prince, D., 1960. Marriage Covenant: The biblical secret for a love that lasts. Whitaker House: New Kensington, PA, 60.

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised. Isaiah 61:1

Diana Ketterman is a pastoral counselor, mental health educator, author and speaker, and doctoral student. She specializes in faith-based and social emotional learning curriculum.

Dr. Kelvin McCracken is an accredited preacher, director of Restoration Ministries in Northern Ireland and a trustee and lecturer with Times of Refreshing Ministries. His focus is centered in deliverance ministries, particularly relating to Freemasonry and other oath taking organizations.

Leader Notes can be requested at info@masteringmentalhealth.com.

Additional copies of this booklet is available for purchase on Amazon.com