

Scripture Prescriptions

Take as many as needed, as
often as needed!



The Usefulness Prescription

(Use as needed to alleviate symptoms such as
worry, fear, and discouragement)

by Mary Kane

God's Word is medicine for our souls. All of us are the *walking wounded*, in need of healing. The antidote for our wounds is daily doses of God's Word. Please use the Scriptures of this Bible study as a prescription to bring spiritual health to your life. Write them on note cards and pray them into your concerns and challenges as often as needed. Take them with you everywhere you go.

"He sent his word, and healed them, and delivered [them] from their destructions."

Psalm 107:20

During different seasons of my life I have struggled with usefulness. I have often heard people say they can't wait to retire so they can sit back, relax and "do nothing." To this girl the idea of sitting and "doing nothing" is beyond my comprehension. Thankfully, the word *retire* is not in the Bible. As long as we are still breathing God has meaningful useful work for His people to accomplish.

1. For as the lifetime of a tree, so will be the days of My people, and my chosen ones will wear out the work of their hands, they will not labor in vain ... Isaiah 65:22b-23a

In my neighborhood there stands an amazing tree—a famous tree—one of the oldest Spreading Burr Oak trees in North America. Local legend states this mammoth tree marked the Old Sauk Trail, which ran from Detroit to Chicago. Home to an active honeybee hive, a family of raccoons, and numerous squirrels, this 500-year-old tree produces millions of acorns every fall (wear a helmet). From what I have observed, the older the tree, the more fruit it produces. In the same way, God promises that our lives can continue to be fruitful until He calls us home.

Name one thing you will do to sharpen your skills so you can become more fruitful:

2. *The Lord your God will make you abound in all the work of your hand, in the fruit of your body ...*" Deuteronomy 30:9

As I was taking my morning walk today, I gave thanks for a certain book I am reading, *Ruth Erskine's Crosses*, by Isabella Arden. Though this book was written over 120 years ago, it continues to influence readers for the cause of Christ. The work of Isabella Arden lives on to this day. Glance back at Deut. 30:9 again. The word *abound* translates as *left over, to remain, to have an excess*, and more importantly, *to be left behind, to preserve alive*. Not only do I have meaningful work in Christ Jesus for this lifetime, but I can *leave behind* a legacy that will continue to live for generations to come.

Make a list of how you can use you gifts and talents to encourage others, make disciples, and glorify God. Choose one item to act upon today.

3. " *... and now, here I am this day, eighty-five years old. "As yet I am as strong this day as on the day that Moses sent me; just as my strength was then, so now is my strength for war, both for going out and for coming in."* Joshua 14: 10b-11

The older I get the more deeply I believe it is not God's will for Christians to spend their golden years in a rocking chair, on the front porch, dreaming of their more useful days. Just as we are called to be good stewards of our money, we are also called to be good stewards of our bodies. Moderate exercise, excellent food, and sufficient sleep are necessary to maintain a healthy temple. If God has given the completed canon of Scripture for our use, I am going to pray and claim Joshua 14:10-11 for my life.

List three things you need to do to take care of the temple that God has given you. Circle one that you will do today.

4. *Strength and honor are her clothing; She shall rejoice in time to come.* Proverbs 31:25

Do most people look upon *the time to come* with anticipation and joy? Probably not. As we grow older our bodies, relationships, and our circumstances change, but our God does not. For this reason we may look forward to the future with joy. He who has called us will continue to use and prosper us until the day He calls us home.

What would you like to do in the future for the kingdom of God? What can you do now to prepare for your future work?

5. "Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain." John 12:24

Not only do I want my life to be fruitful, but I want my death to be productive as well. In order to ensure I leave a bountiful harvest at the end of my life I must purposefully: 1) plant the seed of God's Word in my life, 2) cultivate the soil of my heart, 3) weed out sin, and 4) destroy roots of bitterness. Then when Christ calls me home, those who come behind me will reap bountiful blessings.

Which of the above activities do you need to do the most? How will you implement this activity?

Remember, use these Scriptures as often as needed, get plenty of rest and call Him in the morning!

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