

STUDY GUIDE

SIX SESSIONS

DR. DAVID JEREMIAH

*New York Times* Bestselling Author

# EVERYTHING YOU NEED

*Essential Steps to a Life of Confidence  
in the Promises of God*

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*8 Essential Steps to a Life of Confidence  
in the Promises of God*

STUDY GUIDE | SIX SESSIONS

DR. DAVID JEREMIAH  
*with Dudley Delffs*



THOMAS NELSON  
*Since 1798*

*Everything You Need Study Guide*

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# INTRODUCTION

The Bible reveals that God left no detail to chance when He decided to create human beings. The precision and perfection of our body's systems are without equal: our circulatory, digestive, immune, and muscular systems are all designed to sustain our life. Yet His care for us goes beyond the formation of our body. When God created the first humans, He gave them a beautiful garden, companionship, and a purpose. Rather than withdrawing from the world after its creation, God remained involved. Even after Adam and Eve sinned and had to be banished from the Garden of Eden, the Lord did not abandon them . . . and He has never abandoned us.

Today, we encounter all kinds of pressures in our society. We're living in unprecedented times . . . which bring unparalleled tension. Family pressure. Time pressure. Financial pressure. Pressure to compete and succeed by our culture's standards—at work, in school, in our community, and maybe even in our church. As believers in Christ, we are encountering pressures in our world that we have never had to face before. It all can cause

us to wonder at times if God sees us in our situation . . . and if He is really with us in the midst of it.

Recently, I've been encouraged by a particular passage of Scripture, 2 Peter 1:3–11, that reveals God is not only *with us* in the midst of our crises but that He has actually provided us with *everything we need* to handle whatever life throws our way. This passage is one that I've known all my life. I've studied it and taught it for years. But in recent days, when I have been feeling under pressure, it has provided fresh air in my spiritual lungs. I have found that inhaling God's promises from this passage forces me to exhale the pressures of the world.

In this study, we are going to follow the trail of logic found in this passage to understand how God's divine power gives us everything we need—not half, or most, or even a lot—to live a life of godliness. We will do this by exploring eight essential character traits—each one built on the previous one—that God has provided to move us from where we are to where He wants us to be. These character traits are:

- **Diligence**—pursuing the Lord with all your heart
- **Virtue**—the sustaining joy of a God-pleasing life
- **Knowledge**—the accelerated growth that comes from knowing God
- **Self-control**—the skill of bringing your habits under the Holy Spirit's control
- **Perseverance**—the resilience that casts off discouragement
- **Godliness**—the mirror-image of Christ in your personality
- **Brotherly kindness**—friendliness that draws people to yourself and to Jesus
- **Love**—the essence of serving God and others

These eight qualities are indispensable for your life as a believer in Christ. They are like critical tools that God—the ultimate “trail master”—has given you to direct you along this long trail that we call life. These tools will guide you. They will empower you. They will help you move forward and not lose sight of your goal. They will nourish and sustain you when the pressures mount around you. And they are all available to you at any time!

Life’s pressures won’t get easier. But the promise is that you can move forward with confidence when you realize God has given you *everything you need*. So let’s get started!

# HOW TO USE THIS GUIDE

The *Everything You Need* video study is designed to be experienced in a group setting such as a Bible study, Sunday school class, or small group gathering. Each session begins with a brief “Welcome” section and opening questions to get you thinking about the topic. The group will then watch the video message from Dr. David Jeremiah and engage in a time of directed discussion. You will close each session with a time of personal reflection and prayer as a group.

During the week, you can maximize the impact of the study by engaging in the “Between-Sessions Personal Study” activities provided for that week. Treat each personal study section (*Know the Truth*, *Unpack the Truth*, *Walk in Truth*) like a devotional, using the material in whatever way works best for your schedule. Note that these personal study sections are not required, but they will be beneficial to you as you look at the eight essential qualities found in 2 Peter 1:3–11 and begin to apply them in your life. Beginning in session two, there will be an opportunity to share any thoughts, questions, or takeaways you have from your personal study.



Each person in the group should have his or her own copy of this study guide. You are also encouraged to have a copy of the *Everything You Need* book. Reading the book alongside the curriculum will provide additional insights and make the journey even more meaningful. To help you use both the book and this study, refer to the “For Next Week” section for a list of the chapters in *Everything You Need* that correspond to the following week’s session.

Keep in mind the video, discussion questions, and activities are simply tools to help you engage with each week’s lesson. Furthermore, as you go through the study, pray that God will help you to diligently “add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love” (2 Peter 1:5–7)—knowing that as you do, “you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ” (verse 8).

**Note:** If you are a group leader, there are additional resources provided in the back of this guide to help you lead your group members through the study.

## *Session One*

# PREPARE FOR THE JOURNEY

*Like a hiker in the wild, we sometimes find ourselves stranded in the snow, caught in the storms, and endangered by the trials of life. It's dangerous to be ill equipped for the journey. When we haven't packed the right gear, we're underprepared, over-exposed, and at risk of the elements. That is never God's plan for us. Like a divine Outfitter, He wants to give us everything we need for the journey. He knows how to equip us to be people of character, able to face the ruggedness of the world with dignity and strength. He furnishes all we need for every condition. But we've got to turn from our meager resources and embrace the ones He provides.*

*DR. DAVID JEREMIAH*

## WELCOME

If you have ever been on a hike, you know how difficult it can be to adjust to arduous terrain. One moment you're marching at a brisk pace on level ground . . . and the next you're climbing up a rocky path strewn with boulders and tree branches. Depending on where you hike, the weather can shift from a sunny, cloudless, picturesque sky to a torrential thunderstorm in a matter of minutes. This is why experienced hikers know to prepare for such possibilities ahead of time and carry in their backpacks everything they will need to survive and thrive on the trail.

Just think of some of the items that experienced hikers know to pack. For starters, they will make sure they have the proper footwear for the trail and, of course, outerwear that is appropriate to the climate, season, and locale. They know nothing is more uncomfortable than walking for miles in shoes that hurt their feet—and being too hot or too cold because they failed to pack the proper clothing is no fun either. They also make sure they have a backpack that has adequate storage and accessibility and comfortably fits their body type.

Experienced hikers know that water and food are essential even for short hikes. So they make sure to pack water bottles or carry a filtration system that allows them to treat the water they find in streams so their bodies will stay hydrated. They pack energy bars, trail mix, and other portable foods to fuel their bodies as they burn through calories. They carry a lightweight

first-aid kit in case they need to treat an injury on the path. And, of course, they carry a compass, map, or reliable GPS device to help them stay on track to reach their destination.

The same is true for us as we set out on our “hike” and strive to live a life for Christ. We need to be equipped, nourished, and prepared for the journey ahead. Just as unexpected weather or rocky trails present challenges to hikers, our life is often filled with demands that burden us with pressure and stress. But we don’t have to live in fear because God has provided everything we need for the task. We simply need to walk by faith in His promises.

## SHARE

*If you or any of your group members are just getting to know one another, take a few minutes to introduce yourselves. Then discuss one of the following questions:*

- What items do you always take with you when you go on a hike, a campout, or even a road trip? Why are those items so important to have with you when you travel? When have you needed them and forgotten to bring them?

— or —

- What comes to mind when you think of being prepared for a journey, a meeting, a task, or even a goal you have set? When are times that you have found being prepared has paid dividends in your life?

## READ

*Invite someone in the group to read the following passage as everyone listens. Then turn to the person on your left and answer the questions that follow.*

His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

2 PETER 1:3–11

- According to this passage, what is the source that provides everything we need for a godly life? How do we access this source?

## WATCH

*Play the video for session one. As you watch, use the following notes to record any thoughts, questions, or key points that stand out to you.*

## NOTES

The life of faith is an adventure . . . and a challenge. But God wants you to reach your goal—and He has provided the tools you need to get there.

God's *divine power* is the source of our godliness—the ability to be like Him in how we think, feel, and act. We cannot achieve godliness through our strength but only through God's power.

God's *limitless power*—the same power that created the universe and raised Christ from the dead—is unleashed in our life when we turn to Jesus as Savior. It is also unlocked for us each day as we spend time in God's presence and study His Word.

God communicates His power through His “great and precious promises,” which sustain us as we walk by faith. His promises are available to us every day through the Scriptures.

God wants us to participate in His divine nature in order to become more like His Son Jesus and less like the world. As we grow and mature in our faith, we become better equipped to fulfill the plans that God has for us to further His kingdom in this world.

The first tool that Peter states we need to “pack” is *diligence* (see 2 Peter 1:5). God has given us everything we need for godliness—but we have to work it out in our everyday life.

To cultivate diligence, we must develop the right *habits*. In Colossians 3:23–24, Paul provides four specific habits to develop diligence:

- Look around



- Look within

- Look above

- Look ahead

The challenge today is for you to recognize that God is your guide on this journey and receive the power He has promised to provide.

## DISCUSS

*Take a few minutes with your group members to discuss what you just watched and explore these concepts in Scripture. Use the following questions to help guide your discussion.*

1. Why is it so important to rely on God's power as the source of our godliness? When have you attempted to live a godly life in your own power? What were the results?
2. How do God's promises empower us on a daily basis? What do we need to do to claim His promises?
3. How has God's power fueled your ability to live out His purpose? What does living out your purpose look like on a daily basis? How does this advance God's kingdom?

4. How would you define the word *diligence*? Looking back over your life, where have you struggled to be diligent in your walk with the Lord? Where have you been more consistent and seen your diligence contribute to your spiritual growth?
  
  
  
  
  
  
  
  
  
  
5. Do you agree that diligence requires the consistent practice of specific habits? Why or why not? What else contributes to the cultivation of diligence in your Christian life?
  
  
  
  
  
  
  
  
  
  
6. Based on Paul's words in Colossians 3:23–24, what are the four specific habits required to cultivate diligence? Which of these do you currently practice? Which one(s) could you cultivate as a new habit to grow in your faith?

## RESPOND

*As your group concludes this first session, review the outline for the video teaching and look over any notes you took. In the space below, write down the most significant point that stands out to you. What does it mean for you to diligently rely on God's promises to empower you?*

## PRAY

*Conclude your time by sharing any personal prayer requests, and then pray for those requests as a group. Ask God to work in each heart as you rely on Him for everything you need.*

# BETWEEN-SESSIONS PERSONAL STUDY

Take the material you have covered this week to a new level by engaging in any or all of the following between-session activities. Each of the questions in this section will help you claim God's promises as you diligently seek to *know* the truth, *unpack* the truth, and *walk* in that truth. Before you begin, spend a few minutes reflecting on your thoughts from the first session, and then ask God to guide you and empower you through these exercises. Note that some may resonate with your current circumstances more than others, so pay attention to how you feel as well as to what you think. Be sure to record your thoughts or key take-aways, as there will be time for you to share any thoughts you want to discuss at the beginning of the next session.

## KNOW THE TRUTH

*As you seek to experience more of God's power in your life, keep in mind that nearly every biblical author mentions it as one of God's key attributes. Consider the following sampling:*

God has spoken once,  
Twice I have heard this:  
That power belongs to God.

PSALM 62:11

Yours, O LORD, is the greatness,  
The power and the glory,  
The victory and the majesty;  
For all that is in heaven and in earth is Yours;  
Yours is the kingdom, O LORD,  
And You are exalted as head over all.

1 CHRONICLES 29:11

[I pray] . . . that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places.

EPHESIANS 1:18–20

- Paul uses the word *dunamis* in this passage in Ephesians, from which we get the word *dynamite*. God’s power is so “explosive” that it had the ability to raise Christ from the tomb after the crucifixion—and *that same supernatural power resides in you today!* Why do you think God’s power is consistently mentioned throughout the Bible?

- Why is it so important for you to recognize God's power in your life in order to live by faith?
  
  
  
  
  
  
  
  
  
  
- Looking back on your life, when have you experienced God's power in unexpected yet undeniable ways? What are the major events or situations where you have been a witness and a conduit of the same "divine dynamite" that Paul describes?

## UNPACK THE TRUTH

When we put our trust in Jesus as our Savior, it unleashed the power of God in our life. Many times, however, the temptation is to look elsewhere for the source of our personal power . . . which often results in idolatry instead of focusing on what God has already given us. As Peter explains, "By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him" (2 Peter 1:3 NLT). Through God and His power, we have access to *everything* we need as we journey along in this life.

If you are not experiencing the full benefits of God's power, you might want to examine your connection and commitment



to the Lord. Just as an electrician might investigate why a circuit is not conducting the electricity needed to power a lightbulb, seek to identify areas where your own “faulty wiring” might be blocking the way you receive and exercise God’s light and power in your life. Begin to do this by reflecting on the key passage for this study found in 2 Peter 1:3–11. Note that when Peter talks about the knowledge of the One who called us (see verse 3), he has three areas in mind:

- We must know Jesus personally and have a personal relationship with Him.
- We need to grow in our knowledge of God’s Word and the doctrines, truths, and realities of God.
- We must grow in our knowledge of God’s commands, guidelines, and patterns in order to please Him with our godly lifestyle.

So spend a few moments assessing your life in regard to each of these three areas of knowing God. Here are a few questions to help with your personal assessment.

- Do you know Jesus *personally*? When did you make a commitment to follow Jesus alone and serve God? How would you describe your relationship with Him today?

- On a scale of 1 to 10, with 1 being “needs drastic improvement” and 10 being “ready to teach Bible classes,” how would you rate your *knowledge* of God’s Word? What is the basis for your understanding of the doctrines, truths, and laws of God?
  
- How does your lifestyle and the way you live reflect God’s *commands, guidelines, and directives*? What needs to change for you to align your behavior and habits with God’s truth?

## WALK IN TRUTH

In our modern culture, we are often conditioned to want more—more money, more time, more possessions, more friends, more vacations, more awards, more achievements, and the like. Rarely are we encouraged to trust that we have *enough* in this life. Rarely are we told by those in our world to rest in the security of knowing that we have *everything we need*.

However, when we have a personal connection with Jesus and when we seek to get to know Him better each day—by studying His Word, meeting with Him in prayer, and listening to His voice—we experience the life of joyful abundance that Jesus

said He had come to bring (see John 10:10). We recognize God's power in our life and also come to understand the peace, security, and confidence that comes from trusting Him for everything we need.

With this in mind, review each of the categories below and describe (1) how you see God's power already at work in this area, and (2) what you would like to see happen as more of God's power is unleashed in your life.

Personal peace and daily attitude

Physical, mental, and emotional health

Money and financial stewardship

Home life and present living situation

Spouse and family relationships

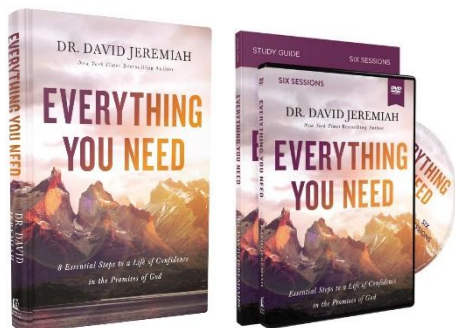
Significant, trustworthy friendships

Work life and career plans

Church attendance and involvement

## FOR NEXT WEEK

If you are reading *Everything You Need* as you complete this study, review chapters 1–2 (“The Promise” and “Muscular Faith”). In preparation for next week, read chapter 3, “Moral Excellence,” and chapter 4, “Mental Focus.” Use the space below to write any key insights or questions from your personal study that you want to discuss at the next group meeting.



# EVERYTHING YOU NEED

by Dr. David Jeremiah

Are you searching for greater confidence, purpose, and peace? Are the pressures of this world weighing you down? Are you feeling overburdened and overwhelmed?

Bestselling author Dr. David Jeremiah draws on 2 Peter 1:3–11 to show how there is help at your fingertips—help that will give you everything you need to walk life’s trail with resilience and strength. While many Christians feel unprepared to walk the journey of faith, you can be assured that God has provided the tools you need to guide your way—resources such as virtue, knowledge, self-control, perseverance, godliness, brotherly kindness, and love. You can live in confidence because of His promises!

Filled with practical truths, this book and study reveal how these gifts will enable you to develop qualities that will strengthen you to soar above your circumstances and make the most of opportunities that come your way. It’s time to unpack all God has provided and take your next step toward a life of confidence. After all, you already have everything you need!

**LEARN MORE**