

## **ACTION GUIDE #5: FEAR GOD & KEEP HIS COMMANDMENTS**

There are two elements to focus on here, fear & obedience, which makes this a bit more challenging.

**What can we do to improve our lives in these areas? Here are some ideas.**

1. **Learn to Fear God by Studying His Word**, Praying, and by Developing a Deeper Relationship with Him. Add more time to your daily walk with God.
2. **Learn How to Keep All Ten Commandments from a Spiritual Perspective.** Jesus amplified the law for commandments 6 and 7 (MATT 5:17-30). Study and pray to figure out how to amplify one of the other commandments.
3. **Meditate on the Following Verses.**
  1. ECC 12:13-14 We should fear the LORD because it is the first thing that God requires of His people and is the whole duty of man. This summation of wisdom is from the wisest man in the Bible. Compare this verse with PSALM 112:1.
  2. Study PROV 2:1-5 and seek to understand the Fear of the LORD.
  3. Why is fear a key to the stories in DAN 6:26-7 and ACTS 10:35?
  4. MARK 10:17-21 What does the rich young ruler need to do to inherit eternal life?
  5. What does the last book of the bible, Revelation, have to say about fearing God (REV 11:18; 14:7; 19:5) and keeping the commandments (REV 12:17; 14:12; 22:14)?
  6. PROV 9:10a *The fear of the Lord is the beginning of wisdom.*
4. **What Are You Afraid Of?** What does Jesus say about that? (MATT 6:25-34) Notice verse 25 begins with "therefore." When we are afraid of other things we are serving two masters (see verse 24). There are so many things today that people are afraid of. Yet we should fear the LORD and trust in Him foremost! As we grow in the fear of the LORD and draw closer to Him, we will become wiser and more knowledgeable. We will also worry less about the typical fears that many people worry about. This is a rewarding journey that will indeed bless us with both eternal success and happiness.

## **JOIN THE THREE-WEEK QUEST FOR HAPPINESS**

- 1) Rate yourself on happiness overall from 10 (full & incredibly happy) to 0 (empty & incredibly sad).
- 2) Rate yourself on how well you Fear God & Keep His Commandments from 10 (best) to 0 (poor).
- 3) Focus on this spiritual law for three weeks. After three weeks, share an email of your results to [happy@tekeffect.net](mailto:happy@tekeffect.net). Comment: ~Was this time well spent? Why or why not? Would you recommend this to others? What helped you most on this quest?

### **Example of an email you might send me after 21-days:**

*Before starting, I scored myself 4 on Happiness and 3 on Spiritual Law # 3.*

*Week 1: A week later, after praying about this Spiritual Law I scored 5 and 4 on the two scales.*

*Week 2: After 14 days, I've studied the Bible on this law and prayed about it and now scored 6 and 6.*

*Week 3: After 21 days, and using ideas from the action guide, I scored 7 on happiness and 7 on Law # 3.*

*Comment: I would say that this was time well spent. My happiness has improved and I'd recommend this because my fear of God and commandment keeping are improving. Action Guide tips 2 and 3 helped me the most! Mr. B. Happy (age 23)*