

**Lesson 13 – Psalm 23:5b**  
**“Thou Anointest My Head with Oil”**

**1. Why anoint one’s head?**

- a. Done to \_\_\_\_\_ someone by special \_\_\_\_\_ (Luke 7:46, Mark 14:1-11).
- b. Done to \_\_\_\_\_ or \_\_\_\_\_ one to a special office, such as prophet (1 Kings 19:16), priest (Exodus 30:22–33), and king (1 Samuel 10:1).
- c. Done as a token of \_\_\_\_\_ (Ps 45:7).
- d. Done to \_\_\_\_\_ God’s \_\_\_\_\_ upon a person (James 5:14).
- e. Done to \_\_\_\_\_ an individual (especially after having been in the hot dry sun) (Ps 104:15, Ruth 3:3).

**2. Why do shepherds anoint the heads of their sheep?**

- a. Summer time is \_\_\_\_\_ time = severe \_\_\_\_\_ irritation and unrest.
- b. Summer time is also \_\_\_\_\_ time = severe \_\_\_\_\_ irritation.
- c. The end of summer/beginning of fall is the season of \_\_\_\_\_ = overwhelming \_\_\_\_\_ and \_\_\_\_\_.

**3. How does this apply to us?**

- a. The Father has \_\_\_\_\_ His children (i.e., His \_\_\_\_\_ – 1 Pet 2:9) with the \_\_\_\_\_ (1 John 2:27, Acts 1:8) so that we can find refreshment and reprieve from \_\_\_\_\_ unrest, \_\_\_\_\_ irritation, and overwhelming \_\_\_\_\_ and \_\_\_\_\_ (there is a reason why we are likened to \_\_\_\_\_).
- b. We overcome these torments in our lives by means of the \_\_\_\_\_ of the Spirit and the three levels of spiritual \_\_\_\_\_ characterized by it.
  - 1) **Read Gal 5:22-23.**
  - 2) The 1st level of spiritual \_\_\_\_\_, which is \_\_\_\_\_ of salvation (i.e. conquering \_\_\_\_\_ unrest), consists of the characteristics of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
    - a) Once we \_\_\_\_\_ His Son as our Lord and Savior, the Father begins perfecting His \_\_\_\_\_ in us (1 John 4:8-12).

- b) Then comes the wonderful knowledge that His \_\_\_\_\_ for us is \_\_\_\_\_ and \_\_\_\_\_ (Romans 8:35-39) as well as \_\_\_\_\_ (Philippians 1:6), which produces in us the inexpressible \_\_\_\_\_ spoken of in 1 Peter 1:8.
- c) True spiritual \_\_\_\_\_ comes with knowing that one's salvation is \_\_\_\_\_ secure (John 10:28-30, 14:27, 16:33, Ephesians 1:13, 4:30).
- 3) The 2nd level of spiritual \_\_\_\_\_, which is conquering \_\_\_\_\_ evil, consists of the characteristics of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- a) \_\_\_\_\_ is the "quality of a person who is able to \_\_\_\_\_ himself yet refrains from doing so."
- b) \_\_\_\_\_ "is the grace which pervades the whole nature, mellowing all which would be \_\_\_\_\_ and \_\_\_\_\_."
- c) \_\_\_\_\_ "is more than *chrestotes*, gentleness, kindness, a mellowing of character. It is character energized, expressing itself in *agathon*, \_\_\_\_\_, active \_\_\_\_\_."
- d) According to **Romans 12:19-21**, these three characteristics describe the way in which we are to overcome \_\_\_\_\_ evil.
- 1] v19: – "Dearly beloved, \_\_\_\_\_ not yourselves" = \_\_\_\_\_.
- 2] v19: – "... but rather \_\_\_\_\_ unto wrath."
- a] "\_\_\_\_\_ " = controlling one's \_\_\_\_\_ when confronted with evil.
- b] In other words, "\_\_\_\_\_ " = \_\_\_\_\_.
- 3] v20: – "if thine enemy hunger, \_\_\_\_\_ him; if he thirst, give him \_\_\_\_\_ " = \_\_\_\_\_.
- e) We overcome \_\_\_\_\_ evil by being taught by the Comforter how to apply **James 1:19 & 22** – "let every man be \_\_\_\_\_ to hear, \_\_\_\_\_ to speak, \_\_\_\_\_ to wrath: ... But be ye \_\_\_\_\_ of the word, and not \_\_\_\_\_ only."
- 4) The 3rd level of spiritual \_\_\_\_\_, which is conquering \_\_\_\_\_ evil, consists of the characteristics of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

a) What do I mean by \_\_\_\_\_ evil?

1] **Read James 1:13-15.**

2] How do we overcome this?

a] By making the decision to live our lives by \_\_\_\_\_ (i.e. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ in Him).

b] Living by \_\_\_\_\_ results in \_\_\_\_\_. The \_\_\_\_\_ are those who place themselves under the \_\_\_\_\_ of Jesus Christ.

c] \_\_\_\_\_ leads to \_\_\_\_\_ or \_\_\_\_\_ - \_\_\_\_\_, which “is the virtue of one who masters his \_\_\_\_\_ and \_\_\_\_\_, especially his \_\_\_\_\_ appetites.”

b) **James 4:7:** “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

1] We submit to God by \_\_\_\_\_ by \_\_\_\_\_ and by \_\_\_\_\_ ourselves under His \_\_\_\_\_.

2] Through our \_\_\_\_\_ to God, we gain the \_\_\_\_\_ needed to \_\_\_\_\_ the evil.

3] Our \_\_\_\_\_, in turn, results in our \_\_\_\_\_ over the evil.

**4. Is it any wonder that David proclaims, “my cup runneth over”!**

a. Paul told the Philippians, “I can do \_\_\_\_\_ things through Christ which \_\_\_\_\_ me” (Philippians 4:13).

b. And how does Christ strengtheneth us? He strengthens us through the \_\_\_\_\_ of the \_\_\_\_\_, and by blessing us with the \_\_\_\_\_ of His \_\_\_\_\_.