
Notes

Introduction

1. Martin Luther, *Martin Luther's Basic Theological Writings*, eds. Timothy E. Lull and William R. Russell, 3rd ed. (Minneapolis, MN: Fortress Press, 2012), 294.
2. For that, I encourage you to study David Powlison, *How Does Sanctification Work?* (Wheaton, Ill.: Crossway, 2017) and Sinclair B. Ferguson, *Devoted to God: Blueprints for Sanctification* (Edinburgh, UK: Banner of Truth, 2016).
3. John Bunyan, *The Heavenly Footman: How to Get to Heaven* (Ross-Shire, UK: Christian Focus, 2002), 51.
4. Timothy Keller, *The Freedom of Self-Forgetfulness* (Leyland, England: 10 Publishing, 2012), 32.
5. F. F. Bruce described this fruit as “the lifestyle of those who are indwelt and energized by the Spirit.” *The Epistle to the Galatians: A Commentary on the Greek Text*, *The New International Greek Testament Commentary* (Grand Rapids, Mich.: Eerdmans, 1982), 251. Timothy George likewise argues these individual graces cannot be separated from one another since “they flow into one another, mutually encouraging and reinforcing the process of sanctification in the life of the believer.” George argues Paul intended the singular nature of the fruit in Galatians 5:22 to contrast the plural works of the flesh in 5:19. See *Galatians*, *The New American Commentary* 30 (Nashville, Tenn.: Broadman & Holman, 1994), 399, 400.
6. Lemuel Heynes, “The Character and Work of a Spiritual Watchman” (1792), found in *May We Meet In the Heavenly World: The Piety of Lemuel Heynes*, ed. Thabiti M. Anyabwile (Grand Rapids, Mich.: Reformation Heritage Books, 2009), 44–45.

Chapter 1: Am I a Noisy Gong?

1. J. I. Packer, *Knowing God* (Downers Grove, Ill.: Inter-Varsity Press, 1973), 11–12.
2. Jonathan Edwards, *Charity and Its Fruits* (Carlisle, Penn.: Banner of Truth, 1969), 179.

Chapter 2: Stop Looking for It!

1. The Westminster Shorter Catechism (1647), <http://www.westminsterconfession.org/confessional-standards/the-westminster-shorter-catechism.php>.
2. David Hochman, “Amy Cuddy Takes a Stand,” (19 September 2014). Found at <https://www.nytimes.com/2014/09/21/fashion/amy-cuddy-takes-a-stand-TED-talk.html>.
3. Cited by Zack Eskwine, *Spurgeon’s Sorrows: Realistic Hope for Those who Suffer from Depression* (Scotland: Christian Focus, 2014), 20.
4. This definition is more than a little indebted to John Murray for his classic and useful work, *Redemption, Accomplished and Applied* (Grand Rapids, Mich.: Eerdmans, 1955).
5. Randy Alcorn, *Happiness* (Carol Stream, IL: Tyndale House, 2015), viii.

Chapter 3: Living in the “Nevertheless”

1. Henry David Thoreau, *Walden and Other Writings*, ed. Joseph Wood Krutch (New York: Bantam, 1962), 156, 157. First published 1854.
2. Krutch, “Introduction,” in *Walden*, 19.
3. See Jonathan Leeman, “The Corporate Component of Conversion,” *9 Marks.org*, February 29, 2012, <https://www.9marks.org/article/journalcorporate-component-conversion/>.
4. For practical ways to pursue peace with those around you, see Edward T. Welch, *Caring for One Another: 8 Ways to Cultivate Meaningful Relationships* (Wheaton, Ill.: Crossway, 2018); Ken Sande, *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*, 3rd ed. (Grand Rapids, Mich.: Baker Books, 2004); Paul David Tripp, *Instruments In the Redeemer’s Hands: People In Need of Change Helping People In Need of Change* (Philipsburg, NJ: P&R Press, 2002).

Chapter 4: Let Us Not Grow Weary

1. Jonathan Leeman and Mark Dever, “A Conversation about Church Revitalization with Mark Dever and Jonathan Leeman,” *9Marks.org*, July 23, 2015, <https://www.9marks.org/article/a-conversation-about-church-revitalization-with-mark-dever-and-jonathan-leeman/>.
2. After watching a TED Talk in which the speaker said you cannot microwave experience, I riffed off the phrase to develop “You cannot microwave wisdom.” Others have used the same “microwave” terminology to speak of other concepts. Donna Mitchell,

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- “You Can’t Microwave Wisdom,” *The Life*, October 24, 2015, <https://thelife.com/devotionals/you-cant-microwave-wisdom>, uses similar terminology that I use.
3. Portions of this section were originally published as Aaron Menikoff, “5 Reasons Pastors Ought to Pray for Slow Growth,” *9Marks*, May 6, 2019, <https://www.9marks.org/article/5-reasons-pastors-ought-to-pray-for-slow-growth/>.
 4. C. H. Spurgeon, “Holy Violence,” in *The New Park Street Pulpit*. Sermon 252. Delivered May 15, 1859. The Spurgeon Archive. Found at <https://www.spurgeon.org/resource-library/sermons/holy-violence#flipbook/>.
 5. For good words on this topic see *Faithful Endurance: The Joy of Shepherding People for a Lifetime*, eds. Collin Hansen & Jeff Robinson Sr. (Wheaton, Ill.: Crossway, 2019).

Chapter 5: No More Mr. Nice

1. *The Martyrdom of Polycarp*, in *Early Christian Writings*, trans. Maxwell Staniforth (Middlesex, England: Penguin Books, 1968), 158–159.
2. *Ibid.*, 159.
3. *Ibid.*, 157.
4. *Ibid.*
5. Mary Beeke, *The Law of Kindness: Serving with Hands and Hearts* (Grand Rapids, Mich.: Reformation Heritage, 2007), 192.
6. Charles Bridges, *The Christian Ministry* (Edinburgh, UK: Banner of Truth, 1959), 65.
7. *Ibid.*, 66.

Chapter 6: Don’t Be a Do-Gooder

1. Andrew Fuller, “On the Perfections of God,” in *The Works of Andrew Fuller*, ed. Andrew Gunton Fuller (Edinburgh, UK: Banner of Truth, 2007), 749. First published 1841.
2. Chapter 16, “Of Good Works,” in *The Second London Confession*. Found at <http://www.1689.com/confession.html>.
3. *Ibid.*
4. David Murray, “Foreword,” in Brian Croft and Jim Savastio, *The Pastor’s Soul: The Call and Care of an Undershepherd* (Welwyn Garden City, UK: EP Books, 2018), 13.
5. A: Adoration; C: Confession; T: Thanksgiving; S: Supplication.

Chapter 7: What Do You Want?

1. “David Foster Wallace Interview on Charlie Rose” (1997), <https://www.youtube.com/watch?v=GopJ1x7vK2Q>.
2. Martin Luther, “Sermons at Leipzig and Erfurt, 1519; 1521,” in *Luther’s Works*, Sermons 1, vol. 51, edited and translated by John W. Doberstein (Fortress Press, 1959), 65.

3. Dave Harvey, *Rescuing Ambition* (Wheaton, Ill.: Crossway, 2010), 212.
4. Wendell Berry, “Manifesto: The Mad Farmer Liberation Front,” in *The Country of Marriage* (New York: Harcourt Brace, 1973), 16.
5. *Rescuing Ambition*, 212.
6. Saint Augustine, *Confessions*, trans. Henry Chadwick (Oxford: Oxford University Press, 1992), 155.
7. “David Foster Wallace Interview on Charlie Rose” (1997), <https://www.youtube.com/watch?v=GopJ1x7vK2Q>

Chapter 8: Meek Is Not Weak

1. Archibald Alexander, *Practical Truths* (Harrisonburg, VA: Sprinkle, 1998), 59.
2. David Powlison, *How Does Sanctification Work?* (Wheaton, Ill.: Crossway, 2017), 112.
3. Portions of this section were originally published as Aaron Menikoff, “Be Tender Hearted and Thick-Skinned: How Humility Protects Pastors from Pastoral Burnout,” July 7, 2018), <https://www.9marks.org/article/be-tender-hearted-and-thick-skinned-how-humility-protects-pastors-from-pastoral-burnout/>.
4. Dave Harvey, *When Sinners Say, “I Do”* (Wapwallopwen, Penn.: Shepherd Press, 2007), 130.
5. John Crotts, *Graciousness: Tempering Truth with Love* (Grand Rapids, MI: Reformation Heritage Books, 2018), 24–25.
6. Jabez Marshall, “The Undertaker’s Address,” in *Daniel and Abraham Marshall: Pioneer Baptist Evangelists to the South*, ed. Thomas Ray (Springfield, MO: Particular Baptist Press, 2006), 224. First published 1824.

Chapter 9: The Flesh Is Weak

1. See Kevin DeYoung, *The Hole In Our Holiness: Filling the Gap Between Gospel Passion and the Pursuit of Godliness* (Wheaton, Ill.: Crossway, 2012), 88, and Drew Dyck, *Your Future Self Will Thank You: Secrets to Self-Control from the Bible and Brain Science* (Chicago: Moody Press, 2019).
2. Thomas Watson, *The Godly Man’s Picture* (Carlisle, Penn.: Banner of Truth, 1992), 153.
3. *Martin Luther: Selections from His Writings*, ed. John Dillenberger (New York: Anchor Books, 1962), 87. From a sermon preached c. 1519.
4. *Ibid.*, 88.
5. *Ibid.*, 89.
6. C. H. Spurgeon, “The Necessity of the Spirit’s Work” in *The New Park Street Pulpit*, vol. V (London: Passmore & Alabaster, 1859), 215.

Chapter 10: Putting the Pieces Together

1. Charles Ross, *The Inner Sanctuary: An Exposition of John Chapters 13–17* (Edinburgh: Banner of Truth, 1967), 127. First published 1888.
2. J. C. Ryle, *Holiness: Its Nature, Hindrances, Difficulties, and Roots*, Abridged (Chicago: Moody Press, 2010), 87–88.
3. Martin Luther, *Lectures on Galatians* in *Luther's Works*, vol. 27, ed. Jaroslav Pelikan, trans. Richard Jungkhuntz (St. Louis, MO: Concordia Publishing, 1964), 93.

Conclusion

1. Jonathan Edwards, “The Life and Diary of the Rev. David Brainerd: Preface,” in *The Works of Jonathan Edwards*, vol. 2 (Edinburgh, UK: Banner of Truth, 1974), 314. First published 1834.
2. Albert Camus, *The Fall*, trans. Justin O’Brien (New York: Vintage Books, 1956), 114.

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