



REL120 CHRISTIAN SPIRITUAL DISCIPLINES COURSE NOTES

LECTURE 1 – INTRODUCTION TO SPIRITUAL FORMATION

The Foundations of Spiritual Disciplines

1. God's _____ and the Spiritual Disciplines

- a. For every person who claims to be a Follower of Jesus, there is one primary _____ that God has for each and every one of us. It can be found in Romans 8:29

For God knew his people in advance, _____, so that his Son would be the firstborn among many brothers and sisters. (Romans 8:29 NLT)

- b. The “_____” towards which believers have been set in motion, is that we might be “_____.”¹
- c. Hence the importance of _____ in our _____ through spiritual disciplines
- d. The common biblical term for someone who is a Follower of Jesus is _____. The following is a definition helpful to our understanding

¹ Douglas J. Moo, *The Epistle to the Romans in The New International Commentary on the New Testament* (Grand Rapids: Eerdmans Publishing, 1996), 534.

of how the spiritual disciplines shape our lives:²

The process of being conformed to the image of Christ _____

2. The _____ with Teaching Spiritual Disciplines

- a. We all _____ in our faith _____ and through different _____ and _____
- b. We are not all meant to be _____ of one another
- c. This is the most difficult _____ for the church – who is tasked with the responsibility of making _____ – because it cannot implement a _____ all process for growing people consistently
- d. The best it can do is...
 - i. Create _____ for _____,
 - ii. Develop easy _____ for _____,
 - iii. Be open to initiating _____ and _____ ways for growing people
 - iv. Create a _____ that encourages _____ for spiritual growth

3. The Inherent _____

- a. _____
- b. _____

² M. Robert Mullholland Jr., Invitation to a Journey: A Road Map for Spiritual Formation (Downers Grove, IL: InterVarsity Press, 2006) 25.

c. _____

4. The Various _____ for Spiritual Growth

- a. _____ – Always our primary source
- b. Text that use _____ or reflect on it – i.e. _____
- c. _____ from _____ life – like _____ or _____
- d. Fellow _____
- e. Church _____
- f. Small _____
- g. The way people _____ their _____
- h. Contemporary and popular _____
- i. Spiritual _____ from the _____
- j. _____ and _____

5. The Different _____ for _____ with God

- a. _____ draw near to God through _____
- b. _____ draw near to God through the _____ and _____
- c. _____ draw near to God through _____ and _____
- d. _____ draw near to God through _____ and _____
- e. _____ draw near to God through _____ and _____

- f. _____ draw near to God through _____ and _____
- g. _____ draw near to God through _____, _____, and _____
- h. _____ draw near to God through _____, _____, and _____
- i. _____ draw near to God through their _____

The categories above are taken from Gary L. Thomas, *Sacred Pathways* (Grand Rapids: Zondervan, 2000).

To do a personal inventory to discover what category you fall into, you can go to the following links. The first is from North Point in Atlanta. The next two are from different bloggers/ministries that have created surveys based on Thomas' book.

<http://common.northpoint.org/sacredpathway.html>

<http://rezchurch.org/wp-content/uploads/2010/10/Spiritual-Pathway-Assessment.pdf>

<http://www.markforstrom.com/wp-content/uploads/2007/03/sacred-pathways-quiz.pdf>

6. Wisdom and the Spiritual Disciplines

The wisdom literature in the Bible is full of references that encourage people to walk in righteousness. Clearly an inference to infusing our lives in a manner that pleases God. Spiritual formation therefore, is an integral part of growing in wisdom.

What is Biblical Wisdom?

"Wisdom is the discipline of applying truth to one's life in the light of experience."³

The central theological essence of biblical wisdom is _____.

³ Gordon D. Fee and Douglas Stuart, *How to Read the Bible for all its Worth*, 2 ed. (Grand Rapids: Zondervan, 1993), 187.

^{NIV} Job 28:28 And he said to man, 'The fear of the Lord-- that is wisdom, and to shun evil is understanding.'"

^{NIV} Proverbs 1:7 The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.

^{NIV} Proverbs 9:10-11 "The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. ¹¹ For through me your days will be many, and years will be added to your life.

Kaiser states, "When we come to wisdom books and wisdom psalms, the fear of the Lord has become the essence of the knowledge and wisdom of God."⁴

Hill and Walton expand upon the definition and explain it this way:⁵

Perhaps we can best capture the biblical way of thinking about all this by thinking in terms of worldview integration. In the ancient world, including Israel, *order* was an important value. Creation brought order to the cosmos; law brought order to society; etiquette brought order to human relationships; politics brought order to governance and authority. Ancient wisdom can then be understood as the pursuit of understanding and preserving order in the world.... In Israel, people saw the fear of the Lord as the key to this integration process. Order in the cosmos could only be understood through acknowledgment of the one who brought order. Order could only be preserved in society and in life by understanding God's requirements and expectations.

To say that wisdom is rooted in " _____ " is to acknowledge the following truths.⁶

- a. Wisdom begins with the _____ of _____
- b. God is the _____ of all wisdom, and wisdom begins by _____

⁴ Kaiser, *Toward an Old Testament Theology*, 169.
⁵ John H. Walton and Andrew E. Hill, *Old Testament Today: A Journey from Original Meaning to Contemporary Significance* (Grand Rapids:: Zondervan, 2004), 290-291.
⁶ Hebrew wisdom literature, as distinguished from the wisdom writings of other cultures, was centered on God. In contrast, Egyptian wisdom, for example, focused on the wisdom of the sages and on disciplining oneself to accept the trials of life.

_____ ourselves with who he is.

c. Proper _____ results in _____ (i.e. the _____)

d. The practical side of _____ is _____

The theological notion of the wisdom literature is also rooted in the concept of _____

^{NIV} Proverbs 11:2 When pride comes, then comes disgrace, but with humility comes wisdom.

^{NIV} Proverbs 16:18 Pride goes before destruction, a haughty spirit before a fall.

7. Summary

a. Therefore, one of the great barriers to wisdom is _____, especially in an increased age of _____

b. The fear of the Lord in biblical literature becomes the antidote for _____⁷

c. Engaging in the spiritual disciplines fosters a life _____ towards _____

_____ determines _____ and _____ determines _____.

⁷ Paul E. Koptak, *Proverbs: The NIV Application Commentary* (Grand Rapids: Zondervan, 2003), 40.

LECTURE 2 – THE NEED FOR DISCIPLINE

1. The _____ of Discipline

- a. The entire book of Proverbs is written so we might _____ discipline (Prov.1:1-7).

In Proverbs discipline = chastening, correction; prudent = crafty, shrewd, sensible, wise.

Prov. 23:12 “Apply your heart to discipline, And your ears to words of knowledge.”

- b. If we lack discipline we are _____ and vulnerable to attack (Prov. 25:28).

c. *Well if Solomon is so wise then why did his discipline break down when he followed after idols and married innumerable godless women?*

Discipline and wisdom are a _____ pursuit that we must not give up or we may find ourselves failing to finish the race. Solomon didn't heed his own advice found in Prov. 19:27.

2. Discipline and Self-Control in Scripture

- a. _____ – good discipline, orderly manner, order (Col. 2:5-7)

- b. _____ – to exercise, to train, to discipline (1 Tim. 4:7-8).

- c. _____ – rearing of a child, training, discipline, self-control (Heb. 12:11)

- d. _____ – self-control, mastery, disciplined (1 Cor. 9:24-27; 2 Timothy 3:2-5; 2 Peter 1:5-11)

- e. _____ – to be temperate, of sound mind, sound judgment, sensible, self-controlled (2 Timothy 1:7; Titus 2:2-6, 12)

- f. _____ – “sober in spirit” (NASB), to be sober, abstain from wine, temperate, self-

controlled (1 Peter 1:13, 4:7, 5:8; 1 Thess. 5:5-8; 1 Timothy 3:11).

3. Discipline: A Human Action or Divine Grace?

Doesn't all this talk of "self-control" seem to make our sanctification a matter of human effort against God's gracious gift? Are we placing our will above God's?

- a. We are instructed to *be* self-controlled and disciplined. It is obviously something that we play a part in _____ (2 Peter 1:5-6; Tit. 1:7-10)

Yet note above (Tit. 1:10) that the moralistic purists of "the circumcision group" are actually seen as rebellious and thus _____! These are the very people who assert we must live according to the law. Cf. Col. 2:20-23

- b. On the other hand, self-discipline is a fruit of the Spirit and therefore a _____ from God (2 Timothy 1:7; Gal 5:22-25).

- c. Discipline in Scripture is evidently a _____ (1 Tim 3:2).

Notice the last line of Gal. 5:25 above "Since we live by the Spirit, let us keep in step with the Spirit." We must still _____ the truth of the Spirit in us.

Like James says of salvation, discipline it is a matter of both faith and works - faith being the manner in which we _____ the ability to discipline ourselves, action being the way we _____ to such grace.

Foster – "The Disciplines allow us to place ourselves before God so he can transform us (p. 7)."

4. Why Practice the Disciplines?

- a. We are divinely _____ to do so both implicitly, in the life of Jesus and the apostles, and explicitly, in direct exhortations (especially in the Epistles). Cf Luke 9:23.

Willard “We can, through faith and grace, become like Christ by practicing the types of activities he engaged in, by arranging our whole lives around the activities he himself practiced in order to remain constantly at home in the fellowship of his Father.”

- b. To obtain godliness (1 Tim. 4:7; 2 Peter 1:6) and to obtain _____ (Tit. 1:8).
- c. Discipline gives us _____ from our evil habits. We CAN change our habits. “Habitual sin.” Sin is a habit (1 Tim. 5:13; Heb. 10:25), a style of living; likewise, we can make _____ a habit. Our very nature can become godly.

Instead of focusing on the _____ aspect of godliness through “do not touch” we need to focus on the positive aspects of holiness, the actions we do make ourselves holy. If we make a habit of daily prayer and bible intake, meditation, and frequent fasting, etc. we will begin to naturally refrain from other sinful practices through the inner-working of the Holy Spirit as He transforms our minds. (Rom. 12:2)

Focus on starting new godly habits first and foremost, removing ungodly habits, which today seems so difficult, will often follow as a _____ repercussion (and if they don’t we will be better prepared to deal with them once we have godly habits in place). How can God trust us with large things if we are unfaithful in the little ones?

“Freedom is the reward of discipline.”

- d. A lack of discipline brings chaos into our lives and with it _____ and _____ . A productive person is a disciplined person.
- e. The Spiritual Disciplines are a _____ for our Spirit – we need to shape up.

Summary:

Whitney – “... the only road to Christian maturity and Godliness ... passes through the practice of the Spiritual Disciplines (p. 17).”

i.e. If you don't practice the principles we learn in this class you cannot please God!!!!!! Agree or disagree?

Exercise: Meditate on these key words: Discipline, self-control, temperance, prudence, and sobriety.

LECTURE 3 – I WILL MEDITATE ON YOUR LAW DAY AND NIGHT

“No spiritual discipline is more important than the intake of God’s word.”
- Whitney, p.28

1. Scripture on Scripture

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

2. Methods of Bible Intake

1. _____ - the public gathering (Heb. 10:25; 1 Tim. 4: 13).
2. _____ and _____
3. Private _____
4. _____
5. _____ and _____
6. _____
7. Our _____

3. The Purpose of Bible Intake

1. _____ 1 Tim. 4:7

2. _____ of our _____ Rom. 12:2

Geoffrey Thomas "Let the Word break over your heart and mind again and again as the years go by, and imperceptibly there will come great changes in your attitude and outlook and conduct."

3. _____ and _____ our lives. Heb. 4:12

4. Spiritual _____ and _____ Matthew 4:2-4; 1 Pet. 2: 2.

5. Spiritual _____ Eph. 6:12.

6. Correction, teaching, rebuking, and training in _____ 2 Tim. 3:16

7. _____ and _____ Rev.1: 3; Joshua 1:8.

8. It _____ every human _____ 1 Cor. 12; Ecc 8:11

9. _____ us to _____

4. The Plan – "OUR PROBLEM IS THAT WE ARE LAZY." R. C. Sproul

1. Find the time! No excuses. It takes only _____ hrs to read the entire Bible

(_____ min a day)

2. Don't do it just before _____. You retain very little and you don't get to apply it immediately

3. _____ from the Old, _____ from the New (OT once a year; NT four times).

4. _____ places each day: The Law, History, Poetry, Prophets, and New Testament.

5. Three places each day starting at _____, _____, and _____
6. Find a _____ or directed _____ plan!

5. The Canonical Hours – Bible Intake in History

Early Christians are thought to have followed the hours of prayer and Scripture intake patterned in the Jewish Synagogue. This quickly developed into a distinctly Christian routine initially composed of three main periods:

1. The _____ service, or _____, which was the service of _____
2. The _____ service, the origin of the _____ or _____
3. The service at _____, the origin of _____

In the West this was later divided further into the seven daily times of *lauds, prime, tierce, sext, nones, vespers, and complin.*

These times consisted of a reading of numerous Psalms (often 6) as well as selections from the New and Old Testaments.

6. The Ancient Art of Memory

1. _____
2. _____
3. _____
4. _____

According to Augustine, God can be found in our memories.
(The Confessions 10.24-25)

Mnemosyne (“memory”) was the mother of all the Muses, and thus the foundation for all human invention and art. Memory is creative, inventive.

To the ancients *memoria* was the center of all human knowing – it was the intellect. There is no knowledge without memory. Memory was not simply the ability to recite what was heard or seen before, but the ability to organize these experiences, in other words to think. Creative thoughts themselves could also be memories and likewise organized. The difference between memory and imagination is hard to determine.

Plato records that Socrates critiqued writing because he feared it would lead to the dissolution of human memory. Was he right?

Athanasius on St. Anthony – “his memory served him for books.”

Why memorize? Because the original Creation has fallen, the human mind has become perverted and needs to be reverted back to its original state.

Memorization is about the re-creation of our minds.

7. Purpose of Memorization

1. Memorization _____ our minds
2. Memorization _____ spiritual power
3. Memorization strengthens our _____
4. Memorization is a tool for _____ and _____
5. Memorization is the way the Spirit _____ us.

8. Hints For Memorizations

1. Have a _____
2. Write out the _____

3. Draw _____
4. Memorize word-_____
5. Find a partner for _____
6. Choose a _____ and _____ spot to memorize if possible
7. _____ and _____ every day
8. Use _____ and word-_____ (*enargeia*)
9. Use _____ words (or ideas) as _____ (*catena*) linking different verses.
Words _____ with associated meanings
10. Often _____, _____, or _____ pictures
help in memorization. The mind remembers _____ or _____
things better
11. Deliberately create _____ in your reading and memorization
12. _____ the words, think of letters as _____
13. Use _____, the _____ of words
14. Focus on the _____ of words and _____ in the verses
15. Think of your memory as a _____, building (*ekphrasis* – making a
building), beehive, piece of paper, a mosaic, or a bookshelf – choose which _____
you want to _____ your thoughts

LECTURE 4 – THE POWER OF PRAYER

A man may study because his brain is hungry for knowledge, even Bible knowledge. But he prays because his soul is hungry for God

Leonard Ravenhill (British Evangelist 1907-1994)

1. The Genesis of Prayer

When Seth grew up, he had a son and named him Enosh. At that time people first began to worship the LORD by name. ^{NLT} Genesis 4:26

And to Seth, to him also a son was born; and he called his name Enosh. Then *men* began to call upon the name of the LORD. ^{NAS} Genesis 4:26

Seth also had a son, and he named him Enosh. At that time people began to call on the name of the LORD. ^{NIV} Genesis 4:26

- a. The Hebrew verb translated in these verses as *worship/call* out is the first indication of humanity's reaching out to God for _____. From Genesis 2 to the end of 4, there has been a _____ of the relationship between God and those made in His image. It moves from _____ to _____, thereby creating the need for the faithful to communicate through prayer.
- b. The phrase *call upon the Name of the Lord* denotes _____ and _____ in the Book of Genesis (see 12:8; 13:4; 21:33; 26:25).
- c. The placement of this passage in Genesis reminds us of three critical truths:
 - a. _____ - The relationship with God is _____
 - b. _____ – We now live in a _____ world
 - c. _____ – God as the only _____ and _____

2. Dynamics of Prayer

- a. It can be _____ and _____ (Luke 11:1)
- b. It's as much a _____ tool as it is a _____ tool (Matt 6:5-15)
- c. It breeds _____ in an age of _____ (2 Chron 7:14) Am I
_____ a _____ to myself or an _____ to God?
- d. It helps to gauge our _____, our _____, and our _____
(Matt 6:9-13)
- e. Is assisted by the _____ (Rom 8:26-31; 1 Cor 2:10-11)
- f. There is no real _____ as it relates to the _____,
or _____ of prayer.
- g. Prayers are rarely _____ in the way we _____ them to be.
- h. Prayer, in its essence, is releasing _____ and _____ it to God.

3. Model Prayers

- a. _____ (1 Kings 8:23-53)
- b. _____ (2 Chron 5-12)
- c. _____ (Neh 1:5-11)
- d. _____ (Isa 37:14-20)
- e. _____ (Dan 9:4-19)
- f. _____ (Hab 3:1-19)

- g. _____ (Matt 6:9-13; Luke 11:2-4)
- h. _____ (Eph 1:16-23; 3:14-21)

4. The Tensions of Prayer

- a. Why _____?
- b. _____ versus _____?
- c. Being _____?
- d. Releasing the _____ to God?
- e. Praying without _____?
- f. The spiritual _____ dimension?
- g. _____ and _____?
- h. _____ versus _____?

5. Ultimate Result of Praying

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

⁷ Then you will experience *God's peace*, which exceeds anything we can understand. His peace will *guard your hearts and minds* as you live in Christ Jesus. (Phi 4:6-7 NLT)

The LORD hears his people when they call to him for help. He rescues them from all their troubles. Psalm 34:17 (NLT)

LECTURE 5 – I BEAT MY BODY

1. Fasting Can Save Your Spiritual Life

Joel 2:12 'Even now,' declares the LORD, 'return to me with all your heart, with **fasting** and weeping and mourning.'

Moses, David, Elijah, Daniel (3 weeks), Esther, Nehemiah, Ezra, Jesus, Paul & Barnabas and various others all fasted.

- a) Jesus fasted and _____ us to. Matt. 4:2; Mark 2: 18-20; Mark 9:29 (KJV)
- b) Fasting is not a quick-fix or _____ Jer. 14: 12; 2 Sam 12: 22-23
- c) _____ on fasting. Matt. 6: 16-18; Isa. 58:3-6; Luke 18: 11-12
- d) _____ fasting. 2 Chron. 20: 3; Joel 2:15
- e) _____ of fasting. Sexual abstinence in marriage: 1 Corinthians 7:5
"Give all to the poor." Lent.
- f) _____ of Fasting: To strengthen prayer; to seek God's guidance; to express grief; to seek deliverance or protection; to express repentance and the return to God; to humble oneself before God; to express concern for the work of God; to minister to the needs of others; to overcome temptation and dedicate yourself to God; to express love and worship to God;

2. Fasting Can Save Your Life⁸

- Calorie _____ is proven in every species of mammal to extend life from _____%

⁸ Material for this section has been taken from, Herbert M. Shelton, *Fasting Can Save Your Life*, American Natural Hygiene Society, Incorporate; 2nd edition (September 1996), and Dr. Joel Fuhrmanns, *Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease*, Griffin Trade Paperback; (April 15, 1998).

- Fasting allows the body to release its _____
- With fasting the organs have a chance to _____/_____/_____
- This takes more than _____, just as a sore on your arm takes time to heal
- In fasting your mind gets to a state of _____. You have time to contemplate and your body is ideally suited for _____
- _____% of the body's energy is required for _____. When fasting this energy is diverted to _____ and utilizes the excess energy stored in our _____ cells

_____ fasts: the human body can fast for 30-40 days while drinking water without damage to health. If you feel lightheaded it may be helpful to take a **potassium** supplement (as water depletes potassium levels). The first 2-3 days you will crave food but after this the cravings will subside. **MUST DRINK LOTS OF WATER.**

_____ a fast: break a longer fast once you have a sweet taste in your mouth. It takes almost as many days to properly come off a fast as the fast itself took. The first day eat only a few pieces of fruit every 3-4 hours.

Note: After a fast your body's chemical makeup will have changed and you will have an opportunity to change your eating habits to something healthier if you stay away from junk food. The **physical** dependency on sugar and other substances will have passed.

*** If you have a serious medical condition, including diabetes, heart problems, or other factors, consult a physician before engaging on a fast.

3. A _____ of the Body

- _____ dualism of body and spirit/mind. At Creation the body and spirit were irrevocably _____.
- Doctrine of the _____ as true Christian eschatological hope.
- “Temple of the Holy Spirit” – linked to _____ immorality.
- “_____.” _____ self-discipline is useful for some things. Our bodies are intrinsically _____ to our _____ state. If we mistreat our _____ we mistreat our _____.
- _____. Prov. 28:7 He who keeps the law is a discerning son, but a companion of _____ disgraces his father. (Often linked with drunkenness).

SOLITUDE AND SILENCE

Solitude is fasting from _____ and silence fasting from _____.

Passages on solitude and silence

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary** place, where he prayed.

NIV Mark 6:47 When evening came, the boat was in the middle of the lake, and he was **alone** on land. [Before walking on water]

Mark 6:32 So they went away by themselves in a boat to a **solitary** place.

Matthew 14:23 And after He had sent the multitudes away, He went up to the mountain by Himself to pray; and when it was evening, He was there alone.

Luke 8:29 For Jesus had commanded the evil spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into **solitary** places.

Deut 27: 9 Then Moses and the priests, who are Levites, said to all Israel, "Be **silent**, O Israel, and listen! You have now become the people of the LORD your God. 10 Obey the LORD your God and follow his commands and decrees that I give you today."

Habb. 2: 20 But the LORD is in his holy temple; let all the earth be **silent** before him."

Ps. 4: 4 In your anger do not sin; when you are on your beds, search your hearts and be **silent**.

Prov. 17: 28 Even a fool is thought wise if he keeps **silent**, and discerning if he holds his tongue.

Eccl 3:7 a time to tear and a time to mend, a time to be **silent** and a time to speak,

Luke 1: 20 And now you will be **silent** and not able to speak until the day this happens, because you did not believe my words, which will come true at their proper time."

Psalm 61

_____ of Silence: To hear the voice of God better; to express worship to God; to express faith to God; to seek the salvation of the lord; to be physically and spiritually restored; to regain a spiritual perspective; to seek the will of God; to learn to control the tongue;

_____: daily doses of silence; walks; special secret places; spiritual retreats

THE SABBATH

The Hebrew word for Sabbath means to _____, or _____.

The stress appears to lie more in the realm of _____ as an intentional act, not a response to being _____ as is implied by the term _____.

We are introduced to this theme early in Scripture.

¹ So the creation of the heavens and the earth and everything in them was completed.
² On the seventh day God had finished his work of creation, so he rested from all his work.
³ And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.
⁴ This is the account of the creation of the heavens and the earth. When the LORD God made the earth and the heavens,
(Gen. 2:1-4 NLT)

The seventh day of Creation stands apart from the other six days.

- a. _____ and _____ return to Creation, as it did prior to God's _____ Creation into _____.
- b. God _____ those made in His _____ (1:28) and also _____ the seventh day.
- c. All other days have the cycle of ' _____ ', while the seventh day has no stated _____.
- d. All preceding days are called either ' _____ ', or ' _____ '. This day alone is declared _____.

The theme of ' _____ ' introduced here will become a distinctive for the nation that God eventually calls to Himself – the nation of Israel. _____ will be applied in two ways.

- a. The _____ – a _____
- b. The _____ – a _____

In Exodus 16, we have the narrative of the Israelites on their journey towards Mt. Sinai. They received divine sustenance through the provision of manna, food that appeared every day except the Sabbath (Ex. 16:4-35).

In Exodus 20, the Sabbath is the fourth of the Ten Commandments (Decalogue). It is the longest and most expanded.

⁸ "Remember to observe the Sabbath day by keeping it holy.
⁹ You have six days each week for your ordinary work,
¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.
(Exod. 20:8-10 NLT)

The observance of the seventh day of each week became an important element in Judaism. Before New Testament times:

- a. It also became a day of _____ when the principal _____ service was conducted.
- b. Additional _____ were performed on the Sabbath.
- c. It became a day for sharing a _____ with family and friends.
- d. The meal was _____ by a _____ called the _____.

- e. The Mishnah has _____ classifications of _____ that was _____ on the Sabbath. All deduced from Scripture.
- f. Some activities were allowed on the Sabbath, like _____, Temple _____, rescuing an _____, or when human life was in _____.
- g. _____ was forbidden, while _____ and visiting the _____ were to be _____, because it would dampen the _____ of the observance.
- h. Ordinary _____ practice was considered a violation. It was considered a form of _____.

In the Gospels, this became one of the confrontational issues between Jesus and the Pharisees.

Jesus performed seven healing miracles on a Sabbath:

Seven Sabbath Miracles of Jesus	
Healing	Passage
Sending a demon out of a man	Mark 1:21-28
The healing of Peter’s mother-in-law	Mark 1:29-31
The healing of the lame man by Bethesda Pool	John 5:1-18
The healing of a man with shriveled hand	Mark 3:1-6
The healing of a crippled woman	Luke 13:10-17
The healing of a man with edema (excessive swelling/fluids)	Luke 14:1-6
The healing of the man born blind	John 9:1-16

One of the governing principles for the Pharisees was whether an activity pertained to _____: if something could not be _____, then it was _____ on the Sabbath.

In Marks Gospel, Jesus claimed the right to _____ the status of the Sabbath, something only _____ had the right to do.

²³ One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat.
²⁴ But the Pharisees said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?"
²⁵ Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry?
²⁶ He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions."
²⁷ Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.
²⁸ So the Son of Man is Lord, even over the Sabbath!"
(Mk. 2:23-28 NLT)

Discussion Point: How then are we to understand the Sabbath for today?

LECTURE 6 – THE SIMPLE LIFE

1. Stewardship of Time

So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. (Ephesians 5:15-16 NLT)

- See also - John 9:4; Heb. 6:12; Matt. 25:14-30 – The Parable of the Talents; Prov. 12: 27; Prov. 25:15; Prov. 13: 4; Heb. 5: 12
- “Sluggard” appears 13 times in Proverbs!

2. Stewardship of Money

But those who won't care for their relatives, especially those in their own household, have denied the true faith. Such people are worse than unbelievers. (1 Timothy 5:8 NLT)

... **No man should appear before the LORD empty-handed:** ¹⁷ Each of you must bring a gift in proportion to the way the LORD your God has blessed you. (Deuteronomy 16c-17 NIV)

“The use of your money and how you give it is one of the best ways of evaluating your relationship with Christ and your spiritual trustworthiness.” Whitney, p. 146.

There Are The 3 Foundational Principles In The New Testament Concerning Resources.

- a. God _____ everything (1 Cor 6:19-20; Rom 11:36; Col 1:16)
- b. We are _____ of God's _____ (1 Cor 4:2, 7; Luke 12:13-21)
- c. We are to _____ them for _____ (Matt 6:33; 25:14-30; Acts 20:35)

The New Testament Principles For Giving

1. As God has _____ you (2 Cor 8:11-14; 1 Cor 16:2)
2. Give _____ (1 Cor 16:1-2)
3. Lean towards _____ (2 Cor 8:1-5; 9:6-13; 1 Tim 6:18-19)
4. Give with _____ (2 Cor 8:2; 9:7)

5. Give with _____ and _____ (2 Cor 8:12; 9:7)

6. Giving is part of _____ (2 Cor 9:11-14; 1 Tim 6:17-19)

7. _____ God to _____ (2 Cor 9:8-11; Phil 4:18-19; 1 Tim 6:17; Heb 13:5)

3. Individual Simplicity

“Simplicity is an *inward* reality that results in an *outward* life-style.” Foster, p. 80.

- See also - Luke 16:13; Matt. 6:19; Matt. 19: 21; Matt. 6: 33

We need a Spirit of Trust in order to live simply. “If what we have we receive as a gift, and if what we have is to be cared for by God, and if what we have is available to others, then we will possess freedom from anxiety.” Foster. p. 88.

Foster’s 10 Step Program to Mammon Addiction:

1. Buy things for their _____ rather than their _____.
2. Reject anything that is producing an _____ in you.
3. Develop a habit of giving things _____.
4. Do not accumulate endless needless _____.
5. Learn to enjoy things without _____ them.
6. Develop a deeper appreciation for the _____.

7. Look with healthy skepticism at all “ _____, _____ ” schemes.
8. Obey Jesus’ instructions about plain, honest _____ (_____ be _____).
9. Reject anything that breeds the _____ of others.
10. _____ anything that distracts you from seeking first the _____.

4. Communal Simplicity

- The Year of Jubilee – regular redistribution of wealth (Lev. 25:17-54, 27:17-24).

Private Property?

Lev. 25:23 "The land must not be sold permanently, because the land is mine and you are but aliens and my tenants."

Usury?

“Lend, expecting nothing in return.” (Luke 6:35; cf. Neh. 5:7-11).

Exo. 22:25 "If you lend money to one of my people among you who is needy, do not be like a moneylender; charge him no interest."

Prov. 28: 8 He who increases his wealth by exorbitant interest amasses it for another, who will be kind to the poor.

BUT cf. Matt. 25:27 “Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.”)

EXAMPLES of Communal Simplicity: The Early Church (Acts. 2:44-47), the Desert Fathers, St. Francis of Assisi, Henry David Thoreau.

5. The Two Cultural Enemies of Simplicity

1. The culture of _____
2. The culture of _____

6. A Culture of _____ Attacks Us in Two Ways

1. It _____ our _____
2. It _____ our lack of _____

No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money. Matthew 6:24 NLT

7. God and Money

1. Both can _____ the _____
2. Both _____ to be _____
3. Both _____ a _____

8. The Cycle of Greed and How It Limits Our Ability to Live Simply

1. We live in a culture of _____ financial _____

2. It fosters an _____ where money _____
3. It creates a _____ of financial _____
4. Financial _____ will _____ itself as _____
5. _____ manifested from _____ will provoke debt _____
6. Institutions _____ the _____ and the cycle _____

Discussion Point: What are some practical steps to make your life simpler?

LECTURE 7 – THE TRANSFORMATION OF YOUR MINDS

1. Journaling

"This is what the LORD, the God of Israel, says: 'Write in a book all the words I have spoken to you. (Jeremiah 30:2 NIV)

Why Journal?

- a. You learn to see where God _____ in your life.
- b. You learn to _____ and _____ your spiritual _____.

- c. Helps focus your _____ for _____.
- d. You learn to speak _____ with _____ about your own _____.
- e. Helps your _____ life.
- f. _____ down our _____, _____ schedules.
- g. Makes it easier to _____ what _____ is doing.
- h. “_____” may benefit from your struggles.
- i. Keeps you accountable for _____ and _____.
- j. Helps you _____ the other spiritual _____, defeats spiritual _____.
- k. Our great spiritual _____ have proved its _____ to _____ lives.
- l. Tracks our personal _____.
- m. _____.

How to Journal

- _____ vs. _____? Either.
- Make it a _____ habit!
- Make reflection on both _____ (*lexio divina*) and our _____ lives a key _____ in our writing.
- Include your _____ responses to readings and life events.
- Be _____ with yourself!
- “There are _____ for keeping a journal.”

2. Study

Why learn?

1. Godly men and women, including those in scripture, _____ to our need for _____ (Ecclesiastes 1:13; Ezra 7:10; Daniel 1:3-4, 17; Acts 26:24)

2. God _____ us to _____. Mark 12:29-30 “Love the Lord your God ... with all your mind.” (cf Prov. 1:1-7)
3. The mind is _____ by _____ it to those things that will _____ it (Rom. 12:2).
4. Lack of _____ can be _____ (Heb. 5:11)
5. All _____ is God’s _____! The more we learn about God’s Creation the more we learn about its Creator.
6. We only have a short amount of _____. We need to make the most of it and spend it learning the more important areas: God, relationships, health, finances, etc.
7. _____ often depends on our understanding a wide variety of topics on a deep (vs. superficial) level.

BUT be careful as study can also distract us from God’s actual will! (John 5:39-40).

How to learn?

1. _____
2. _____
3. _____
4. _____
5. _____ (accidental vs. intentional learners)
6. _____

7. _____: “where is the wisdom we’ve lost in information.”
8. From _____.
9. From _____ (“the observation of reality in things”).
10. From _____.
11. From _____.
12. From an _____.

Three types of Theology: Confessional, Academic, and Scientific (Philosophy of Religion; Religious Studies).

LECTURE 8 – A HEART OF PRAISE

1. Introduction (Psalm 150)

Praise the LORD! Praise God in his sanctuary; praise him in his mighty heaven! ² Praise him for his mighty works; praise his unequalled greatness! ³ Praise him with a blast of the ram's horn; praise him with the lyre and harp! ⁴ Praise him with the tambourine and dancing; praise him with strings and flutes! ⁵ Praise him with a clash of cymbals; praise him with loud clanging cymbals. ⁶ Let everything that breathes sing praises to the LORD! Praise the LORD!
(Psalm 150:1 NLT)

Worship = **worthship** – ascribing the worth which is due God

2. Worship and the Exodus

- The defining archetype of Redemption in the OT was the story of the Exodus from Egypt. The **centrality** of worship in the Exodus story is too often overlooked. It is the very reason why God tells Pharaoh to let His people go.

Exodus 10:13: "Let my people go, so that they may worship me." [cf. Ex. 4:23, 7:16; 8:1; 8:20, 9:1, 13]

- Pharaoh won't let them go, then decides they can go if they leave their herds behind, and finally tells them to leave. The remainder of the Old Testament is the story of the attempt of Israel to properly live out this basic instruction. Exodus 20:5

3. God Desires Worship

- The Westminster catechism states that "The chief end of man is to _____ God and to _____ him forever." God desires worship, there are even heavenly creatures who ceaselessly worship God for eternity.
- _____ – the worship of that which is not God - is the ultimate sin. Exodus 34:14
- Why is God jealous? Why does God desire worship? Is he a super-egomaniac in the sky?
- No. Worship brings _____ to our lives. It is the recognition of _____ (Foster, 158). In it we face up to the way things really are – the result of a Creator. Only by recognizing and voicing this do we as humans find fulfillment and purpose in our lives. To put something before God is to skew the nature of reality and ensure we do not live the life we were intended to live.

"People become like their focus (Whitney, 95)."

- _____ on God so we may be like _____.

- _____ is an appropriate _____ of worship (John 9:38). Even the _____ worship _____ (Heb. 1:6).

4. The Forms of Worship

- The _____ of worship is secondary; _____ worship takes place in the _____.
- _____ and worship (Mark 12:30): Worship cannot be entirely cerebral; it must be both our mind and heart, intellect and emotions. Our personality traits will be obvious in our worship but we cannot make excuse for either worshipping with no enthusiasm or worshipping in a way that does not engage our mind.
- _____ *worship* is to occur weekly. The gathering of so many people together weekly is a sign of true unity and allows God to work in ways he cannot in our individual interactions with Him. Hebrews 10: 25
- _____ *worship* is to occur daily, hourly, every moment. 1 Thess. 5:17
- Worship God through _____! Romans 12:1
- _____. Psalm 95:6 The origin of *worship* is “to prostrate” and *bless* “to kneel”.
- _____. Ps. 149:3, cf. 1 Ch. 15:29; Jer. 31:13.
- _____. Eph. 5: 19, cf. Col. 3:16.
- _____. Isaiah 29:13, cf. Hos. 6:6
- Worship is not a matter of _____; there is no perfect type of worship. We

must not let our worship become a matter of outward _____. (Col. 2:20-23)

- Remember, “Going through a routine is not the same as rightly practicing a Spiritual Discipline (Whitney, 95).” Just because we attend Church regularly does not mean we are *worshipping*. Likewise, just because you reject certain forms of worship does not mean you are worshipping.

In Spirit and Truth. John 4:19-23

- In summary, God wishes us to worship with our very being, and our very best. God will reject half-hearted worship; worship which only makes a display at honouring God. (Mal. 1:7-11)

Intimacy with God Demands 3 Things

1. Taking _____
2. Being _____ - _____ - _____
3. Willfully _____ or _____

5. Eschatological Worship

- _____ is a key component of our anticipated _____ with Christ.
- The _____ saw worship as a defining part of the _____. (Isaiah 19:23, cf. Zep. 2:11; Zec: 14:16-17). Likewise, the _____ speaks of the entire _____ worshipping God (Rev. 15:4).

6. The Result of Worship: Joy & Celebration

- “To worship is to _____ (Foster, 173).” We cannot truly worship God without it affecting us in some manner, whether we recognize it or not.
- _____ is a fruit of the spirit (Gal. 5:22), an inward disposition that characterizes our attitude even in the most difficult situations. Paul’s letter to the Philippians, although written while he was in prison, is distinguished by its overtly joyful tone, including instructions to “Rejoice in the Lord always. I will say it again: Rejoice! (Phil. 4:4; cf. 3:1).” God Himself celebrates with us in our victories! (Zeph. 3:17)
- Christians need to both relax and liven up. SABBATH-_____. God-centered art!

LECTURE 9 – ONE TO ANOTHER

1. Confession

- a. Confession leads to _____ in Christ. It _____ accompanies _____ (Acts 2:38). This sorrow for sin does not need to be an _____; it is an act of the will (although often accompanied by great emotion).
- b. If we claim to be a Christian and do not confess our sins we are _____ (1 John 1:9).
- c. There is no _____ without the confession of _____! (Prov. 28:13; Lev. 26:40-42).

- d. Even in the OT confession was _____ to lead to _____ of sin (Psalm 32:5).
- e. Confession to another believer is often _____ (James 5:16). Christ has given them the power to forgive our sins (John 20:23). This can be of extreme psychological aid and makes the truth of God's forgiveness palpably real to us.
- f. Sometimes an entire _____ of God must confess _____ (Neh. 1:5-6).
- g. Confession is both _____ and _____ (Romans 10:9-10). Confession has both a _____ and a _____ component. God gives us the grace to confess through the Holy Spirit (1 Cor. 12:3); we must react with our will upon the conviction and confess with our mouths.
- h. Confession can lead to _____ (James 5:14-16). Confession and forgiveness _____ us. An _____ change in our relationship with God and a _____ change in us.
- i. Confession always involves _____ from the _____. Prove your repentance by your deeds! (2 Tim. 2:19; Acts 3:19; Acts 26:20).
- j. Confession often includes _____ to those we have wronged (Num. 5:6-8). Traditionally called "_____" this practice shows we are not fooling ourselves and that we understand the serious _____ of our sin. It often

involves pain, shame, and even monetary loss (Acts 19:18-20).

- k. _____ is often a way of expressing the sincerity of our confession (1 Sam 7: 6).

- l. _____ yourselves. Deal with definite, concrete sins; not a general “I am sinful” confession (2 Cor. 13:5).

2. Guidance

Prov. 15:22 Plans fail for lack of counsel, but with many advisers they succeed.

- a. When making an important decision we must first determine which _____ are available, righteous, and wise.

- b. After distinguishing the viable _____ we must _____ our various sources for guidance.

- c. Sources of Guidance:
 - i. The _____ (2 Tim. 3:16).

 - ii. The _____ (John 14:16).

 - iii. Church _____ (including preaching).

 - iv. A _____ .

- v. _____.
- vi. Fellow _____.
- vii. _____ and _____ who know us well (Prov. 27:9).
- d. Much _____ prayer is required, as well as _____ prayer from fellow Christians.
- e. The popular idea of “_____” is often a legitimate and necessary step before taking an action.
- f. However, if you do not get a special “_____” of where you are to go, this does not mean you should not make a decision. Sometimes God allows us to choose between two equally _____ options (Acts 1:20-26).
- g. A spiritual _____ or _____ is a great way of making sure you are continuing to deepen your relationship with God. Make sure they have great personal _____ and have a lengthy _____ of the Spiritual Disciplines.
- They need to help turn your daily experience into a God-centered climb towards holiness. Everyone needs to pray that God reveal to them who can play this important role in their life.
- h. When your church or another group you belong to faces difficult decisions bring them to God as a _____. Such _____ guidance often involves fasting, prayer, and worship (Acts 13:1-3).

*** Warning:** depending upon a Spiritual Advisor or on making group decisions through “agreement” can often be subject to abuse by leaders. Pastors, teachers, and so-called “prophets” may sometimes say “God is telling you this” in order to get what they want (often they don’t even realize it). The subjective realm is open to **manipulation**, but this does not render it invalid.

LECTURE 10 – THE GREATEST AMONGST YOU

1. THE DISCIPLINE OF _____ - “Take up your cross”
 - a. _____ yourselves to God! (James 4:7; Heb. 12:9)
 - b. _____ = _____ from always needing our own way. It is the path to wisdom (James 3:17).
 - c. _____ vs. _____ = putting others’ interests above our own vs. self-pity
 - d. Jesus practiced _____. (Heb. 5:7). _____ – emptying yourself (Phil. 2:3-9).
 - e. Taking up your cross is the path of _____ (Mark 8:34).

- f. Submit to the _____ (Rom 8:6-8).
- g. Submit to the _____ (Romans 13:1; Heb. 13:17; 2 Peter 2:13-18).
- h. Submit to Church _____ (1 Cor. 16:15-16).
- i. Submit to those whom _____ has _____ over you (Eph. 5:21-27; 1 Cor. 14:33-34; 1 Tim. 2:11; 1 Pet. 5:5).
- j. The _____ of Submission (Foster, 121). Is there a room for righteous rebellion? Revolution? When is the doctrine of submission being used to subjugate others?

“Revolutionary subordination commands us to live in submission to human authority until it becomes _____.” (Forster, 124)

2. THE DISCIPLINE OF _____ – “Take up your towel”

- The principle of service. “_____.”

Gal. 5:13 You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.

Eph. 6: 7 Serve wholeheartedly, as if you were serving the Lord, not men, 8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

3. THE _____ OF SERVICE.

- a. _____ is too often overlooked in the Protestant emphasis on _____ over and against _____. The Apostle John especially calls us to a life of _____. (2 John 1:6; cf 1 John “obey his commands”)
- b. The _____ of Service. “_____” (John 13:14-17).
- c. The _____ to Service and _____ (Deut 13:4; Matt. 20:25-28).
- d. Every _____ of the _____ must be used in service to _____ in the _____ (1 Cor. 12:4-7; 1 Pet. 4:10-11).
- e. There is a specific _____ of service as well (Rom. 12:6-8; 1 Cor. 12:28).
- f. _____ is a position of service not _____ (1 Pet. 5:1-3).
- g. Paul considered his own title to be “_____” (Rom. 1:1; Phil. 1:1; cf 1&2 Corinthians). Yet even Paul’s _____ was ultimately a gift of grace from God (Eph. 3:7).
- h. As servants we are called to avoid _____ (2 Tim. 2:24-26).
- i. Types of Service:
 - i. Service of _____ things.
 - ii. Service of being _____.
 - iii. Service of common _____.

iv. Service of _____.

v. Service of _____.

vi. Service of _____ each other's _____.

vii. Service of sharing the _____.

Personal Questions:

What roles are you already acting as a servant in?

Is there any way you can further practice the discipline of Service?

What currently hinders your ability or desire to serve?

LECTURE 11 – GO INTO THE WORLD

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshipped him; but some doubted. ¹⁹ Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.’ Matthew 28:16-20

He said to them, ‘Go into all the world and preach the gospel to all creation. Mark 16:15

Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’ John 20: 21

- Is the “Great Commission” only for the twelve? Is this for everyone?
- Or is it only for those with a special gift or office in the church?

*It was he who gave some to be apostles, some to be prophets, some to be **evangelists**, and some to be pastors and teachers,¹² to prepare God's people for works of service, so that the body of Christ may be built up¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Eph. 4:11-13*

- Is the word "Evangelism" outdated? What about *evangelist*, *evangel*, or *evangelizing*?

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?¹⁵ And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!" Rom. 10:14-15

1. Evangelizing as a Discipline

"Godliness requires that we discipline ourselves in the practice of evangelism (Whitney, 99)."

- Sharing the Good News is something we need to be _____ about. We need to _____ it. Witnessing by _____ not by default. It is something God _____.
- God gives power for _____ of his _____.

Acts 1:⁸ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.'

“We need to learn that sharing the gospel *is* successful evangelism (Whitney, 103).”

How Should We Share The Good News?

- _____?
- _____?
- _____ (Yonge & Dundas)?
- _____?
- _____?
- _____?
- _____?
- _____?
- _____?

What do you think is missing from this list?

2. Lifestyle Evangelism

“I contend that many Christians *want* to speak to others about the Lord but do not for fear that the observable, daily sin in their lives is too contradictory for them to witness (Whitney, 113).”

*But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.¹⁵ For **we are to God the aroma of Christ among those who are being saved and those who are perishing.**¹⁶ To the one we are the smell of death; to the other, the fragrance of life. And who is equal to such a task?¹⁷ Unlike so many, **we do not peddle the word of God for profit.** On the contrary, in Christ we speak before God with sincerity, like men sent from God. 2 Cor. 2: 14-17*

- But this does not mean we need to be “ _____ ” before we start witnessing!

Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. Col. 4:5

- We need to look at our entire day as “ _____.”
- But don’t _____! People can read _____.

“Try spending 15min with the Scientologists letting them try to evangelize you, and you will know what it feels like to be ‘evangelized’.” (Dion Oxford – The Gateway Men’s Shelter)

- What is the connection between _____ and _____?
- Do we help people out with _____, _____, and _____ in order to evangelize?
- Or is it evangelizing in _____?

Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. 1 Peter 4:10-11

- Two broad categories of “ _____ ” and “ _____ ”.
- How do you most _____ share your faith:
 - _____ or _____?
 - _____ or _____?

_____ : Ask people how you can _____ for them. Some people even do this with little booths in public places. Or walking as teams in streets. E.g. *24-7 Prayer Ibiza, Spain*.

_____ : _____ people is the essence of the New Commandment and the best way to show and share Jesus. _____ includes _____ and _____ !

“Do Not Be Deceived, Disciples Make Disciples.” (Chan & Platt)

LECTURE 12 – RETURN TO HOLINESS

*Therefore, as God's chosen people, **holy** and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Col. 3:12*

- It is surprising how often the Word of God uses the term holy to speak about God’s creatures. “The holy prophets”, “holy apostles”, “holy people”, “holy angels”, “you”! (Cf. Matt. 27:52, 1 Cor. 1:2)

So why aren't we Holy?

Therefore, if anyone is in Christ, he is a new creation; *the old has gone, the new has come!*
2 Cor. 5:17

- Why then do so many of us struggle to be holy?
- Why is the average Christian living in defeat?

Jerry Bridges Cites Three Main Causes Of Unholiness:⁹

1. First, our attitude towards _____ is more _____ than _____.
2. Second, we have misunderstood “ _____ ” (Gal. 2:20) to mean that no effort at holiness is required on our part.
3. Third, we do not take some _____ seriously. We must be willing to call _____ what it is because God _____ it, and not because of how society looks upon it.

Sanctification

*But just as he who called you is holy, so be holy in all you do;*¹⁶ for it is written: "Be holy, because I am holy." 1 Peter 1:15-16

Sanctification: First meaning is “ _____.” 1 Peter 2:9 says we are a chosen people, a holy nation, God’s own people. 2nd meaning is “ _____” or “ _____.”

⁹ Jerry Bridges, The Pursuit of Holiness, (Colorado Springs, Colorado: Navpress, , 2001): 16-19.

This second definition effectively means “_____.” Justification is a once and for all event; sanctification occurs over a _____. You can be _____ sanctified. (1 Thess 4:3)

1. Sanctification is an _____ of _____.

“May the God of peace himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ” (1 Thess. 5:23)

2. Sanctification is _____. (Phil. 1:6).

3. The _____ of sanctification is to be like _____. “... to be conformed to the image of his Son.” (Rom. 8:29) Jesus was without _____, so that is our _____ regardless of possibility (1 John 3:2).

4. Sanctification is an act of the _____ (Gal. 5; Rom. 8) The “_____” are the key components to a holy life.

5. Sanctification includes _____ involvement.

“Work out your own salvation with fear and trembling; for God is at work in you, both to will and to work for his God pleasure.” (Phil. 2:12-13)

We are exhorted to live in line with the _____ (Gal. 5:16, 25).

6. Sanctification is not exclusively concerned with _____. _____ and _____ are the source of _____ activities (Matt. 5:21-28).

A transformation of our _____ is paramount. (Rom. 12: 2)

7. Sanctification most likely is never _____ in this life, yet we must _____

for it. Matt. 5:48.

“You, therefore, must be perfect, as your heavenly Father is perfect.” Will anyone be perfect in the present life? (1 John 1:8-10).

8. Holiness is not an _____. Heb. 12:14 Make every effort to live in _____

with all men and to be holy; without holiness no one will see the Lord.

9. Bridges identifies what the essential elements of holiness are.¹⁰

_____:

Holiness begins with Bible-based convictions about what we believe to be true. To be holy we must first come to believe that our minds need to be renewed, cleansed from the list of vices and saturated with the Fruit of the Spirit.

_____:

Convictions aren't simply mental assents but involve committing one's whole life. Holiness must become a total way of life. We must commit to abhor ALL sin, no matter how great or small. Beyond this broad commitment we need to commit to specific areas of temptation we are facing right now.

_____:

We must become daily abstainers from sinful activity. We must “beat our body” and become able to resist those temptations we face on a regular basis. “Put to death the misdeeds of the body” (Rom. 8:13). Like learning a martial art, this takes time and sacrifice. Daily scripture intake and prayer are the two most fundamental practices we can adopt to begin a life of discipline.

_____:

¹⁰ Jerry Bridges, The Practice of Godliness, (Colorado Springs, Colorado: Navpress, , 2001): 123-130.

We are personally responsible for our holiness yet we are *totally dependent* upon the work of the Holy Spirit. The Spirit works on our inner being; we must not resist the Spirit but allow Him to work within us.

_____:

Finally we need a God-centered desire. We do not desire to be holy in order to feel better about ourselves. Holiness is not a self-help fix. All our desire is to be focused entirely on God, and becoming closer to Him. It is not so much about Victory as it is Obedience. Feeling good about a more Christ-like life will be a natural byproduct, but it is not the focus. Our central concern is a desire to PLEASE GOD. Getting rid of the self-centered motivation for holiness requires practice and training.