



Harvest ABC's Lifestyle Handbook

Loving God during Alone Time, with Believers
in Small Groups, and in Corporate Worship

Ephesians 1:11-14

Preparing for Sunday, September 30, 2018

Harvest's Believers Lifestyle Essentials

The ABC lifestyle encourages us to grow in loving God more fully in a unified way. The hope is that we all will get back to the basics as a church and growing in unity as we study God's word together by studying the same verses.

LOVING GOD DURING ALONE TIME is to retreat to a quiet place, in an attitude of surrender and trust, for an unhurried time of communion with God through His Word, prayer and other spiritual disciplines. Biblical Basis: Josh 1:8, 1 Tim 4:7, Ps 91:1, Matt 6:5-6.

LOVING GOD WITH BROTHERS AND SISTERS IN SMALL GROUPS is to gather together, in an environment of love and trust, with a small group of believers who are growing in intimacy with God through the ABC's, in order to spur one another on to love God more fully through sharing, accountability, and prayer. Biblical Basis: Prov 27:17, Heb 10:24, 1 Thes 5:11.

LOVING GOD IN CORPORATE WORSHIP is to gather together as a church family on a weekly basis to worship God and delight in His presence; in song we express our love for Him and through the preaching of the Word we hear His voice. Biblical Basis: Ps 22:22, Heb 10:25, Rom 12:4-5.

The Practice of "Loving God during Alone Time"

There are four key components in the practice of "Loving God during Alone Time" that we encourage each person to do on a daily basis:

PRAY. Settle into God's presence by expressing to Him where you are right now. Ask Him to draw near to you as you draw near to Him.

The following is a suggestion: "Father, my desire is to draw near to You and commune with You during this time. Create in my heart and mind a quietness and rest as I place my burdens and concerns, and confess my sins..."

Protect this time from interruption and distractions. Allow this to be more than a discipline, but an encouragement with You where I delight in Your presence as You delight in me. Give me ears to hear Your voice as I read Your Word. Teach me, rebuke me, correct or train me so that I will be thoroughly equipped for every good work. (2 Tim 3:16) Holy Spirit fill me with Yourself, refresh my soul and nourish my spirit. My heart's desire is to enjoy loving intimacy with You now and throughout my day. In Jesus name I pray. Amen."

READ THE SCRIPTURE PASSAGE MEDITATIVELY. Sink into the sermon-based scripture for a number of days, until you have plumbed the depths of it. Use the cross references. Once you have plumbed its depths, move on to another bible passage (i.e. the complementary passage, or one of your own choosing) and sink into that for the remainder of the week.

- Study the passage of scripture to gain an understanding of the context of the passage and the key point(s) of the truth taught in the passage.
- Listen to God's personal word to you through His written Word; attend to and linger over a word/phrase/verse that catches your attention.
- Ask God to show you how this word/phrase/verse connects with your life right now.
- Record what God is saying to you.

RESPOND TO GOD IN PRAYER. Allow your God-led ponderings be a catalyst to prayer, talking to Him about what He has revealed to you. Take time to intercede for your own accountability partners or small group members.

CONTINUE TO MEDITATE ON THIS WORD/PHRASE THROUGHOUT THE DAY. Allow God to further form, shape and apply these words in your life as you go into your day. James 1:23-24

WORK ON THE MEMORY VERSE. It is important to equip yourself with God's word. Biblical basis: Joshua 1:8 "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." If you want to be successful in life Joshua 1:8 makes it clear that success in life come through memorizing and meditating on God's Word.

Ephesians 1:11-14 ESV

11 In him we have obtained ^z an inheritance, ^a having been predestined ^b according to the purpose of him who works all things according to ^c the counsel of his will,

12 so that we who were the first to hope in Christ might be ^d to the praise of his glory.

13 In him you also, when you heard ^e the word of truth, the gospel of your salvation, and believed in him, ^f were sealed with the ^g promised Holy Spirit,

14 who is ^h the guarantee [4] of our ⁱ inheritance until ^j we acquire ^k possession of it, [5] | to the praise of his glory.

Footnotes

[4] 1:14 Or *down payment*

[5] 1:14 Or *until God redeems his possession*

Cross-references

z. Deut 4:20, Ephesians 1:14

a. Ephesians 1:5

b. Ephesians 3:11, Rev 4:11, Rom 8:28

c. Acts 20:27

d. Ephesians 1:6, 14, Phil 1:11

e. 2 Cor 1:22, Col 1:5, 2 Tim 2:15, Acts 13:26, 15:7

f. Ephesians 4:30

g. Acts 1:4

h. 2 Corinthians 1:22

i. Acts 20:32

j. Titus 2:14, Ephesians 1:7

k. 1 Peter 2:9

Ephesians 1:11-14 NLT

11 Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.

12 God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God.

13 And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.

14 The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

Alone Time: Journaling

As God speaks to you through His Word write down what is impacting you, what He is saying to you personally and/or your response back to Him.

Scripture Memorization: Ephesians 1:3 (ESV)

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,”

Prayer Focus:

That we would all embrace humility as a way of living: the place of entire dependence on God.

Alone Time: Optional Complementary Passage

John 16:4-15 English Standard Version (ESV)

⁴ But I have said these things to you, that when their hour comes you may remember that I told them to you.

The Work of the Holy Spirit

I did not say these things to you from the beginning, because I was with you. ⁵ But now I am going to him who sent me, and none of you asks me, 'Where are you going?' ⁶ But because I have said these things to you, sorrow has filled your heart. ⁷ Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. ⁸ And when he comes, he will convict the world concerning sin and righteousness and judgment: ⁹ concerning sin, because they do not believe in me; ¹⁰ concerning righteousness, because I go to the Father, and you will see me no longer; ¹¹ concerning judgment, because the ruler of this world is judged.

¹² "I still have many things to say to you, but you cannot bear them now. ¹³ When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. ¹⁴ He will glorify me, for he will take what is mine and declare it to you. ¹⁵ All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

Alone Time: Journal

What God Is showing me through this passage? How is God's Word convicting me? How is God's Spirit leading me to respond? What did I learn today? How am I different as I go about my day?

Corporate Worship: Sermon Notes

How will what I heard impact my life this week?

Believers in Small Groups: Responsive Accountability

Pre-work before Small Group

Personal Reflection (5 minutes)

Prayerfully consider your practice of Alone Time over the previous week, as well as how God spoke to you as you lived the ABC lifestyle. Is God inviting you to...

- Focus on your practice of Alone Time
- Take a step of obedience?
- Repent from a sin?
- Trust and rest in a truth?
- Or do something else?

This coming week God is inviting me to.../ My response to God's invitation is to...

How I did with last week's accountability item...

Harvest Homes Supplemental: for the week of 9/23

Dear Parents,

Everyone gets sick at some point in his or her lifetime ... often many times! Illness is probably no stranger to your kids. In today's Bible story, Naaman—a commander for the Syrian army—was really sick. He had leprosy, a skin disease that was likely disfiguring and isolating. Without a cure, Naaman would face great suffering. But help came from an unlikely source: a young slave girl.

The people of Israel and Syria were often at odds with one another. The Syrians sometimes attacked the cities in Israel and plundered them. They took what they wanted, including people to work as slaves.

The young slave girl who served Naaman's wife had been taken from her home in Israel.

As an Israelite, the girl knew about the one true God. She was familiar with God's prophets, including Elisha, who had performed miracles to help and heal people. The girl told her mistress that Elisha the prophet could heal Naaman. So the king of Syria sent a letter to the king of Israel, asking him to cure Naaman of his leprosy. But the king of Israel had no power to heal Naaman. The power to heal comes only from God.

Elisha called for Naaman. But what happened next was not at all what Naaman expected. Naaman expected Elisha to call upon the name of God, wave his hand over Naaman, and miraculously heal him. Instead, Elisha instructed Naaman to go wash in the river.

Naaman was upset! He could have washed in a river back home! But Naaman's servants urged him to wash. He did, and God healed him.

Naaman was sick with a skin problem. His disease went away when he trusted God's instruction from Elisha and washed in the river. All people have a sin problem that leads to death. We all need a Healer. When we trust Jesus as Lord and Savior, God forgives our sin and heals us.

Help your kids understand that not all sick people will be healed on this side of heaven, but our physical maladies are symptoms of an even greater illness—sin. Jesus' death and resurrection provided healing—forgiveness and eternal life—for those who trust in Him.

Check this session's Activity Page and Big Picture Card as well as the Gospel Project for Kids Family App for ways to interact with the Bible content this week.

FAMILY STARTING POINTS

Babies and Toddlers

- There is one true God.
- Naaman obeyed God.
- There is no one like God.
- Jesus heals people who are sick.

Preschool

- How many gods are there? There is one true God.
- God healed Naaman.

Kids

- How many gods are there? There is one true God who alone deserves worship.
- God healed Naaman's skin disease.

UNIT KEY PASSAGE

Hebrews 1:1-2