



# Harvest ABC's Lifestyle Handbook

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

**Ephesians 1:5-23**

*Preparing for Sunday, October 7, 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: Proverbs 27:17, Hebrews 10:24, 1 Thessalonians 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: Psalm 22:22, Hebrews 10:25, Romans 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 comes through memorizing and meditating on God's Word.

## Ephesians 1:15-23 ESV

### Thanksgiving and Prayer

**15** For this reason, <sup>m</sup> because I have heard of your faith in the Lord Jesus and your love [6] toward all the saints,

**16** I <sup>n</sup> do not cease to give thanks for you, <sup>o</sup> remembering you in my prayers,

**17** that <sup>p</sup> the God of our Lord Jesus Christ, the Father of glory, <sup>q</sup> may give you the Spirit of wisdom and of revelation in the knowledge of him,

**18** <sup>r</sup> having the eyes of your hearts enlightened, that you may know what is <sup>s</sup> the hope to which he has called you, what are <sup>t</sup> the riches of his glorious inheritance in the saints,

**19** and what is the immeasurable greatness of his power toward us who believe, <sup>u</sup> according to the working of <sup>v</sup> his great might

**20** that he worked in Christ <sup>w</sup> when he raised him from the dead and <sup>x</sup> seated him at his right hand <sup>y</sup> in the heavenly places,

**21** <sup>z</sup> far above <sup>a</sup> all rule and authority and power and dominion, and above <sup>b</sup> every name that is named, not only in <sup>c</sup> this age but also in the one to come.

**22** And <sup>d</sup> he put all things under his feet and gave him as <sup>e</sup> head over all things to the church,

**23** <sup>f</sup> which is his body, <sup>g</sup> the fullness of him <sup>h</sup> who fills <sup>i</sup> all in all.”

### Footnotes

[4] 1:14 Or *down payment*

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

### Cross-references

*m.* Colossians 1:4, Philemon 5, Romans 1:8

*o.* Romans 1:9, 2 Timothy 1:3

*q.* Colossians 1:12

*s.* Ephesians 4:4

*u.* Ephesians 3:7, Phil 3:21, Colossians 1:29, 2:12

*w.* Acts 2:24

*y.* Ephesians 1:3

*a.* 1 Corinthians 15:21

*c.* Matthew 12:32

*e.* Ephesians 4:15, 5:23, Col 1:18, 2:19

*g.* Ephesians 3:19, John 1:16

*i.* Jeremiah 23:24, Col 3:11

## Ephesians 1:15-23 NLT

### Paul's Prayer for Spiritual Wisdom

**15** Ever since I first heard of your strong faith in the Lord Jesus and your love for God's people everywhere,

**16** I have not stopped thanking God for you. I pray for you constantly,

**17** asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God.

**18** I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

**19** I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power

**20** that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

**21** Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come.

**22** God has put all things under the authority of Christ and has made him head over all things for the benefit of the church.

**23** And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

*n.* Colossians 1:9

*p.* Romans 15:6

*r.* Hebrews 6:4, 10:32, Rev 3:17, Acts 26:18

*t.* Ephesians 3:8, Colossians 1:27

*v.* Ephesians 6:10, Daniel 4:30

*x.* Mark 16:19, Act 2:33, 1 Peter 3:22

*z.* Ephesians 4:10, Colossians 2:10, John 3:31

*b.* Ephesians 3:15, Philippians 2:9, Hebrews 1:4

*d.* Psalm 8:6

*f.* Eph. 4:12, 16, 5:30, Col 1:18, 24, 1 Cor. 12:27

*h.* Ephesians 4:10

## **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

### Philippians 2:5-11 English Standard Version (ESV)

**5** Have this mind among yourselves, which is yours in Christ Jesus,<sup>[a]</sup>**6** who, though he was in the form of God, did not count equality with God a thing to be grasped,<sup>[b]</sup> **7** but emptied himself, by taking the form of a servant,<sup>[c]</sup> being born in the likeness of men. **8** And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. **9** Therefore God has highly exalted him and bestowed on him the name that is above every name, **10** so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,**11** and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Footnotes:

[a] [Philippians 2:5](#) Or *which was also in Christ Jesus*

[b] [Philippians 2:6](#) Or *a thing to be held on to for advantage*

[c] [Philippians 2:7](#) Or *slave* (for the contextual rendering of the Greek word *doulos*, see Preface)

### 1 Corinthians 9:1-14 English Standard Version (ESV)

#### Paul Surrenders His Rights

**1** Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? **2** If to others I am not an apostle, at least I am to you, for you are the seal of my apostleship in the Lord. **3** This is my defense to those who would examine me. **4** Do we not have the right to eat and drink? **5** Do we not have the right to take along a believing wife,<sup>[a]</sup> as do the other apostles and the brothers of the Lord and Cephas? **6** Or is it only Barnabas and I who have no right to refrain from working for a living? **7** Who serves as a soldier at his own expense? Who plants a vineyard without eating any of its fruit? Or who tends a flock without getting some of the milk? **8** Do I say these things on human authority? Does not the Law say the same? **9** For it is written in the Law of Moses, "You shall not muzzle an ox when it treads out the grain." Is it for oxen that God is concerned? **10** Does he not certainly speak for our sake? It was written for our sake, because the plowman should plow in hope and the thresher thresh in hope of sharing in the crop. **11** If we have sown spiritual things among you, is it too much if we reap material things from you? **12** If others share this rightful claim on you, do not we even more? Nevertheless, we have not made use of this right, but we endure anything rather than put an obstacle in the way of the gospel of Christ. **13** Do you not know that those who are employed in the temple service get their food from the temple and those who serve at the altar share in the sacrificial offerings? **14** In the same way, the Lord commanded that those who proclaim the gospel should get their living by the gospel.

Footnotes:

[a] [1 Corinthians 9:5](#) Greek *a sister as wife*

## **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...

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

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# Harvest Homes Supplemental: for the week of 9/30

Dear Parents,

King Uzziah's death marked the end of an era. His reign had been long and prosperous. Uzziah became king when he was 16, and he reigned over Judah for 52 years.

Uzziah had listened to the prophet Zechariah; he feared God, and God made him prosper. But Uzziah's pride got the best of him. (See 2 Chron. 26:16.) God struck Uzziah with leprosy. Then Uzziah died.

Under Uzziah's leadership, God's people had turned away from the promises of God and trusted in the promises of the world around them. God had promised to bless the entire world through Abraham's family, but God's people were rebellious. Instead of blessing, they set themselves up to receive God's judgment.

But God's plans and promises were not thwarted. God sent the prophet Isaiah to preach a message of hope. Even though God was going to correct His people through judgment, His purpose was one of grace through which God would receive glory. God planned to send a Messiah who would bring salvation to the world.

Isaiah 6 opens with Isaiah worshiping in the temple. Then God gave Isaiah a vision. Isaiah saw God sitting on a throne. Yes, in the year that King Uzziah died, God was sitting on the throne. God was reigning over the universe. The magnitude of God's holiness made Isaiah realize the magnitude of his own sin. His response? "Woe is me!"

God extended His grace to Isaiah. He took away Isaiah's guilt. God passed over Isaiah's sins because He was going to send Jesus to pay for them.

**Isaiah had a vision of God's glory and realized his own sin. God forgave Isaiah's sin. Like Isaiah, when we see how holy God is, we see how sinful we are. God sent His Son, Jesus, to pay for our sin. We can find salvation only in Him.**

Help your kids understand that God is perfectly holy—He is pure and without sin and He is unique from anything and everyone else. God is also loving and full of mercy and grace. God sent Jesus to die on the cross to pay for the sins—past, present, and future—of those who would trust in Him. When we trust in Jesus, God says to us the words Isaiah heard: "Your guilt is taken away. Your sin is atoned for."

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.
- Isaiah saw God the King on His throne.
- God called Isaiah to be a prophet.
- Jesus showed people God's glory.

### **Preschool**

- How many gods are there? There is one true God.
- Isaiah saw the holy God.

### **Kids**

- How many gods are there? There is one true God who alone deserves worship.
- Isaiah saw the holy God in His glory.

## UNIT KEY PASSAGE

**Hebrews 1:1-2**