



# Harvest ABC's Lifestyle Handbook

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

Ephesians 4:1-6

Preparing for Sunday, January 6, 2019

## 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 presences 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. 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 4:1-6 ESV

### Unity in the Body of Christ

**1** I therefore, <sup>m</sup> a prisoner for the Lord, urge you to <sup>n</sup> walk in a manner worthy of <sup>o</sup> the calling to which you have been called,

**2** with all <sup>p</sup> humility and <sup>q</sup> gentleness, with <sup>r</sup> patience, <sup>s</sup> bearing with one another in love,

**3** eager to maintain the unity of the Spirit in <sup>t</sup> the bond of peace.

**4** There is <sup>u</sup> one body and <sup>v</sup> one Spirit—just as you were called to the one <sup>w</sup> hope that belongs to your call—

**5** <sup>x</sup> one Lord, <sup>y</sup> one faith, <sup>z</sup> one baptism,

**6** <sup>a</sup> one God and Father of all, <sup>b</sup> who is over all and through all and in all.

## Ephesians 4:1-6 NLT

### Unity in the Body

**1** Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.

**2** Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

**3** Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

**4** For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

**5** There is one Lord, one faith, one baptism,

**6** one God and Father of all, who is over all, in all, and living through all.

## Cross-references

*m.* Eph 3:1

*n.* Col 1:10, 2:6, 1 Thes 2:12, Phil 1:27

*o.* Rom 8:28

*p.* Acts 20:19, Phil 2:3, Col 3:12,

1 Pet 3:8, 5:5, Col 2:18

*q.* Gal 5:23

*r.* Col 1:11

*s.* Col 3:13

*t.* Col 3:14, Acts 8:23

*u.* Eph 2:16

*v.* Eph 2:18

*w.* Eph 1:18

*x.* Zech 14:9, 1 Cor 1:13, 8:6

*y.* [ver. 13, Jude 3]

*z.* Gal 3:27, 28

*a.* 1 Cor 12:5, 6

*b.* Rom 9:5

## **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 4:15 ESV**

**15** Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

## **Prayer Focus:**

Pray for the Holy Spirit to guide us in Unity and the desire for all of us to serve one another.

## **Alone Time: Optional Complementary Passage**

Romans 12:4-5 ESV

**4** For as in one body we have many members, and the members do not all have the same function, **5** so we, though many, are one body in Christ, and individually members one of another.

## **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?





## Harvest Homes Supplemental: For the week of December 30

Dear Parents,

Nebuchadnezzar built a tall gold statue and issued a new law: “When you hear music, you are to fall down and worship the statue.” The penalty for defying this law was severe. “Whoever does not fall down and worship will immediately be thrown into a furnace of blazing fire” (Dan. 3:6).

So when music played, all the people bowed down and worshiped the gold statue. Well, almost everyone. Shadrach, Meshach, and Abednego refused to bow down and worship the statue. They loved and worshiped the one true God. Only He was worthy of their worship.

The Book of Daniel says that the Chaldeans—a group of astrologers and dream interpreters (see Dan. 2:2,4)—took this opportunity to go to the king and tell on Shadrach, Meshach and Abednego. But not even the threat of death could convince the three friends to renounce their loyalty to God. The friends’ trust in God enabled them to stand firm no matter what—even as they were tied up and thrown into the fire.

Then something miraculous happened. Nebuchadnezzar saw *four* men in the fire! They were walking around, unharmed! The Lord not only rescued Shadrach, Meshach, and Abednego, He was with them.

God was with Shadrach, Meshach, and Abednego in the fire. Only He could rescue them. God rescues us too, through His Son, Jesus. Only Jesus can save us from our sin. Jesus’ sacrifice on the cross provided the way for us to be rescued from sin and have eternal life.

Help your kids see that God was good and loving to rescue Shadrach, Meshach, and Abednego, but He was also good and loving *not* to rescue Jesus. On the cross, people mocked Jesus: “He saved others; He cannot save Himself!” (Mark 15:31). Jesus was not physically unable to save Himself. He chose to do His Father’s will, and His love for sinners kept Him there. Jesus chose not to save Himself *so that* He could save others.

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

- God helps us obey Him.
- Shadrach, Meshach, and Abednego loved God.
- God kept the friends safe from the fire.
- Jesus has the power to save people.

#### Preschool

- How can we obey God? We trust God to help us obey Him.
- God was with Daniel’s friends in the fire.

#### Kids

- How can we obey God? We trust God to give us strength to obey Him.
- God was with Shadrach, Meshach, and Abednego in the fire.

### **UNIT KEY PASSAGE**

Daniel 2:20-21 (Preschool: Daniel 2:20)

### **NEXT WEEK**

“Daniel Was Rescued” (Daniel 6)