



Harvest ABC's Lifestyle Handbook

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

Ephesians 4:7-10

Preparing for Sunday, January 27, 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 4:7-10 ESV

7 But ^cgrace was given ^dto each one of us ^eaccording to the measure of Christ's gift.

8 Therefore it says,

^f“When he ascended on high ^ghe led a host of captives, and he gave gifts to men.” [1]

9 (^hIn saying, “He ascended,” what does it mean but that he had also descended into ⁱthe lower regions, the earth? [2]

10 He who descended is the one who also ^jascended ^kfar above all the heavens, that he might ^lfill all things.)”

Ephesians 4:7-10 NLT

7 However, he has given each one of us a special gift through the generosity of Christ.

8 That is why the Scriptures say,

“When he ascended to the heights,
he led a crowd of captives
and gave gifts to his people.”

9 Notice that it says “he ascended.” This clearly means that Christ also descended to our lowly world.

10 And the same one who descended is the one who ascended higher than all the heavens, so that he might fill the entire universe with himself.

Footnotes

[1] 4:8 The Greek word *anthropoid* can refer to both men and women

[2] 4:9 Or *the lower parts of the earth?*

Cross-references

c. Eph 3:2

d. Matt 25:15, 1 Cor 12:7

e. Rom 12:3, Eph 4:16

f. Ps 68:18

g. Judg 5:12

h. John 3:13

i. Ps 63:9

j. Mark 16:19

k. Heb 4:14, 7:26, 9:24

l. Eph 1:23

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 health of those who can not mack the service due to age or health issues.

Alone Time: Optional Complementary Passage

1 Corinthians 12:1-26 ESV

Spiritual Gifts

12 Now concerning spiritual gifts, brothers, I do not want you to be uninformed. **2** You know that when you were pagans you were led astray to mute idols, however you were led. **3** Therefore I want you to understand that no one speaking in the Spirit of God ever says “Jesus is accursed!” and no one can say “Jesus is Lord” except in the Holy Spirit.

4 Now there are varieties of gifts, but the same Spirit; **5** and there are varieties of service, but the same Lord; **6** and there are varieties of activities, but it is the same God who empowers them all in everyone. **7** To each is given the manifestation of the Spirit for the common good. **8** For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, **9** to another faith by the same Spirit, to another gifts of healing by the one Spirit, **10** to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. **11** All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

One Body with Many Members

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. **13** For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit.

14 For the body does not consist of one member but of many. **15** If the foot should say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body. **16** And if the ear should say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. **17** If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? **18** But as it is, God arranged the members in the body, each one of them, as he chose. **19** If all were a single member, where would the body be? **20** As it is, there are many parts, yet one body.

21 The eye cannot say to the hand, “I have no need of you,” nor again the head to the feet, “I have no need of you.” **22** On the contrary, the parts of the body that seem to be weaker are indispensable, **23** and on those parts of the body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, **24** which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lacked it, **25** that there may be no division in the body, but that the members may have the same care for one another. **26** If one member suffers, all suffer together; if one member is honored, all rejoice together.

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 January 20th

Dear Parents,

God's people had been living in Babylon for 70 years. Some of God's people had died in Babylon. Some of their children and grandchildren were born in Babylon and grew up there. But Babylon was not their home.

Before the people of Judah were exiled, God had spoken through the prophet Jeremiah. These are the words of the Lord: "These nations will serve the king of Babylon for 70 years" (Jer. 25:11). Then the Lord said, "When 70 years for Babylon are complete, I will attend to you and will confirm My promise concerning you to restore you to this place" (Jer. 29:10). The time had come for God's people to go back home.

Cyrus, the king of the Persian empire, overthrew Babylon. Cyrus took over the kingdom, including the lands of Israel and Judah. In the following year, the Lord did something miraculous in Cyrus's heart. He prompted Cyrus to issue a decree: All the Jewish exiles are free to return to their ancestral homes.

The exile was over! God's people were free to return to their own land. They were free to live as God's special people. The first group of Judean exiles returned home under the leadership of Zerubbabel. Zerubbabel was the grandson of King Jehoiachin, who had been taken to Babylon by King Nebuchadnezzar. (See 2 Kings 24:8-13.)

Ezra 2:64-65 says nearly 50,000 people traveled back to Judah. When they got to Jerusalem, they began working to rebuild the temple that the Chaldeans had destroyed. (See 2 Chron. 36:19.)

Zerubbabel led God's people back to the temple to rebuild it. The temple was the place where God met with His people on earth. Jesus came to earth to rescue God's people. One day, Jesus will return to restore a greater home for all of God's people, and we will spend eternity with Him.

Help your kids understand that the temple was designed to point to Jesus. We meet with God not through a building now, but through the life, death, and resurrection of Jesus.

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.
- God brought His people back to their land.
- Zerubbabel led the people to build the temple.
- Jesus brings us to God.

Preschool

- How can we obey God? We trust God to help us obey Him.
- God brought the Israelites back home.

Kids

- How can we obey God? We trust God to give us strength to obey Him.
- God changed the king's heart so the Israelites could go home.

UNIT KEY PASSAGE

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

NEXT WEEK

"The Temple Was Completed" (Ezra 4:1-7; 5:1-5; 6:13-22)