



Harvest ABC's Lifestyle Handbook

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

Ephesians 4:14-16

Preparing for Sunday, February 10, 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 4:14-16 ESV

14 so that we may no longer be children, ^w tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in ^x deceitful schemes.

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

16 ^b from whom the whole body, joined and held together by every joint with which it is equipped, ^c when each part is working properly, makes the body grow so that it builds itself up in love.

Ephesians 4:14-16 NLT

14 Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.

15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

16 He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

Cross-references

- w. Matt 11:7, Heb 13:9, James 1:6, Jude 12
- x. Eph 6:11
- y. 1 John 3:18, Eph 4:25
- z. Eph 2:21
- a. Eph 1:22
- b. Col 2:19
- c. Col 2:19

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:

Please pray for our body to clearly hear from the Word of God, to seek His answers out through the Word and not to trust the world.

Alone Time: Optional Complementary Passage

1 Peter 5:1-4 ESV

Shepherd the Flock of God

5 So I exhort the elders among you, as a fellow elder and a witness of the sufferings of Christ, as well as a partaker in the glory that is going to be revealed: 2 shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; 3 not domineering over those in your charge, but being examples to the flock. 4 And when the chief Shepherd appears, you will receive the unfading crown of glory.

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 February 3rd

Dear Parents,

This week we began a two-part session on Esther and how God used her to save His people. The Babylonian captivity had ended while Cyrus was king of Persia. Some of God's people—now referred to as Jews (people from Judah)—traveled back to Judah to rebuild the temple, the city, and their lives. Others, however, stayed in Persia where life among the pagans was relatively comfortable.

The king of Persia was now Ahasuerus, also known by his Greek name, Xerxes. Esther was a young Jewish girl whom Ahasuerus had chosen to be his queen. The former queen had defied the king and was promptly replaced. Esther did not reveal to the king that she was a Jew.

Esther had been an orphan, so her cousin Mordecai adopted her. Mordecai kept in touch with Esther while she lived in the palace. One day, the king gave Haman the Agagite a very important position in the kingdom. The king even commanded the people to bow down to Haman. But Mordecai refused.

Haman was a descendant of Agag, king of the Amalekites. The nations of Israel and Amalek did not get along. Haman was angry about Mordecai's defiance, but instead of just punishing Mordecai, he planned to kill all the Jews in the kingdom.

Mordecai turned to Esther for help. After all, she was in a position of power, and the Jews were her people. The stakes were high. Esther could be killed for approaching the king without permission. But Esther was willing to take the chance and explain her people's plight.

God's plan all along was to send the Messiah through Abraham's family. Haman's evil plan might have stopped God's plan, but God was in control. He was working out a plan to use Esther to rescue His people and make the way for His Son, Jesus, to come into the world.

Help your kids understand that the survival of God's people was essential to God's plan and that Satan tried to stop God's plan any way he could. But God used Esther to rescue His people and make the way for His Son, Jesus, to come into the world.

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 keeps His promises.
- God made Esther queen.
- Esther asked God's people to pray for three days.
- Jesus hears us when we pray.

Preschool

- Does God keep His promises? Yes, God is always faithful.
- Esther became queen.

Kids

- Does God keep His promises? Yes, God is always faithful even when we are not.
- Esther agreed to help her people.

UNIT KEY PASSAGE

Lamentations 3:22-23

NEXT WEEK

"God Saved His People through Esther" (Esther 5—10)