



Harvest ABC's Lifestyle Handbook

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

Ephesians 4:20-24

Preparing for Sunday, March 3, 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 4:20-24 ESV

20 But that is not the way you ^llearned Christ!—

21 assuming that ^myou have heard about him and ⁿwere taught in him, as the truth is in Jesus,

22 to ^oput off ^pyour old self, [6] which belongs to your former manner of life and is corrupt through ^qdeceitful desires,

23 and ^rto be renewed in the spirit of your minds,

24 and to put on ^sthe new self, ^tcreated after the likeness of God in true righteousness and holiness.

Ephesians 4:20-24 NLT

20 But that isn't what you learned about Christ.

21 Since you have heard about Jesus and have learned the truth that comes from him,

22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.

23 Instead, let the Spirit renew your thoughts and attitudes.

24 Put on your new nature, created to be like God—truly righteous and holy.

Footnotes

[6] 4:22 Greek *man*; also verse 24

Cross-references

l. Matt 11:29

m. Eph 1:13

n. Col 2:7

o. Col 3:8, Heb 12:1, James 1:21,
1 Pet 2:1

p. Rom 6:6, Col 3:9

q. Heb 3:13

r. Rom 12:2

s. Rom 6:4

t. Eph 2:10

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 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 City Harvest and the men and women who attend it. Pray that our will rally to the side of those men and women who need Christ .

Alone Time: Optional Complementary Passage

Colossians 3:1-17 ESV

Put On the New Self

3 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. **2** Set your minds on things that are above, not on things that are on earth. **3** For you have died, and your life is hidden with Christ in God. **4** When Christ who is your life appears, then you also will appear with him in glory.

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. **6** On account of these the wrath of God is coming. **7** In these you too once walked, when you were living in them. **8** But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. **9** Do not lie to one another, seeing that you have put off the old self with its practices **10** and have put on the new self, which is being renewed in knowledge after the image of its creator. **11** Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, **13** bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. **14** And above all these put on love, which binds everything together in perfect harmony. **15** And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. **16** Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. **17** And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

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 24th

Dear Parents,

City walls and gates were very important in Bible times. Walls were built to be several feet thick. They protected a city from its enemies and provided a sense of safety and security. Gates were the center of city life, the meeting place for commercial and social transactions. Without these structures, the surviving remnant of God's people struggled and was vulnerable to attack.

Nehemiah traveled from Persia to Jerusalem to lead the effort in rebuilding Jerusalem's walls. Nehemiah's leadership was effective. Nehemiah 3 describes all the people working together to rebuild the gates and walls.

But it wasn't long before Nehemiah met opposition from local governors who planned to attack God's people. God's people armed themselves and kept working. They completed the wall in just 52 days.

Note how their enemies reacted: "All the surrounding nations were intimidated and lost their confidence, for they realized that this task had been accomplished by our God" (Neh. 6:16). Now God's people were protected from their enemies.

Nehemiah led the people to rebuild the walls around Jerusalem to protect them from their enemies. Jesus came to protect us from our enemies. He died on the cross and rose from the dead to rescue people from sin and death.

Help your kids see that God provided the way for us to be protected from our enemies, sin and death. He sent His Son, Jesus, to die on the cross for our sins. When we repent and trust in Jesus, He frees us from sin and death. We still sin, but we are no longer slaves to sin. (See Rom. 6:17-18.) We may die a physical death as a result of sin, but we have eternal life. (See John 11:25-26; Rom. 6:23.)

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.
- Nehemiah led the people to build the city walls.
- God kept His people safe as they worked.
- Jesus always obeyed God.

Preschool

- Does God keep His promises? Yes, God is always faithful.
- God led Nehemiah to rebuild the walls.

Kids

- Does God keep His promises? Yes, God is always faithful even when we are not.
- God used Nehemiah to lead His people as they rebuilt Jerusalem's walls.

UNIT KEY PASSAGE

Lamentations 3:22-23

NEXT WEEK

"Ezra Read the Law" (Nehemiah 8:1-12)