



Harvest ABC's Lifestyle Handbook

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

Ephesians 4:25-30

Preparing for Sunday, March 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 4:25-30 ESV

25 Therefore, having put away falsehood, let each one of you ^u speak the truth with his neighbor, for ^v we are members one of another.

26 ^w Be angry and do not sin; do not let the sun go down on your anger,

27 and ^x give no opportunity to the devil.

28 Let the thief no longer steal, but rather ^y let him labor, ^z doing honest work with his own hands, so ^a that he may have something to share with anyone in need.

29 ^b Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give ^c grace to those who hear.

30 And ^d do not grieve the Holy Spirit of God, ^e by whom you were sealed for the day of ^f redemption.

Ephesians 4:25-30 NASB

25 Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE *of you* WITH HIS NEIGHBOR, for we are members of one another.

26 BE ANGRY, AND *yet DO NOT SIN*; do not let the sun go down on your anger,

27 and do not give the devil an opportunity.

28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.

29 Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.

30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Cross-references

u. Zech 8:18, Col 3:9, Eph 4:15

v. Rom 12:5

w. Ps 37:8

x. James 4:7

y. Acts 20:35, Gal 6:10

z. 1 Thess 4:11, 2 Thess 3:8, 11, 12

a. Prov 21:26

b. Eph 5:4, Col 3:8, Matt 12:34

c. Col 4:6, Eccles 10:12

d. Isa 63:10, 1 Thess 5:19

e. Eph 1:13

f. Eph 1:7

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 the families whom have recently lost loved ones, so that they may come to peace knowing that their loved ones are home worshipping our Great King.

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 March 3rd

Dear Parents,

Ezra traveled to Jerusalem with a purpose. God's people had spent 70 years in exile, and they needed to be reminded how to live. As a scribe, Ezra was an expert on the law of Moses, and he had "determined in his heart to study the law of the Lord, obey it, and teach its statutes and ordinances in Israel" (Ezra 7:10).

Under Nehemiah's leadership, the people had rebuilt Jerusalem's walls. They gathered together at the Water Gate to hear the law of Moses. Men, women, and children—anyone who could understand—came to listen to the reading of God's Word.

From early morning until midday, Ezra read from the book of the law of Moses. He stood on a high wooden platform where everyone could see and hear him. Ezra opened the book of the law, and everyone stood up. The Levites helped the listeners understand the words of the law.

The people reacted strongly to hearing and understanding the law of Moses. Verse 9 says the people were weeping. The law revealed their sin.

God's Word is powerful. When Ezra read God's Word, the people changed their ways and loved God more. The Bible says that Jesus is "the Word." Jesus is God who came to live with people on earth. Jesus has the power to change our hearts.

Help your kids recognize that we cannot meet God's requirements. We need a Savior. God sent Jesus to obey the law perfectly and die for our sins. We can trust in Him for salvation.

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.
- Ezra read God's words to the people.
- The people heard God's words and loved God.
- Jesus spoke God's words.

Preschool

- Does God keep His promises? Yes, God is always faithful.
- Ezra taught the people God's Word.

Kids

- Does God keep His promises? Yes, God is always faithful even when we are not.
- Ezra read God's Word to teach the people how to obey God.

UNIT KEY PASSAGE

Lamentations 3:22-23

NEXT WEEK

"Malachi the Prophet" (Malachi 1—4)