



Harvest ABC's Lifestyle Handbook

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

Ephesians 5:1-5

Preparing for Sunday, March 17, 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 5:1-5 ESV

Walk in Love

1 ^j Therefore be imitators of God, as beloved children.

2 And ^k walk in love, ^l as Christ loved us and ^m gave himself up for us, a ⁿ fragrant ^o offering and sacrifice to God.

3 But ^p sexual immorality and all impurity or covetousness ^q must not even be named among you, as is proper among saints.

4 Let there be ^r no filthiness nor foolish talk nor crude joking, ^s which are out of place, but instead ^t let there be thanksgiving.

5 For you may be sure of this, that ^u everyone who is sexually immoral or impure, or who is covetous (^v that is, an idolater), has no inheritance in the kingdom of Christ and God.

Ephesians 5:1-5 NASB

Be Imitators of God

1 Therefore be imitators of God, as beloved children;

2 and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

3 But immorality or any impurity or greed must not even be named among you, as is proper among saints;

4 and *there must be no* filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.

5 For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.

Cross-references

j. Eph 4:32, Matt 5:7, Luke 13:34

i. 2 Cor 2:7, 10, Matt 6:14

k. Rom 14:15, Col 3:14, John 13:34

l. Rom 8:37

m. Rom 4:25

n. Gen 8:21

o. Heb 7:27, 9:14, 10:10,12

p. 1 Cor 6:18, Gal 5:19

r. Eph 4:29, Eccles 10:13

s. Rom 1:28

t. Eph 5:20

u. 1 Cor 6:9

v. Col 3:5

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 5:15-16 ESV

15 Look carefully then how you walk, not as unwise but as wise, **16** making the use of time, because the days are evil.

Prayer Focus:

Please pray for the elders, pastors, and leaders of our church as they pray, study, fast and prepare for the Easter season.

Alone Time: Optional Complementary Passage

1 Corinthians 6:12-20 ESV

Flee Sexual Immorality

12 “All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. **13** “Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. **14** And God raised the Lord and will also raise us up by his power. **15** Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! **16** Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” **17** But he who is joined to the Lord becomes one spirit with him. **18** Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. **19** Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, **20** for you were bought with a price. So glorify God in your body.

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,

This week was our final week in the Old Testament as we looked at the Book of Malachi. After many years living as prisoners in Babylon, God's people had returned to Judah. They had worked hard and overcome opposition to rebuild the temple and the walls around Jerusalem. Surely God would restore them ... finally! But nothing happened. As they waited, they faced drought and economic uncertainty. God's people probably didn't feel like God had blessed them at all.

"It is useless to serve God," they said. "What have we gained by keeping His requirements?" (Mal. 3:14).

Did God still care? It wasn't long until they fell back into the same patterns of sin that led to their exile in the first place: idolatry, covetousness, hypocrisy, arrogance, and abuse of the poor.

But God *did* still love His people. He had been working out His divine plan of redemption, and He never gave up on them. God sent a message to His people through the prophet Malachi.

Malachi was the last of the Old Testament prophets. He spoke to God's people approximately 100 years after the end of the Babylonian captivity. Malachi's message from God was a wake-up call.

God communicated through Malachi that the people's lack of blessing didn't mean that God didn't care. God exposed His people's sin and made clear that their actions merited a curse. God's people needed to repent and turn back to God. "But for you who fear My name," God said, "the sun of righteousness will rise with healing in its wings" (Mal. 4:2).

Malachi was a messenger—a prophet—who told God's people to repent. Malachi also told about another messenger God would send. This messenger, John the Baptist, would call people to repent and get them ready for a final Messenger, Jesus Christ. Jesus would bring good news of salvation.

Help your kids understand that 400 years of silence followed Malachi's prophecy; God did not communicate to His people. This period brings us to the New Testament, when the silence would be broken by the last prophet before Jesus, John the Baptist. His words about Jesus in John 1:29 offered hope to all who heard: "Here is the Lamb of God, who takes away the sin of 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.
- Malachi told people God's words.
- God promised to send a messenger before the Messiah.
- Jesus is God's Son, the Messiah.

Preschool

- Does God keep His promises? Yes, God is always faithful.
- God told His people to repent.

Kids

- Does God keep His promises? Yes, God is always faithful even when we are not.
- God told His people to repent and get ready for Jesus.

UNIT KEY PASSAGE

Lamentations 3:22-23

NEXT WEEK

"From Abraham to Jesus" (Matthew 1:1-17)