



Harvest ABC's Lifestyle Handbook

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

Ephesians 5:15-21

Preparing for Sunday, April 7, 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 5:15-21 ESV

15 ^p Look carefully then how you walk, not as unwise but as wise,
16 ^p making the best use of the time, because ^q the days are evil.
17 Therefore do not be foolish, but understand what ^r the will of the Lord is.
18 And ^s do not get drunk with wine, for that is ^t debauchery, but ^u be filled with the Spirit,
19 addressing one another in ^v psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,
20 ^w giving thanks always and for everything to God the Father ^x in the name of our Lord Jesus Christ,
21 ^y submitting to one another out of reverence for Christ.

Ephesians 5:15-21 NASB

15 Therefore be careful how you walk, not as unwise men but as wise,
16 making the most of your time, because the days are evil.
17 So then do not be foolish, but understand what the will of the Lord is.
18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,
19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;
20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;
21 and be subject to one another in the fear of Christ.

Cross-references

p. Col 4:5, Prov 15:21

p. see ver 15 above

q. Eph 6:13, Eccles 12:1, Amos 5:13,
Gal 1:4

r. Rom 12:2, 1 Thess 4:3

s. Prov 20:1, 23:20, 31, 1 Cor 3:16

t. Titus 1:6, 1 Pet 4:4

u. Luke 1:15

v. Acts 16:25, 1 Cor 14:26, Col 3:16,
James 5:13

w. Col 3:17, 1 Thess 1:2, 2 Thess 1:3

x. Heb 13:15, John 14:13

y. Phil 2:3

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 continued spiritual growth within our church.

Alone Time: Optional Complementary Passage

1 Peter 3:8-12 ESV

Suffering for Righteousness' Sake

8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. 9 Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing. 10 For

“Whoever desires to love life

and see good days,

let him keep his tongue from evil

and his lips from speaking deceit;

11 let him turn away from evil and do good;

let him seek peace and pursue it.

12 For the eyes of the Lord are on the righteous,

and his ears are open to their prayer.

But the face of the Lord is against those who do evil.”

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 31st

Dear Parents,

God's people had not heard a clear message from God for hundreds of years. Then one day, Gabriel—an angel of the Lord—told a man that his wife, Elizabeth, was going to have a baby. The baby's name would be John. Then the angel Gabriel appeared to Mary and told her that she would have a baby, and her baby would be God's Son.

Mary and Elizabeth were relatives. Elizabeth was old and barren; she and her husband, Zechariah, had no children. Mary was a young girl—likely in her early teens. She was a virgin, engaged to be married to Joseph. The announcements of these pregnancies were miraculous for both women. Both babies had been foretold by the prophet Isaiah—John in Isaiah 40:3 and Jesus in Isaiah 7:14.

The angel Gabriel told Mary that Elizabeth was pregnant too, and Mary hurried to see her. The journey would not have been easy. Mary traveled nearly one hundred miles to see Elizabeth, and her arrival brought great joy to both Elizabeth and Elizabeth's unborn baby. In the presence of the unborn Messiah, John leaped in Elizabeth's womb. Elizabeth was filled with the Holy Spirit, and she said, "Mary, you are blessed!"

The story of Mary's visit with Elizabeth gives us a remarkable picture of women living by faith. Being a young, unwed pregnant woman could have caused Mary to worry. Instead, her response is marked by her trust in God. Mary's song reflects her knowledge of God's Word and her understanding of who God is.

Mary was willing to follow God's plan, even though being Jesus' mother would not be easy. Mary wanted to bring praise to God. Likewise, Jesus brought praise to His Father by willingly dying on the cross to save people from sin.

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

- Jesus is God's Son.
- God promised to send Jesus to earth.
- Mary praised God for sending Jesus.
- Nothing is impossible with God.

Preschool

- What makes Jesus different? Jesus is God's One and Only Son.
- Jesus' mother was Mary.

Kids

- What makes Jesus different? Jesus is fully God and fully man.
- God chose Mary to be Jesus' mother.

UNIT KEY PASSAGE

1 Timothy 1:15

NEXT WEEK

"Jesus Was Born" (Matthew 2:1-12; Luke 2:1-20)