



OUR JOURNEY SO FAR: GUIDING PRINCIPLES 1 & 2

GUIDING PRINCIPLE 1

CONSTRUCT a biblically based perspective both of mankind in created perfection and the extensive damage from the Fall common to us all as evidenced in broken relationships with God, self and others.

1. We began by using God’s Word to help us:

- To set a benchmark that man, in his original state, was created in the image of God without flaw, able to live in a perfect physical environment, blessed with things pleasant to the eye and for satisfying appetites and that relationships were meant to be complimentarily helpful. (Genesis 1 & 2)
- To understand the origin of man’s bruises, brokenness, and bondages resulting from the original sin of Adam and Eve. (Genesis 3)
- To understand our struggles are real but there is hope for recovery, being recreated into the image of Jesus Christ beginning with salvation and progressing through inner transformation through the Spirit of God and God’s Word.

GUIDING PRINCIPLE 2

OPEN ourselves up to admitting the truth that many of our past ways of dealing with life’s pain and loss have been ineffective and if we keep dealing with life in these ways, the past will simply define our future.

2. We looked closely at:

- Our tendency to minimize, deny and/or even accept lies about our bruises, brokenness and bondages as major obstacles to our experiencing spiritual well-being and psychological wholeness.
- The great journey of inner transformation that leads us to greater fulfilment of God’s purposes for our existence.
- The importance and interlink of necessary endings for new beginnings.

THIS NEXT QUARTER

GUIDING PRINCIPLE 3

MAKE a commitment of faith to seek God to lead us into the hope of Biblical transformation, embracing on our journey the essential need for the Holy Spirit’s help and the support of godly brothers and sisters.

3. To grow as a disciple of Jesus, we will learn about:

- Setting our bearing for life on Jesus Christ the author and finisher of our faith.
- Understanding and applying God’s game plan as a pattern for our lives.
- Building a life foundation on a personal “God-Based value” not on a “world-based self-worth”.
- How transformation requires both faith and action.
- How God wants to move us from our powerlessness into His empowerment.
- Knowing the stability that comes from a godly, sound mind.
- Building connections in God-centered community that help us grow.

SETTING OUR BEARINGS IN ORDER TO STAY ON COURSE

1. MAKE A COMMITMENT OF FAITH:

¹Now faith is the assurance of things hoped for, the conviction of things not seen. ²For by it the people of old received their commendation. ³By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.

⁶And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

Hebrews 11:1-3, 6

⁴Delight yourself in the Lord, and he will give you the desires of your heart.

*⁵Commit your way to the Lord; trust in him, and he will act. ⁶He will bring forth your righteousness as the light, and your justice as the noonday. **Psalm 37:4-6***

*The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise. **Psalm 111:10***

The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.

Isaiah 32:17

• To seek God

“Seek the Lord while he may be found; call upon him while he is near; ⁷let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon.

Isaiah 55:6-7

¹⁵“See, I have set before you today life and good, death and evil. ¹⁶If you obey the commandments of the Lord your God that I command you today, by loving the Lord your God, by walking in his ways, and by keeping his commandments and his statutes and his rules, then you shall live and multiply, and the Lord your God will bless you in the land that you

are entering to take possession of it... **Deuteronomy 30:15-16**

¹⁹ I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore **choose life**, that you and your offspring may live, ²⁰ loving the Lord your God, obeying his voice and holding fast to him, for he is your life and length of days... **Deuteronomy 30:19-20**

¹⁴ “Now therefore fear the Lord and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the Lord. ¹⁵ And if it is evil in your eyes to serve the Lord, **choose this day whom you will serve**, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.” **Joshua 24:14-15**

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴ In your struggle against sin you have not yet resisted to the point of shedding your blood.

Hebrews 12:1-4

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. ⁷ Be not wise in your own eyes; fear the Lord, and turn away from evil. ⁸ It will be healing to your flesh and refreshment to your bones.” **Proverbs 3:5-8**

- **For Him to lead us into the hope of Biblical transformation.**

Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. **Romans 12:2, NIV**

2. EMBRACE THE ESSENTIAL NEED FOR

- **The Holy Spirit's help**

From of old no one has heard or perceived by the ear, no eye has seen a God besides you, who acts for those who wait for him. **Isaiah 64:4**

⁹ But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him”—

¹⁰ these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of

God. ¹¹ For who knows a person's thoughts except the spirit of that person, which is in him?

So also no one comprehends the thoughts of God except the Spirit of God. ¹² Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

I Corinthians 2:9-12

The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. **I Corinthians 2:14**

- **The support of godly brothers and sisters.**

¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. **Ephesians 4:11-16**

THE BASIS FOR HOPE

TO BELIEVE THAT THE SOURCE OF OUR HOPE FOR GODLY CHANGE IS THE TRINITY - GOD THE FATHER, GOD THE SON & GOD THE HOLY SPIRIT - AS OUR HIGHER POWER.

³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, ⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. **2 Peter 1:3-4**

For I, the Lord your God, hold your right hand; it is I who say to you,

“Fear not, I am the one who helps you.” **Isaiah 41:13**

TO MAKE A COMMITMENT TO THE PROCESS OF CHANGE, ACCEPTING THAT IT TAKES TIME, EFFORT, AND PERSEVERANCE.

²⁹ But I will not drive them out in a single year, because the land would become desolate and the wild animals too numerous for you. ³⁰ **Little by little** I will drive them out before you, until you have increased enough to take possession of the land. **Exodus 23:29-30, NIV**

**TO BE CONFIDENT IN FAITH THAT CHANGE WILL HAPPEN
AND IT WILL BE GOOD**

¹¹ For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, [NASV: calamity, NIV: not to harm] to give you a future and a hope.¹² Then you will call upon me and come and pray to me, and I will hear you. Jeremiah 29:11-12

And I am sure of this,
that he [GOD]
who began a good work
in you
will bring it to completion
at the day of Jesus Christ. Philippians 1:6

THREE KINDS OF HELPFUL PAIN

- 1. Symptom Pain = A sharp discomfort that alerts you to the reality that you need to do something new and different; a warning; “God’s megaphone” (C.S. Lewis)**
- 2. Success Pain = Discomfort that helps you change and grow bringing good fruit and making it worthwhile. It is the best way to diminish symptom pain.**
Success Pain involves work, effort, energy and is difficult, takes time, feels painful, but resolves symptom pain.
- 3. Pain of the Grind ...Is what we experience when we force ourselves to do the same action over and over again, expecting a payoff in the future. It is the way things feel when you apply discipline, diligence, and perseverance... ...It’s about engaging with success pain over time. Not getting discouraged, distracted, or bored after the short burst of energy. It’s sticking with the right things over the course of days, weeks, months, and years - a lifetime.**

AT LEAST ONE WAY THIS WEEK I WILL TRY TO PUT THIS LESSON INTO PRACTICE IS:

*The Spirit of the
LORD will come
powerfully upon
you... and you will
be changed into a
different person.*

1 Samuel 10:6

*There is hope for
your future,
declares the
Lord...*

Jeremiah 31:17a

Weekly Going Deeper Study Guide
FOR "SETTING GODLY BEARINGS COMMITTING TO STAYING ON COURSE:"

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

DAY 1: 1. Without rushing, read through this week's lesson.
1. Paraphrase in 2 or 3 sentences what in your mind is the main message you get out of this lesson.

DAY 2: 1. Carefully read and meditate on each of the scriptures in this week's lesson.
2. Identify the one that stands out the most to you and rewrite it in your own words.

DAY 3: Pick out one verse or passage from this week's lesson (**How about the verse/passage from day #2**) that means the most to you or some other verse that comes to mind related to this week's lesson. Write it on a small card, and try to memorize it or at least read and meditate on it several times through the next days.

The verse(s) I chose: _____

DAY 4: 1. Reread the lesson.
2. Write down any things you see that God would want you to avoid, change, or give up.

DAY 5: 1. Reread the lesson.
2. Write down the most positive thing you see that you would really like to see become part of your life.

HERE IS WHAT I WOULD LIKE TO SHARE IN GROUP AS TO HOW PUTTING THIS LESSON INTO PRACTICE WENT THIS WEEK: