



**DISTORTED IDEAS ABOUT THE REALITIES OF LIFE**

**1. The past was the “good ole’ days” to be clung to**

Say not, “Why were the former days better than these?”  
For it is not from wisdom that you ask this.  
Ecclesiastes 7:10

**OR it is inescapable, holding one captive to the guilt of it for a lifetime.**

**2. The present is lived with little understanding to its linkage to the past,**

**the goal is just “...relax, eat, drink, be merry!” (Luke 12:19 NASV - See also Isaiah 22:13 and Ecclesiastes 8:15),**

**OR today is lived with little sense of how today is lived directly impacts the future.**

***The truth is we live in the present with a past that has impacted us for good and evil. We need to deal with it, keeping what is helpful and getting free from what isn't. This will give us greater freedom to live a more God-pleasing life today with fewer regrets tomorrow.***

**PRINCIPLE 8: FORWARD FOCUS**

**INSTITUTE** the discipline of “forward living”, accepting that what we have learned are lifelong principles, not simply present fixes of past issue, that when consistently practiced assure us of continued growth.

<sup>25</sup> Let your eyes look directly forward, and your gaze be straight before you. <sup>26</sup> Ponder the path of your feet; then all your ways will be sure. <sup>27</sup> Do not swerve to the right or to the left; turn your foot away from evil.  
Proverbs 4:25-27

<sup>12</sup> Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup> Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus.  
Philippians 3:12-14

<sup>15</sup> Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. <sup>16</sup> Only let us hold true to what we have attained.

<sup>20</sup> But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, <sup>21</sup> who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself. Philippians 3:15-16, 20-21

<sup>1</sup> 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, <sup>2</sup> 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. Hebrews 12:1-2

**PRINCIPLE 9: INTENTIONAL LIVING THE “HOW TO” OF PRINCIPAL 8**

**OBEY** God by practicing a consistent time with Him through

**.....personal Bible study.....**

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17

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. Joshua 1:8

<sup>9</sup> How can a young man [any person] keep his way pure?  
By guarding it according to your word. <sup>10</sup> With my whole heart I seek you; let me not wander from your commandments!<sup>11</sup> I have stored up your word in my heart, that I might not sin against you.  
Psalm 119:9-11

**.....prayer.....**

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” Matthew 26:41

...<sup>17</sup> pray without ceasing... 1 Thessalonians 5:17

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.  
Ephesians 6:18, NIV

**...and in consistently meeting with others who will encourage us to walk in faith with complimentary action**

**1. To better know God and His will for us.**

2. To seek His power to consistently live out His will for us.
3. To be accountable and strengthened to stay faithful to God's truth and ways
4. To protect ourselves from sliding back into old patterns and to continue our growth into freedom.

<sup>24</sup> And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.  
Hebrews 10:24-25

## **KINDS OF LIFE ASSESSMENTS TO STAY ON TRACK**

### **A "REAL TIME" ASSESSMENT**

Continuously throughout the day

### **A DAILY "TODAY" ASSESSMENT**

At the end of the Day

**It is hard to recognize and deal with new junk effectively if you don't first clean out the old junk.**

**And then the idea is to keep dealing with the inner rooms of our being of bruises, brokenness, & bondages as soon as they show up so we don't end up in time with the same mess.**

**But not staying empty,**

<sup>43</sup> "When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. <sup>44</sup> Then it says, 'I will return to my house from which I came.' And when it comes, it finds the house empty, swept, and put in order. <sup>45</sup> Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first..." Matthew 12:43-45

**but keep refilling our lives with the things of God.**

<sup>14</sup> For this reason I bow my knees before the Father, <sup>15</sup> from whom every family in heaven and on earth is named, <sup>16</sup> that according to the riches of his glory he may grant you to <sup>19</sup> ... know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Ephesians 4:14-16, 19

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... Ephesians 5:15-18

<sup>9</sup> And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the

knowledge of his will in all spiritual wisdom and understanding, <sup>10</sup> so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God...  
Colossians 1:9-14

1. What did I do **TODAY** that said "no" to old ungodly ways and "yes" to God's ways?
2. What did I do or say **TODAY** that was a relapse to old ways of dealing with life's pain?
3. What do I need to do to make amends with someone for something I did **TODAY**?
4. Who do I need to forgive for the hurt I experienced by someone **TODAY**?
5. Did I look **TODAY** to God and reach out to others or just deal with trouble independently, in my own way?
6. What can I learn from my choices and my actions **TODAY**?

### **EVALUATING YOUR DAY ON A SCALE OF 1-10 USING THE STANDARD OF THE FRUIT OF THE SPIRIT GALATIANS 5:22-23**

Love, Joy, Peace, Patience, Kindness, Goodness  
Faithfulness, Gentleness, Self-control

*What can I do to correct any area I fell short in, including forgiving or making amends?*

*What can do tomorrow so I don't fail in the same way tomorrow?*

### **A PERIODIC FULL INVENTORY: EVERY 3-6 MONTHS**

**THOUGHTS BY DR. RICHARD J. FOSTER**  
EXCERPTED FROM CHRISTIAN COUNSELING TODAY VOL.17 NO. 1 "SALVATION IS A LIFE"

**"The goal of salvation is NOT to get us into heaven. Properly understood, heaven is not a goal at all, but a destination, a glorious by-product of something far more central. Salvation is a life, and when we have this [life], physical death becomes merely a transition from the present to a greater life.**

**The real issue is not so much us getting into heaven as it is getting heaven into us.**

**We are prone to settle for less than what God desires for us, glad enough for Him to remove an irritating behavior from our personalities or some destructive addiction, but it is a very different thing for Him to begin restructuring our inner affections.**

**It may help to understand that God is not seeking to improve us, but to transform us.**

**C.S. Lewis writes, "... the goal toward which [God] is beginning to guide you is absolute perfection; and no power in the whole universe, EXCEPT YOU YOURSELF, can prevent Him from taking you to that goal."**

**The most important, the most real, the most lasting work is accomplished in the depths of our hearts. This work is solitary and interior, often not seen by anyone, even ourselves.”**

***(Until the transformed life begins to bear the visible fruit of the Spirit as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, exemplified by forgiveness and in making amends.)*** Thought inserted by Jack Dutton

**You must do “it” yourself - whatever “it” is that God is showing you in your life assessments.**

**This means no one can do “it” for you.**

**However, you were never designed to do” it” alone no matter what “it” is.**

**You need God and you need others.”**

<sup>14</sup> *“And to the angel of the church in Laodicea write: ‘The words of the Amen, the faithful and true witness, the beginning of God’s creation.*

<sup>15</sup> *“I know your works: you are neither cold nor hot. Would that you were either cold or hot! <sup>16</sup> So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. <sup>17</sup> For you say, I am rich, I have prospered, and I need nothing, not*

*realizing that you are wretched, pitiable, poor, blind, and naked.*

<sup>18</sup> *I counsel you to buy from me gold refined by fire, so that you may be rich, and white garments so that you may clothe yourself and the shame of your nakedness may not be seen, and salve to anoint your eyes, so that you may see.*

<sup>19</sup> *Those whom I love, I reprove and discipline, so be zealous and repent. <sup>20</sup> Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come into him and eat with him, and he with me. Revelation 3:14-20*

**Remember “lukewarm” can only happen in the absence of external influence that changes the environment so that something can be transformed to a desirable hot or cold.**

**God does not want to spit us out like a distasteful cup of lukewarm coffee.**

**He politely stands at the door and knocks offering to bring into our lives all we need to become all He wants us to be. But we have to open the door and digest the food.**

**Weekly Going Deeper Study Guide  
PLANNING FOR “FORWARD LIVING”**

**CONTINUE TO WORK ON YOUR LIFE ASSESSMENTS.**

- 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.

**1<sup>ST</sup> DAY:** I spent at least 15 minutes reviewing this week’s lesson. Here are some things that stood out to me:

**2<sup>ND</sup> DAY:** I spent at least 15 minutes today in my Life Assessment Workbook. Some things that stood out to me:

**3<sup>RD</sup> DAY:** I spent at least 15 minutes today in my Life Assessment Workbook. Some things that stood out to me:

**4<sup>TH</sup> DAY:** I spent at least 15 minutes today in my Life Assessment Workbook. Some things that stood out to me:

**5<sup>TH</sup> DAY:** I spent at least 15 minutes today in my Life Assessment Workbook. Some things that stood out to me:

**DAY 6-7:** Here are some things I would like to share with my group: