



JOURNEY – May 12 Teaching Outline (Mark Howard)

MEANT 2 LIVE INTRO:

This year we're learning how God has an intended design for life, and it's best.

- We know there is something so much more than what we see around us
- Life lived outside God's version of life leads to so much heart ache and death
- But what does God's design look like...for us right now?

LAST WEEK – Spiritual Habits Intro:

*To experience God's intended design for life, you need to form **spiritual habits**.*

If we want to learn something NEW or difficult...we make it a habit

- Hard work, consistency, discipline even when you don't want to or it's hard

If something is IMPORTANT in our life...we make it a habit

- What is most important in your life? Where are you investing your habits?

If you want God's beautiful version of life, it takes hard work and good habits...

- It feels awkward at first, but you press forward anyway and don't give up

What are spiritual habits I can form in my life?

HABITS:

Hanging out with God

Accountability

Bible memorization

Involved at church serving others

Tithing/Giving to God

Studying the Bible

Spiritual HABITS help us know God & allow Him to shape us

Spiritual habits ALLOW GOD TO SHAPE US:

- Play dough illustration...adding more each day...letting God shape us
- Andy Goldsworthy pictures a pile of sticks shaped into something so beautiful
- We come to God, begin to know Him, begin to study His word, begin to pray, memorize scripture...and through this God takes the ordinary and shapes us
- Hammer and chisel...letting God shape us bit by bit

Ephesians 2:10

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Spiritual habits HELP US KNOW GOD:

- Like any other friendship...it takes time to know God, and love and trust Him

Spiritual habits are an investment in our relationship with God.

- All relationships take work and investment...and that's a good, enjoyable thing
- Spiritual habits flow from a love relationship with God
- **Spiritual habits help make that relationship possible**

Having a friendship with God can seem so hard.

- We believe this lie that God is distant, cold, and not personal.
- **"It seems impossible to know God personally," well...are you even trying?**
- The Bible clearly describes a God who loves us and knows us
- Since the Garden of Eden, we were created to know and be with God personally

What if we realized the TRUTH...that God DELIGHTS in us...

- God enjoys you! He laughs with you, He cheers for you, He hurts with you

God wants to be with us – like any other friendship:

- You've got to get to know each other, **SPEND TIME TOGETHER**, invest time

I think we've forgotten the beauty and majesty of being with God.

(All Around Me Video – recap version)

How do I spend time with God? Last week we talked about...

READING YOUR BIBLE:

The bible is the story of God revealing Himself to mankind. It's the best way to get to know God.

What do I read?

- Daily Bible Reading Plan
- Start with Mathew and read through the new testament
- Read one Psalm or Proverb each day
- Try a devotional book (Utmost for His Highest, Experiencing God, etc.)

Where and when do I read?

- In the morning, during breakfast maybe, before bed, after school...
- Anywhere you can be quiet and focus

HOW TO PRAY:

It's a conversation, talk to God, but here's a guide to keep you focused:

PRAY:

Praise Repent Ask Yield

Don't forget to learn to LISTEN

- Conversations go both ways right? Ever been in a one sided conversation? Ugh.
- **How? Be still. Be quiet. Let God open your mind to His Word or a thought...**

Knowing God, allowing Him to shape us...THIS IS CALLED GROWING

- You have been designed and made to **grow**

What's one of the biggest insults someone can call you? A BABY. A CHILD.

- Who likes to be called a baby or admit or realize they are immature?

Here's the harsh reality...most of us are still spiritual, helpless babies

- We need to admit that we are spiritually immature
- **Is this who we want to be...spiritual babies?**
- **You have been called to GROW UP.**

Do you realize how much more we have to learn...how much more we can grow?

- The depths of knowing God and surrendering our life to Him are endless

Is church, or Journey, the only place you are growing in your faith?

- If you only eat twice a week, you're not growing, you're sickly malnourished
- We have got to learn how to grow on our own

Hebrews 5:11-12

You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.

It's time to stop being spiritually LAZY and starting growing

- Spiritual laziness keeps us infants for our whole life

STOP AND THINK honestly about these questions:

- *Which version of life do you want? God's or the culture around you?*
- *Who do you want to be?*
- *Do you want to be transformed?*

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.

When I think of transformation, I think the "Biggest Loser" paints a great picture

(Biggest Loser Video & Pictures)

Physically, these people desperately want to redefine who they are

- It takes hard work and months to see results, but they are transformed
- "So different you can hardly recognize them..."
- And they are able to really live, and enjoy life, and be healthy

(Personal Trainer – Steve Norman – interview)

- How you motivate new clients? How do people get results? Why do people not get results? How long to see results? Are there short cuts to getting in shape?

These spiritual habits are your workouts...this is your workout plan

- Are you willing to put in the work to let God transform you?
- Don't you want to be mature...to be God's...to live His version of life?

Could people say of you next year..."He's so different I hardly recognize him?"

Let's a last look at our HABITS acronym and describe this workout plan more:

For each letter of HABITS, I want you to understand...

- *What* – the action you can do
- *How* – the way you should do it
- *Why* - the transformation it creates in your life

"H" - Hanging out with God

What:

- Reading the Bible, prayer, taking a walk and talking to God, journaling, etc.

How:

- Find a **quiet** place to be with God
- Make time with God a **priority**
- Take the time **regularly**
- Hang out **guilt free**

Why:

- He changes your **heart**
- He gives you **direction** for living
- He's there during **hard times**

Psalm 5:3; 90:14

In the morning, O Lord, you hear my voice...I lay my requests before you and wait in expectation. Satisfy us in the morning with your unfailing love, that we may sing for joy...

"A" - Accountability

What:

- Talk regularly with a close, trusted, Christian friend about your journey w/ Christ

How:

- Meet **faithfully**
- Speak **truthfully**
- Admit **struggles**
- Challenge and encourage **spiritually**

Why:

- It will grow your **friendships**
- It will **challenge you** to grow

Hebrews 10:24-25

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together...but encourage one another...

“B” - Bible memorization

What:

- Memorize verses in the Bible to use in your life

How:

- 3 Keys to scripture memory – **review, review, review**
- **Take your time** – one verse a week is a great goal
- Make it a **normal** part of your day – it takes no time at all (while brushing your teeth...)
- Find a **place** to keep your written verses (mirror, car, etc.)

Why:

- You can take God's Word **with you** everywhere we go
- Allows God's Word to **guide, strengthen, and encourage** you all day
- Helps you **fight** Satan's attacks on your mind

Psalm 119:11

I have hidden your word in my heart that I might not sin against you.

“I” – Involved at church serving others

What:

- Be a consistent part of a local church and serve others there

How:

- **Commit** to God's plan for the church – “the local church is the hope of the world”
- **Grow** at church, don't just “attend”
- Find your role to **serve others** at church

Why:

- God created the church and desires for us to be **a part of it**
- God created us to worship, grow, and serve **along side** other believers

Acts 2:44-45

All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need.

“T” – Tithing / Giving to God

What:

- Giving back a portion of God's blessings in your life to the church and others
- In particular, giving the first 10% of any money you earn to the church. (Tithing)

How:

- Give happily from your **heart**
- Don't give for others **to see**
- Give big and **expect God to bless you** in return

Why:

- Don't let money become your **master**...put God first
- Recognize God as the **rightful owner** of all we have
- **Trust God** to provide for all your needs

Leviticus 27:30

One tenth of the produce of the land, whether grain from the fields or fruit from the trees, belongs to the LORD and must be set apart to him as holy.

“S” – Studying the Bible**What:**

- Steadily looking into the Bible to understand it, and therefore God, more.

How:

- Look for an **observation**: something interesting that sticks out
- Look for **application**: a way to apply it to your life today
- **Obey** what God teaches you through your study
- Use the wisdom and **resources** of other people and books to increase your knowledge

Why:

- To better understand God's **character**
- To better understand God's **ways**
- To hear God's **voice**

James 1:25

But if you keep looking steadily into God's perfect law—the law that sets you free—and if you do what it says and don't forget what you heard, then God will bless you for doing it.

...You have got to get into God's Word if you want God to transform you.

It's a choice, it's your choice.

- *Who do you want to be?*
- *Are you willing to do what it takes?*

In this moment...no fancy song, no emotion, it's a choice...made every day.

- *What choice will you make?*