



MADE
FOR MORE



OVERVIEW

VIDEO ONE | What Are We After?

VIDEO TWO | Rest

VIDEO THREE | Celebration

VIDEO FOUR | Listening to God's Word

VIDEO FIVE | Listening to the Holy Spirit

VIDEO SIX | Prayer

VIDEO SEVEN | Serving

VIDEO EIGHT | Generosity

What Are We After?

VIDEO ONE

We often approach following Jesus like trying to put together a puzzle without the benefit of the picture on the box. Because we don't know what we're after, we don't know where to begin.

We are meant to **IMAGE** God.

"So God created human beings in his own image.
In the image of God he created them;
male and female he created them." || Genesis 1:27, NLT

The picture on the box is **JESUS**.

"Christ is the visible image of the invisible
God." || Colossians 1:15, NLT

Though the image of God in us has been shattered, it has not been irreparably shattered. By God's grace, through what Jesus did for us on the cross, we can once again represent Him.

Jesus gave us a **SUMMARY**.

“One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, ‘Of all the commandments, which is the most important?’

“Jesus replied, ‘The most important commandment is this: “Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.” The second is equally important: “Love your neighbor as yourself.” No other commandment is greater than these.’” || Mark 12:28-31, NLT

That is what we are after - to love God and love people.

REFLECTION

Have you ever thought about what it means to grow in spiritual maturity? How does understanding the purpose that God has in mind for us impact the way we pursue spiritual maturity?



Rest

VIDEO TWO

The discipline of rest is not so much about what we do as it is about remembering what God has done for us.

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work.... For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.” || Exodus 20:8-11, NLT

Sabbath is simply the Hebrew word for REST.

**The first purpose of Sabbath,
or rest, is to remember that
God is GOOD.**

God built into His creation a
pattern of work and rest.

The second purpose the Bible gives for observing Sabbath is to remember that God **REDEEMED** us.

“Observe the Sabbath day by keeping it holy, as the LORD your God commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work.... Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.” || Deuteronomy 5:12-15, NLT

God rescued the people of Israel out of their slavery in Egypt and then commanded them to rest in their freedom.

“We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin.” || Romans 6:6, NLT

"Hurry is not just a disordered schedule. Hurry is a disordered heart." || John Ortberg, *The Life You've Always Wanted*



Ask yourself: **WHY** am I hurried?

FILTER new opportunities through the lens of your **PRIORITIES**.

Discipline yourself to **SLOW DOWN** throughout the day.

REFLECTION

How does the discipline of rest help us to grow in spiritual maturity? If you aren't already taking a day each week to rest, how could you practically begin developing this discipline and moving toward a day of rest?

Biblical rest is not about being passive or lazy, but about proactively spending time remembering all that God has done and is doing, that which refuels and refreshes you. Describe what would be a restful day for you.

Celebration

VIDEO THREE

Happiness is circumstantial; joy is not.

The New Testament was written in Greek, and the Greek word for “joy” is *chara*. *Chara* comes from the Greek word *charis*, which means “grace.”

Biblically speaking, joy comes from experiencing the GRACE of God.

“Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, 'Do it again'; and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, 'Do it again' to the sun; and every evening, 'Do it again' to the moon. It may be that God makes every daisy separately but has never gotten tired of making them. It may be that He has the eternal appetite for infancy; for we have sinned and grown old, and our Father is younger than we.” || G.K. Chesterton

The discipline of celebration is rooted firmly in the practice of gratitude.

God **DESERVES** our gratitude.

“Whatever is good and perfect is a gift coming down to us from God our Father.” || James 1:17, NLT

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” || 1 Thessalonians 5:16-18, NIV

God takes celebration and joy **SERIOUSLY.**

"Joy is the serious business of heaven." || C.S. Lewis

Sabbath is a weekly invitation to celebrate.

The Lord's Supper, or Communion, is another invitation to celebrate what Jesus did for us on the cross.

"As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take this and eat it, for this is my body.'

And he took a cup of wine and gave thanks to God for it. He gave it to them and said, 'Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.'" || Matthew 26:26-28, NLT

EASTER and **CHRISTMAS** are annual seasons of celebration.

The 40 days (not counting Sundays) leading up to Easter are known as Lent and are intended to be a period of preparation for Easter.

Though we tend to confine the celebration of Easter to a single day, Easter Sunday has, historically, been the start of a 50-day celebration.

The period leading up to Christmas is known as Advent and, similarly to Lent, it's a period of preparation.

Also similarly to Easter, Christmas has historically been the start of a 12-day celebration.

REFLECTION

The Bible has a lot to say about celebration. How would developing the discipline of celebration facilitate spiritual growth?

What is one practical step you can take toward incorporating celebration into your daily life?

How might you celebrate Christmas and Easter differently this year in light of what we learned about how Christians have historically celebrated each?



Listening to God's Word

VIDEO FOUR

“Come to me with your ears wide open. Listen, and you will find life.”
|| Isaiah 55:3, NLT

There are two primary ways in which God speaks to us - through His **WORD** and through His **HOLY SPIRIT**.

In his book *Celebration of Discipline*, Richard Foster writes that there are four steps to effectively hearing God speak through His Word.

"What comes into our minds when we think about God is the most important thing about us." || A.W. Tozer, *The Pursuit of God*

1 | Repetition

The more we re-read portions of the Bible, the better listeners we become.

Repetition helps us to recognize what we otherwise might have missed.

Repetition also helps us ask better questions when reading the Bible.

2 | Concentration

Concentrating on God's Word means removing distractions.

Concentrating on God's Word means finding a place you can be alone with Him.

3 | Comprehension

Comprehension is about *interpreting* what the text means.

The question we should ask is not, "What does this passage mean to me?" but rather "What does this passage mean to God?"

4 | Reflection

Reflection is when we personally apply what we've been reading to our lives.

What does God want me to *know*?

What kind of person does God want me to *be*?

What does God want me to *do*?

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

|| Philippians 4:8, NLT

There is an ancient practice of reading the Bible called **LECTIO DIVINA**, which simply means "divine reading."

In this practice, you take a small passage of 6-8 verses and then read through it four separate times using the four different stages of *lectio divina*.

1 | *Lectio* Stage

In this stage, you simply read to understand what's going on in the text. You're observing what it says, not offering opinions or making applications.

2 | *Meditatio* Stage

In this stage, you're meditating or reflecting on what God might be trying to say to you through that passage.

3 | *Oratio* Stage

In this stage, you're responding to God in prayer. After you've read the passage three times, pause to talk to Him about what He has revealed to you through that passage.

4 | Contemplatio Stage

In this stage, you read the passage a fourth time and then sit still before God to listen for His voice. This may be 30 seconds or 5 minutes, but it's a moment for you to be quiet in His presence and see if He has anything else He wants to bring to your heart or attention.

REFLECTION

Describe your time with God. How frequently do you spend time with Him? What do you do when you spend time with Him?

Richard Foster offered four principles to more effectively listen to God speak through the Bible: repetition, concentration, comprehension and reflection. Which of those four do you need to focus on developing?

PRACTICE

Practice using the process of *lectio divina* on Philippians 4:4-9.



Listening to the Holy Spirit

VIDEO FIVE

God speaks to us not only through His Word, but also through His Holy Spirit.

The Bible teaches that from the moment you choose to follow Jesus and enter into a relationship with Him, His Spirit takes up residence in your life.

“And be sure of this: I am with you always, even to the end of the age.”
|| Matthew 28:20, NLT

“... when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people.” || Ephesians 1:13-14, NLT

For our purposes, the Holy Spirit has two primary **ROLES**.

1 | Illumination

"And we have received God's Spirit (not the world's spirit), so we can know the wonderful things God has freely given us." || 1 Corinthians 2:12, NLT

"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires." || Hebrews 4:12, NLT

The word of God is alive. It's not just this ancient book through which God once spoke. It is the way that God, through His Holy Spirit, still speaks today. We have direct access to the Author.

2 | Guidance

The Holy Spirit not only illuminates God's Word for us, but He is also there to guide us in our everyday lives.

The Holy Spirit often speaks through what can be described as "nudges" or "promptings."

How do we **DISCERN** if we're really hearing the voice of the **HOLY SPIRIT**?

There are four important questions we should ask to be sure it's the Holy Spirit giving us guidance.

1 | What does the **BIBLE** say?

God will never contradict what He has already said in His Word. So, if what you think you're hearing violates what God has already said, you're not hearing the voice of the Holy Spirit.

2 | Would this decision be **WISE**?

You may be considering a decision that is not necessarily opposed to God's Word but, for you, is not wise.

For example, let's say you're planning to buy a house and have determined what you can afford. Then, you find the perfect home. You might believe God sent you this home - that the Holy Spirit guided you to it. But, unfortunately, it's \$50,000 over your budget. It may not be unbiblical to buy a home, but it may be unwise to buy one you can't afford and end up in unnecessary debt.

3 | Does it **ALIGN** with how you're **WIRED**?

God often leads us according to how He's created and wired us.

For example, if you're not musically gifted, odds are He won't lead you to serve as a worship leader. If you're not wired for administration, odds are He won't call you into a role that primarily requires those particular gifts and abilities.

That said, we should never use how we're wired as an excuse not to serve when we feel God's prompting - especially in the short-term.



4 | What do the **GODLY** people in your life think?

When you are considering a decision – especially a life-altering one – get counsel. Ask a few friends you know who have a strong relationship with Christ, ideally those whom you know well and trust, to speak into your decision.

“The gatekeeper opens the gate for [the Shepherd], and the sheep recognize his voice and come to him. He calls his own sheep by name and leads them out. After he has gathered his own flock, he walks ahead of them, and they follow him because they know his voice. They won’t follow a stranger; they will run from him because they don’t know his voice.” || John 10:3-5, NLT

REFLECTION

One of the primary roles of the Holy Spirit is to illuminate God’s Word. What does that mean for your time with God?

Another role of the Holy Spirit is guidance. Have you ever experienced a “nudge” or a “prompting” of the Holy Spirit? What is one step you could take to begin better discerning the presence of the Holy Spirit in your life?

Prayer

VIDEO SIX

"Never stop praying." || 1 Thessalonians 5:17, NLT

Prayer, at least in part, is **TALKING** to God.

If you were to take a sampling of all the prayers recorded in the Bible, you'd find a wide range of personalities and emotions on display. You'd find people praying individually and with others. You'd find long prayers and short prayers.

Nehemiah 9:3 is an example of a long and communal prayer.

Nehemiah 2:4-5, on the other hand, records an example of a short and individual prayer.

FASTING is praying with our **BODIES**.

Fasting, as laid out in the Bible, means going without food for the purpose of developing and recognizing our spiritual hunger for God. As our bodies need food, so our souls need God. Fasting, then, is a physical form of communicating that need to God and inviting Him to come fill and satisfy that need.

"Prayer is all the ways in which we communicate and commune with God." || Ruth Haley Barton, *Sacred Rhythms*

LAMENT is praying with our TEARS.

Lament is when we express out deepest pain and sorrow to God. It can involve words but often doesn't.

"O Lord, you have examined my heart
and know everything about me.
You know when I sit down or stand up.
You know my thoughts even when I'm far away.
You see me when I travel
and when I rest at home.
You know everything I do.
You know what I am going to say
even before I say it, Lord." || Psalm 139:1-4, NLT

God knows not only what
we're going to say before
we say it, but also what we
want to say even when we
don't know how to express
it to Him.

SILENCE and SOLITUDE are praying with our STILLNESS.

Silence and solitude are about simply being with God, the way you can be with your spouse or a friend in comfortable quiet and experience a closeness that doesn't need words.

Prayer is a spiritual **PRACTICE**, to be sure, but it's really more of a spiritual **LIFESTYLE**.

To never stop praying, then, means to never stop living our lives in the presence of God.

Where do I **BEGIN**?

Let God start the conversation.

Spend time reading the Bible, listening to what God has said, and then responding to Him in prayer.

Take our *Learning to Pray* class (available on-demand).

Read one of the books on prayer from the Recommended Reading list.

The best way to **LEARN** to pray is to **PRAY**.

REFLECTION

How would you describe your practice of prayer? Do you find it difficult and, if so, why do you think that is?

Prayer is more than talking to God (though it certainly includes talking to God). How does understanding a few other forms of prayer affect how you think about the command to "never stop praying"?



Serving

VIDEO SEVEN

If we were created to represent God, then we need to ask how *He* loves others.

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” || John 3:16, NLT

In God's Kingdom, the highest position you can hold is one of a **SERVANT.**

“Jesus called them together and said, ‘You know that the rulers in this world lord it over their people, and officials flaunt their authority over those under them. But among you it will be different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.’” || Mark 10:42-45, NLT

HUMILITY is a foreign concept in our culture.

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” || Romans 12:2, NLT

Jesus sets an **EXAMPLE** of humility for us.

“[Jesus] rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash his disciples’ feet and to wipe them with the towel that was wrapped around him.” || John 13:4-5, ESV

“When he had washed their feet and put on his outer garments and resumed his place, he said to them, ‘Do you understand what I have done for you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do just as I have done to you.’” || John 13:12-15, ESV

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.” || Philippians 2:3-5, NLT

REFLECTION

Why do you think God is interested in building a community of servants? What character qualities is He trying to develop in us?

Jesus took on one of the lowliest acts of service when He washed His disciples’ feet. What would be one of the lowliest acts of service in our culture? Is there any act of service that, if you were being honest, you’d have a hard time doing?

Generosity

VIDEO EIGHT

The pattern of the Bible is that God so **LOVED** that He **GAVE**.

Generosity means giving of our resources - our time, our gifts and abilities, our knowledge and insight, and our money.

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” || John 3:16, NLT

"The earth is the Lord's, and everything in it.
The world and all its people belong to him." || Psalm 24:1, NLT

EVERYTHING we have belongs to God - including our **MONEY**.

“Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.” || Matthew 6:19-21, NLT

Generosity is not a money issue - it's a heart issue.



How do we begin **PRACTICING** generosity?

1 | Start by giving to your church.

The purpose of giving to the church you're a part of is to contribute to the work God is doing in and through the various ministries and missions partnerships it provides.

2 | Look for opportunities around you.

You can demonstrate your love for God and practically love others by looking around for who God is putting in your path - in your life - to love and serve financially.

REFLECTION

Why do you think it can be so difficult to be financially generous? Why do you think God is interested in how we use our money?

Examine your own perspective of money. How does remembering that it all belongs to God change that perspective? Is there a way God is prompting you to be more generous?

Recommended Resources

GENERAL

Sacred Rhythms by Ruth Haley Barton

Celebration of Discipline by Richard Foster

The Life You've Always Wanted by John Ortberg

After I Believe by James Emery White

The Spirit of the Disciplines by Dallas Willard

REST

The Ruthless Elimination of Hurry by John Mark Comer

An Unhurried Life by Alan Fadling

CELEBRATION

Christ in the Passover by Rose Publishing

Feasts of the Bible by Rose Publishing

READING THE BIBLE

How to Read the Bible for All It's Worth by Gordon Fee and Douglas Stuart

How to Enjoy Reading Your Bible by Keith Ferrin

Recommended Resources

LISTENING TO THE HOLY SPIRIT

Hearing God by Dallas Willard

Discerning the Voice of God by Priscilla Shirer

PRAYER

A Praying Life by Paul E. Miller

The Prayer God Longs For by James Emery White

SERVING

Understanding Spiritual Gifts by Sam Storms

Improving Your Serve by Charles Swindoll

GENEROSITY

The Treasure Principle by Randy Alcorn

Enough by Adam Hamilton

