

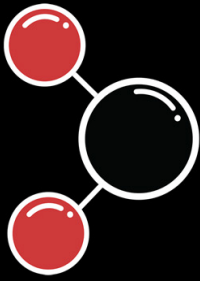


OXYGEN THIEVES

Developing a Rule of Life

SERMON SERIES JOURNAL

New  Life



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Developing a Rule of Life

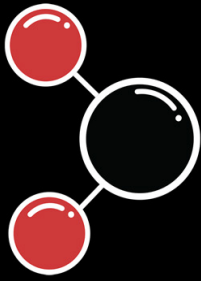
Refresh - embracing a grace-paced life in a world of endless demands.

There are ideas, passions and ways of doing life that we regularly pursue thinking they will lead to fulfillment...but they don't. After following the trail of clues they leave behind, we find the evidence of deflated, discouraged and depressed people. Under closer examination, we realize these imposters have only been masquerading as truth but are actually robbing us of the critical oxygen that sustains our very life and breath. How long will we rob ourselves? What if we were to resist buying into these deceptive imposters and instead take our cues from the One who is our very Source and Life?! Perhaps then we would experience lives infused with the encouragement, inspiration and purpose God intends.

So, let's dig into His Word! The questions compiled in this 4-week journal are designed to help you think...to ponder what you are doing, how you are feeling, what you are thinking and most importantly, what God says about it all.

As you lean in and discover God's message through the Scriptures, consider reading the passage in different translations. The NIV and NLT are great versions to read first. Then consider reading The Message version. By reading several versions of the same scripture, we often can understand God's Word in a deeper way. The Bible App is a great option for having so many translations at your fingertips!

Praying for God to help us develop a Rule of Life as we take our next steps in our Discipleship Journeys.



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WEEK 1 • ROMANS 8:1-17

- 1) Do you feel as if you are living under a dark cloud? In Romans 8:1-2, who resolves this dilemma and how?
- 2) Based on Romans 8:3-4, how does God fix our problem of not being able to always comply (always get it right) with the law?
- 3) What must we embrace in order to live a life centered around what God wants and not what we want?
- 4) According to Romans 8:5-8, what is our big problem? What happens when we trust God more than anything or anyone?
- 5) What does God place within us and how does that change who we are and how we behave?
- 6) According to Romans 8:9-11, what happens when we allow God to take up residence in our hearts and lives?
- 7) What is evident when God lives and breathes in your life? How does that change how you feel about God and others? Are there things that need to change in your life and how are you going to make those changes?

8) According to Romans 8:15-17, how should we view the resurrection life? How do we really know who we are? What difference does it make for you when you realize God's Spirit gives us the coping skills to navigate the difficulties and focus on Him?

9) Is knowing that life will have difficult/troubling times hard for you to accept? How does it make it easier knowing Jesus understands and His Spirit is within you as you walk those difficult paths?

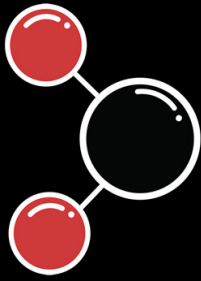
10) How do you view other people's difficulties differently from your own?

11) Does this passage change your thinking related to how you see the troubles of others? How does this passage change your view as it relates to your obligation to pray first/always for yourself and others?

12) Compare the benefits of living a selfish life to the benefits of living a life embracing God's Spirit within you.

13) Glasses and hearing aids enhance our vision and hearing providing clearer vision and hearing. How does God's Spirit give us clearer vision and hearing? Will you begin a life of eagerly seeing through God's eyes/heart and listening for His lead? How do you plan to accomplish this? Please explain your answer.

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WEEK 2 • MARK 8:31-35

1) Based upon Mark 8:31-38, why do you think it was necessary for Christ to suffer as He did? Why was it necessary for Him to die for us? Does Christ's sacrifice change how you feel about Him? Explain your answer.

2) Do you feel like Peter sometimes? How did Christ respond to Peter? What are your thoughts related to verses 32-33?

3) Based upon Mark 8: 34-37, if we intend to follow Christ what must we do or not do?

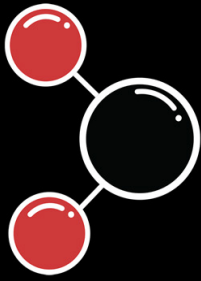
4) Does Mark 8:34-37 change your thoughts on suffering? Are you living with a priority for your soul's health? What changes do you need to make to align your life with what God wants for you?

5) Do you care more about what your friends/colleagues think than what God thinks?

6) What changes need to be made for your soul-care to be a priority?

7) What does a soul devoted to God look like?

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Week 3 • 1 Corinthians 6:12-20 & Colossians 3:1-17

1) What does 1 Corinthians 6:12 say to you about how you should make decisions about what you should or should not do?

2) After reading 1 Corinthians 6:13, how do you think you should take care of your body? Are there things you need to change? God is able to help you. What would it take for you to have the faith to believe in the change you desire? Pray and ask God to lead you in how to make those changes.

3) Read 1 Corinthians 6:14-15. Knowing God created you in His own image, does this change your attitude about what you do with or to your body? Explain your answer.

4) Read 1 Corinthians 6:16-20. Did you know your body is a sacred place (a place where the Holy Spirit lives)? How does this affect how you view and treat your body?

5) Is God visible to others as you go about your daily life? If not, is that something God is speaking to you about?

6) Read Colossians 3:1-2. How does this passage suggest we view things happening in and around our lives?

7) Are you alert and attentive to what's going on or are you self-focused? What does Colossians 3:1-2 say about that?

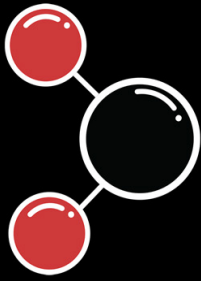
8) Read Colossians 3:3-4. What's the difference between your old life and your new life? Explain how these verses change your outlook.

9) Based upon Colossians 3:5-11, once we know better what is our personal responsibility?

10) Read Colossians 3:12-14. What are the attributes you are to wear as you live out your new life in Christ?

11) Read Colossians 3:15-17. What do these verses say about our relationship with others and the Lord?

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Week 4 • 2 Corinthians 10:1-11

- 1) Read 2 Corinthians 10:1-2. What do these verses say about how Paul spoke to the people? How does this impact your thoughts on speaking truth to others?
- 2) Read 2 Corinthians 10:3-6. How does the world handle conflict? What do these verses say about how we are to handle conflict and other difficult situations?
- 3) Based upon verses 3-6, what kind of tools do we have as Christians? How effective are those tools said to be?
- 4) Read 2 Corinthians 10:7-8. What was Paul's purpose in correcting the Corinthians? How do you treat the person who speaks the truth to you?
- 5) Are you afraid to speak the truth to your friends and family? Does this passage encourage you to build others up with the truth of God's Word?
- 6) Have you considered how honest, loving, God-honoring friendships might positively affect your life and the life of those you love?

7) Do you think the people's reaction described in 2 Corinthians 10:9-11 was defensive?
How do you react to corrections?

8) What kind of people does this passage say we should be when absent or present whether on the giving or receiving end of instruction or correction?

9) Are you allowing lies or truth to fill your mind? Do you need to change how you think related to correction or instruction from those God has placed either over your care or under your care?

10) How would your life be different if you believed the truth about God for yourself and others?
Are you willing to work on the necessary changes?

11) What does a heart/head full of God's truths produce in the life of someone?
Is that the kind of person you want to be? Please explain.

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