

E.H.R. #8 – RULE OF LIFE

Romans 12; Luke 14; Matthew 5

06/10/2018
Sunday a.m.

SLIDE 1 – EMOTIONALLY HEALTHY RELATIONSHIPS

- EHS → spiritual maturity corresponds to emotional maturity
- EHR → mature Christian discipleship interpersonal interaction →
 - Intentional & effective, living in truth; self & others → loving God & people
- 8 weeks – skills to add to our repertoire – EHS & EHR

SLIDE 2 – GOAL: DEVELOP A RULE OF LIFE

- An intentional, conscious plan to keep God at the center of our lives
 - Make the gospel Good News a practical/daily reality
- Rule” – Greek word – for trellis – grapes/grapevine able to climb - healthy
 - Structure – more fruitful, better quality fruit
- This is who we are, this is our story → framework for freedom
- For our lives – **transformed vs. conformed**
 - Intentionality – time, effort, preparation, strategy
 - Health plan, meal plan, fitness plan, school plan... → LIFE plan
 - EHS & EHR – key part of Rule of Life

SLIDES 3-6 – ROMANS 12:1,2

- Living sacrifice – giving self, giving life as an offering to God →
 - Conformed – squeezed into the world’s mold; another’s version of me
 - Transformed – made new, inside out; God’s version of me
- God brings out the BEST you – full-maturity/discipleship

SLIDE 7 – THE COST OF DISCIPLESHIP

- **Luke 9:23-25** – lay down selfish ambition, take up cross daily, & FOLLOW Him
- What will it cost me to follow Christ? Vs. talking a good game – w/o doing it

SLIDE 8 – DANIEL

- 4 Hebrew youths – P.O.W.’s – brought to Babylon – **Daniel 1 & 6**
- Best of the best - to be assimilated – re-cultured – renamed – Babylonian now
 - Food → you are what you eat; refusal to compromise; put to the test
 - Prayer/worship → 3x/day – windows open, toward Jerusalem – violation of law of Medes/Persians; Most important priority to maintain ‘rule of life’

SLIDES 9-13 – LUKE 14:25-33

SLIDE 14 – COUNT THE COSTS

- Great crowds followed Him – Jesus gives the challenge: Count the costs
 - Love Christ, ‘hate’ father/mother/son/daughter/wife/children/siblings
- Christ comes first, above all others – Savior AND Lord
 - Take up OWN cross & FOLLOW → cross as implement of death – final act before crucifixion
 - Along the road – building a tower? Costs. Fighting a war? Costs.
 - Following Christ – living as a disciple? COSTS

SLIDE 15 – EHR – 8 STEPS

SLIDE 16 – BROKENNESS → WHOLENESS

- Concrete evidence/measurables – discipleship, characteristics of EHR
- Actions that point towards Christ-likeness & Christian maturity

SLIDES 17,18 – MATTHEW 5:13,14,16

- This is WHO we are & WHY we're here →
- Light of the world, a city on a HILLSIDE
- Meant to be an example to the world, our good works point to God the Father

SLIDE 19 – SPEAKING TRUTH... IN LOVE

- Recognize → full maturity, as measured in Christ → truth in love – #adulting

SLIDE 20– WHAT AM I DOING WITH THIS?

SLIDE 21 – PRAYER IS AVAILABLE