

Liberty Church

Foundations

Foundations

Learning To Meditate

The practice of quieting the the mind and focusing on God's Word and His presence to hear God's Word and obey His Word.

Practical Application:

- Find a Comfortable, Quite Place
- Choose a Bible Passage
- Reflect & Contemplate God's Word
- Listen



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What is Prayer?

The practice of submitting to God the thoughts, desires, and concerns of our lives and communicating with God.

Practical Application:

- Acknowledge Dedicated Prayer & Spontaneous Prayer
- Give Your Thoughts
- Pray Scripture
- Listen

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What is Fasting



Fasting is the intentional abstinence from food for spiritual purposes.

Practical Application:

- Set Clear Intentions**
- Choose Your Type of Fast**
- Be Responsible & Practical**

“Some have exalted religious fasting beyond all Scripture and reason; and others have utterly disregarded it.”

- John Wesley

Foundations

Week 1 - Theology & Its Sources

Week 2 - The Bible & Story

Week 3 - Man, Sin & Salvation

Week 4 - The Church

Week 5 - Devotional Practices: Meditation, Prayer, Fasting

Week 6 - How to Study the Bible

Week 7 - Shaping/Formative Practices: Simplicity, Solitude, Submission

Week 8 - Church Practices: Confession, Worship, Celebration

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Building upon theology (the things of God) are spiritual disciplines including inward, outward, and communal.

Spiritual disciplines are the means by which we can grow spiritual, much like physical discipline.

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Why should we practice spiritual discipline?

“Rather train yourself for godliness;

⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

⁹ The saying is trustworthy and deserving of full acceptance.

¹⁰ For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.”

-1 Timothy 4:7b-10

“Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”

- Richard Foster, Celebration of Discipline

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Why Practice Spiritual Disciplines?

God not only works in the grand and monumental events of our lives, but also in the small, seemingly insignificant, parts of our lives as well.



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Learn By Doing

Like many Spiritual Disciplines, it is impossible to simply learn through intellectual understanding alone.

Instead, many, if not most Spiritual Disciplines, are learned and mastered by doing; understanding that you will grow over time both in depth (quality) and breadth (duration).

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Small Groups

We will be working in three groups today.

Make sure you are in your three groups. We will be practicing what we are looking at today in our groups.

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Why Study the Bible?

The Bible is the foundation to all of our beliefs and practices.

We must become comfortable with the idea that we will engage with Scripture often and from time to time, deeply.



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Studying vs. Reading

Reading the Bible is like enjoying the Bible as a whole, seeking to understand the big story.

Studying the Bible is like carefully exploring each passage to deeply understand its specific details and meanings.

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Reading

build him a sure house, and he shall go in and out before my anointed forever. ³⁶And everyone who is left in your house shall come to implore him for a piece of silver or a loaf of bread and shall say, "Please put me in one of the priests' places, that I may eat a morsel of bread."³⁷

The LORD Calls Samuel

3 Now the boy Samuel was ministering to the LORD in the presence of Eli. And the word of the LORD was rare in those days; there was no frequent vision. ²At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his own place. ³The lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was.

⁴Then the LORD called Samuel, and he said, "Here I am!" ⁵and ran to Eli and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down.

⁶And the LORD called again, "Samuel!" and Samuel arose and went to Eli and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." ⁷Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him.

⁸And the LORD called Samuel again the third time. And he arose and went to Eli and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. ⁹Therefore Eli said to Samuel, "Go, lie down, and if he calls you, you shall say, 'Speak, LORD, for your servant hears.'" So Samuel went and lay down in his place.

¹⁰And the LORD came and stood, calling as at other times, "Samuel! Samuel!" And Samuel said, "Speak, for your servant hears." ¹¹Then the LORD said to Samuel, "Behold, I am about to do a thing in Israel at which the two ears of everyone who hears it will tingle. ¹²On that day I will fulfill against Eli all that I have spoken concerning his house, forever, for the iniquity that he knew, because his sons were blaspheming God,⁴ and he did not restrain them. ¹⁴Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be atoned for by sacrifice or offering forever."

¹⁵Samuel lay until morning; then he opened the doors of the house of the LORD. And Samuel was afraid to tell the vision to Eli. ¹⁶But Eli called Samuel and said, "Samuel, my son." And he said, "Here I am." ¹⁷And Eli said, "What was it that he told you? Do not hide it from me. May God do so to you and more also if you hide anything from me of all that he told you." ¹⁸So Samuel told him everything and hid nothing from him. And he said, "It is the LORD. Let him do what seems good to him."

¹⁹And Samuel grew, and the LORD was with him and let none of his words fall to the ground. ²⁰And all Israel from Dan to Beersheba knew that Samuel was established as a prophet of the LORD. ²¹And the LORD appeared again at Shiloh, for the LORD revealed himself to Samuel at Shiloh by the word of the LORD.

²²And the LORD appeared again at Shiloh, for the LORD revealed himself to Samuel at Shiloh by the word of the LORD.

²³And the LORD appeared again at Shiloh, for the LORD revealed himself to Samuel at Shiloh by the word of the LORD.

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²⁷And the LORD appeared again at Shiloh, for the LORD revealed himself to Samuel at Shiloh by the word of the LORD.

1 SAMUEL 4:4

but he who does not obey the Son will not see life, but the wrath of God abides on him."¹

Jesus Goes to Galilee

4 Therefore when the Lord knew that the Pharisees had heard that Jesus was making and baptizing more disciples than John ²(although Jesus Himself was not baptizing, but His disciples were), ³He left Judea and went away again into Galilee. ⁴And He had to pass through Samaria. ⁵So He came to a city of Samaria called Sychar, near the parcel of ground that Jacob gave to his son Joseph; ⁶and Jacob's well was there. So Jesus, being wearied from His journey, was sitting thus by the well. It was about the sixth hour.

The Woman of Samaria

7 There came a woman of Samaria to draw water. Jesus said to her, "Give Me a drink." ⁸For His disciples had gone away into the city to buy food. ⁹Therefore the Samaritan woman said to Him, "How is it that You, being a Jew, ask me for a drink since I am a Samaritan woman?" (For Jews have no dealings with Samaritans.) ¹⁰Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." ¹¹She said to Him, "Sir, You have nothing to draw with and the well is deep; where then do You get that living water? ¹²You are not greater than our father Jacob, are You, who gave us the well, and drank of it himself and his sons and his cattle?" ¹³Jesus answered and said to her, "Everyone who drinks of this water will thirst again; ¹⁴but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life."

¹⁵The woman said to Him, "Sir, give me this water, so I will not be thirsty nor come all the way here to draw." ¹⁶He said to her, "Go, call your husband and come here." ¹⁷The woman answered and said, "I have no husband." Jesus said to her, "You have correctly said, 'I have no husband'; ¹⁸for you have had five husbands, and the one whom you now have is not your husband; this you have said truly." ¹⁹The woman said to Him, "Sir, I perceive that You are a prophet. ²⁰Our fathers worshiped in this mountain, and you people say that

in Jerusalem is the place where men ought to worship." ²¹Jesus said to her, "Woman, believe Me, an hour is coming when neither in this mountain nor in Jerusalem will you worship the Father. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. ²⁴[God is spirit], and those who worship Him must worship in spirit and truth." ²⁵The woman said to Him, "I know that Messiah is coming (He who is called Christ); when that One comes, He will declare all things to us." ²⁶Jesus said to her, "I who speak to you am He."

²⁷At this point His disciples came, and they were amazed that He had been speaking with a woman, yet no one said, "What do You seek?" or, "Why do You speak with her?" ²⁸So the woman left her waterpot, and went into the city and said to the men, ²⁹"Come, see a man who told me all the things that I have done; this is not the Christ, is it?" ³⁰They went out of the city, and were coming to Him.

³¹Meanwhile the disciples were urging Him, saying, "Rabbi, eat." ³²But He said to them, "I have food to eat that you do not know about." ³³So the disciples were saying to one another, "No one brought Him anything to eat, did he?" ³⁴Jesus said to them, "My food is to do the will of Him who sent Me and to accomplish His work. ³⁵Do you not say, 'There are yet four months, and then comes the harvest'? Behold, I say to you, lift up your eyes and look on the fields, that they are white for harvest. ³⁶Already he who reaps is receiving wages and is gathering fruit for life eternal; so that he who sows and he who reaps may rejoice together. ³⁷For in this case the saying is true, 'One sows and another reaps.' ³⁸I sent you to reap that for which you have not labored; others have labored and you have entered into their labor."

The Samaritans

³⁹From that city many of the Samaritans believed in Him because of the word of the woman who testified, "He told me all the things that I have done." ⁴⁰So when the Samaritans came to Jesus, they were asking Him to stay with them; and He stayed there two days. ⁴¹Many more believed because

4:37 Job 31:8; Mic 6:15 39 Jn 4:5, 30 Jn 4:29

¹Or blaspheming for themselves ²Or he

Foundations

Studying

6But from the beginning of creation, God made them male and female.
7Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.
8and the two shall become one flesh.
9What therefore God has joined together, let not man separate.

10And in the house the disciples asked him again about this matter.
11And he said to them, "Whoever divorces his wife and marries another commits adultery against her, and if she divorces her husband and marries another, she commits adultery."

Let the Children Come to Me

13And they were bringing children to him that he might touch them, and the disciples rebuked them. 14But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God. 15Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it." 16And he took them in his arms and blessed them, laying his hands on them.

The Rich Young Man

17And as he was setting out on his journey, a man ran up and knelt before him and asked him, "Good Teacher, what must I do to inherit eternal life?"
18And Jesus said to him, "Why do you call me good? No one is good except God alone. 19You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.'" 20And he said to him, "Teacher, all these I have kept from my youth." 21And Jesus, looking at him, loved him, and said to him, "You lack one thing: go, sell all that

2:15
9¹ Cor. 7:10
11¹ See Matt. 5:32
12¹ 1 Cor. 7:11, 13
13¹ For ver. 13-16, see Matt. 19:13-15; Luke 18:15-17
14¹ Matt. 18:3
15¹ [John 3:3, 5] [Luke 8:13; James 1:21]
16¹ ch. 9:36
17¹ For ver. 17-30, see Matt. 19:16-29; Luke 18:18-30; [Luke 10:25-28]
18¹ See ch. 1:40 [Matt. 19:16]; See Matt. 25:34
19¹ Rom. 13:9; Cited from Ex. 20:12-16; Deut. 5:16-20; [Matt. 5:21, 27]
20¹ [Phil. 3:6]
21¹ ver. 27; Luke 22:61; John 1:42; [ch. 3:5] [John 11:5; 13:23] [Luke 12:33; [Luke 16:9; 19:8; Acts 2:45; 4:34, 35; 1 Tim. 6:18, 19]
22¹ Matt. 6:19, 20
23¹ [Ezek. 33:31]
24¹ See ch. 3:5
25¹ [1 Cor. 1:26]; See Matt. 13:22
26¹ See Matt. 12:28
27¹ ver. 32 ch. 2:5 (Gk.); [John 13:33; 21:5] [Job 31:24; Ps. 49:6; 52:7; Prov. 11:28; 1 Tim. 6:17]
28¹ See ver. 23 above
29¹ ver. 23 ch. 14:36; Gen. 18:14; Job 42:2; Jer. 32:17, 27; Luke 1:37
30¹ ch. 1:18, 20; Matt. 4:20, 22
31¹ [Luke 14:26]
32¹ See ch. 8:35
33¹ [Matt. 6:33]
34¹ Cor. 12:10;

the kingdom of God!" 24And to enter the kingdom of God! 25It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God." 26And they were exceedingly astonished, and said to him, "Then who can be saved?" 27Jesus looked at them and said, "With man it is impossible, but not with God. For all things are possible with God." 28Peter began to say to him, "See, we have left everything and followed you." 29Jesus said, "Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come eternal life. 31But many who are first will be last, and the last first."

Jesus Foretells His Death a Third Time

32And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them. And they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, 33saying, "See, we are going up to Jerusalem, and the Son of Man will be delivered over to the chief priests and the scribes, and they will condemn him to death and deliver him over to the Gentiles. 34And they will mock him and spit on him, and

24 to enter
25 It is easier
26 And they were
27 Jesus looked
28 Peter began
29 Jesus said
30 Truly, I say
31 But many
32 And they were
33 saying
34 And they will

What about the First 4 Commandments? These were aimed at God

Person

2 Thess. 1:4; 2 Tim. 3:11, 12; [John 15:20; Acts 14:22] Matt. 12:32; Eph. 1:21; [Luke 20:35] 31¹ See Matt. 19:30 32¹ For ver. 32-34, see Matt. 20:17-19; Luke 18:31-33 Luke 9:51; 19:28 ver. 24 33¹ See Matt. 16:21 Matt. 26:66; John 19:7 Matt. 27:2; John 18:30, 31; Acts 3:13; [Acts 2:23; 4:27; 21:11] 34¹ Matt. 27:26-31 ch. 14:65; 15:19; See Matt. 26:67

¹ Some manuscripts omit and hold fast to his wife ² Some manuscripts add for those who trust in riches ³ Some manuscripts to one another

the Holy Spirit, whom the Father will send in my name, and he will abide in you, and bring to your remembrance all that I have said to you. 27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. 28 You heard me say to you, 'I am going away, and I will come to you.' If you loved me, you would have rejoiced, because I am going to the Father, for the Father is greater than I. 29 And now I have told you before it takes place, so that when it does take place you may believe. 30 I will no longer talk much with you, for the ruler of this world is coming. He has no claim on me, ³¹ but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go from here.

Where over Bear
Messianic Claim = Is. 5:1-7
[αἶψα = Lift up (he)
[καθαίρει = prunes (he)
Spring Practice (v.2)
Bearing Fruit - Passive Action
* Harvest Practice (v.6)

I Am the True Vine Change in Identity (Jn 3.5)

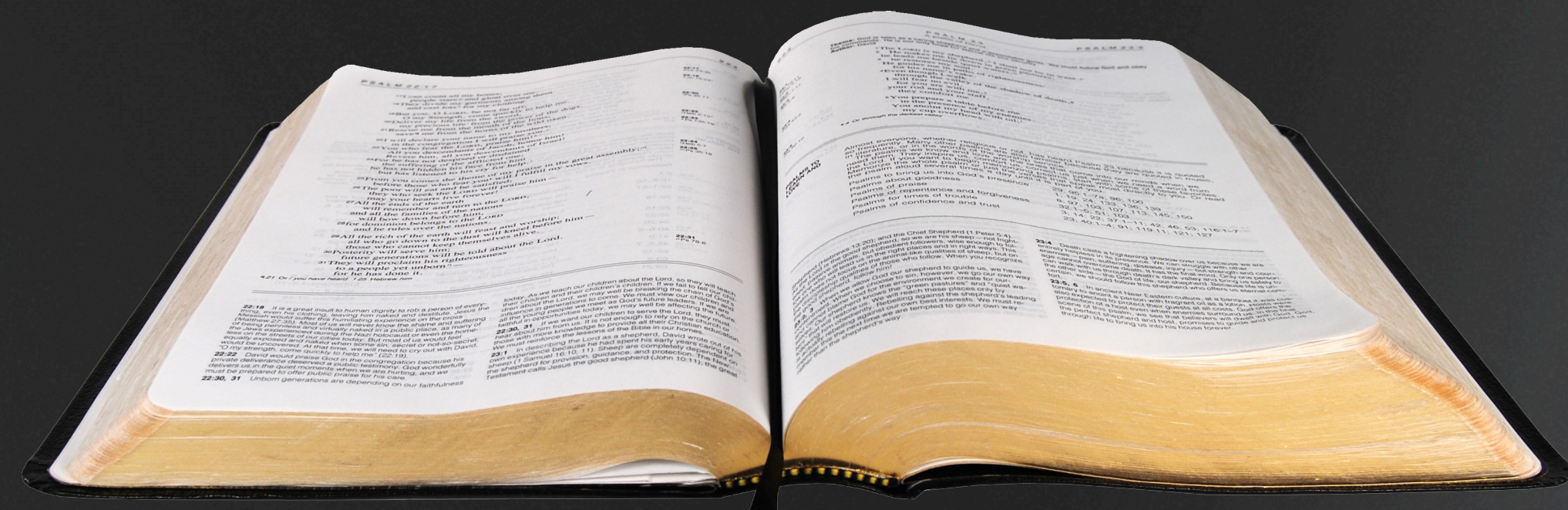
15 "I am the true vine, and my Father is the vinedresser. 2 Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. 3 Already you are clean because of the word that I have spoken to you. 4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. 6 If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. 7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. 8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples. 9 As the Father has loved me, so have I loved you. Abide in my love. 10 If you keep my commandments you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11 These things I have spoken to you, that my joy may be in you, and that your joy may be full. 12 "This is my commandment, that you love one another as I have loved you. 13 Greater love has no one than this, that someone lay down his life for his friends. 14 You are my friends if you do what I command you. 15 No longer do I call you servants, for all that I have heard from my Father I have made known to you. 16 You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. 17 These things I command you, so that you will love one another.

Our ability to abide exceeds our ability to fruits we provide.

¹ Some manuscripts omit me ² Or Advocate, or Counselor; also 14:26; 15:26; 16:7 ³ Some manuscripts and is ⁴ Greek bondservants ⁵ Greek bondservant; also verse 20

Foundations

Picking a Study Bible



Bible Translation Comparison

WORD-FOR-WORD (Formal)

most often used for in-depth study and personal development

THOUGHT-FOR-THOUGHT (Dynamic)

most often used for in-depth study and personal development

PARAPHRASE

most often used for devotional reading and gaining diverse insights

NASB

AMP

ESV

KJV

NKJV

HCSB

NRSV

NAB

NIV

NLT

NirV

GNT

TLB

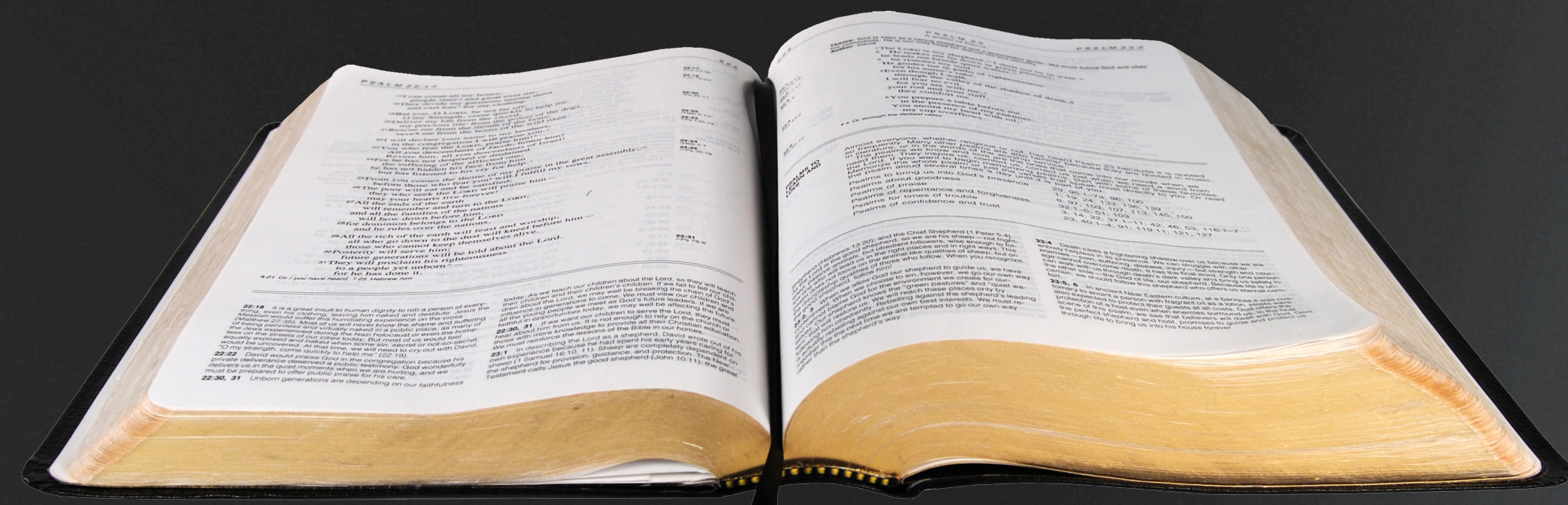
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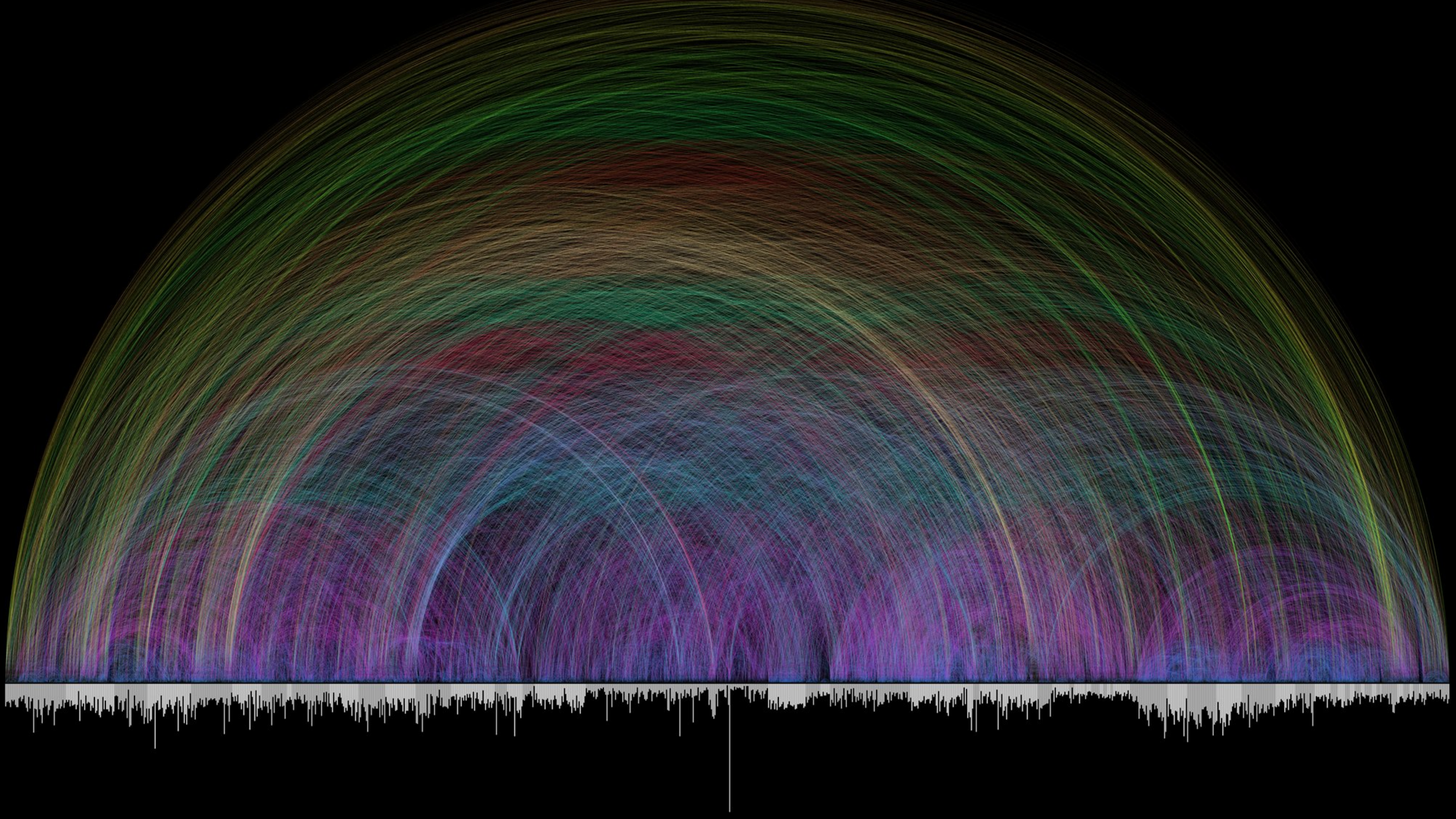
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Picking a Study Bible

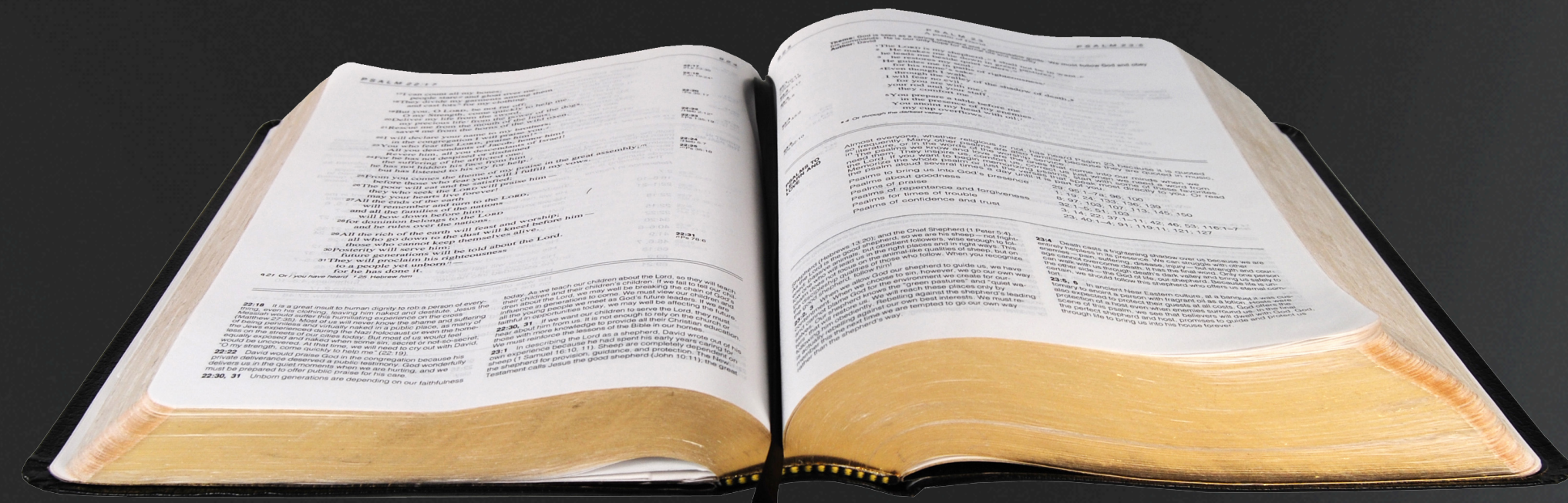


- Easy for YOU to read. If it is difficult to read, you won't.
- Margins! Give yourself space to write notes, questions, and observations.
- No Commentary. Your reading God's Word, not someone else's
- Lots of Cross-References
- Maps
- Bonus Points: Concordance and Some Sub-headings



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The Process



1) Observation - What do you see?

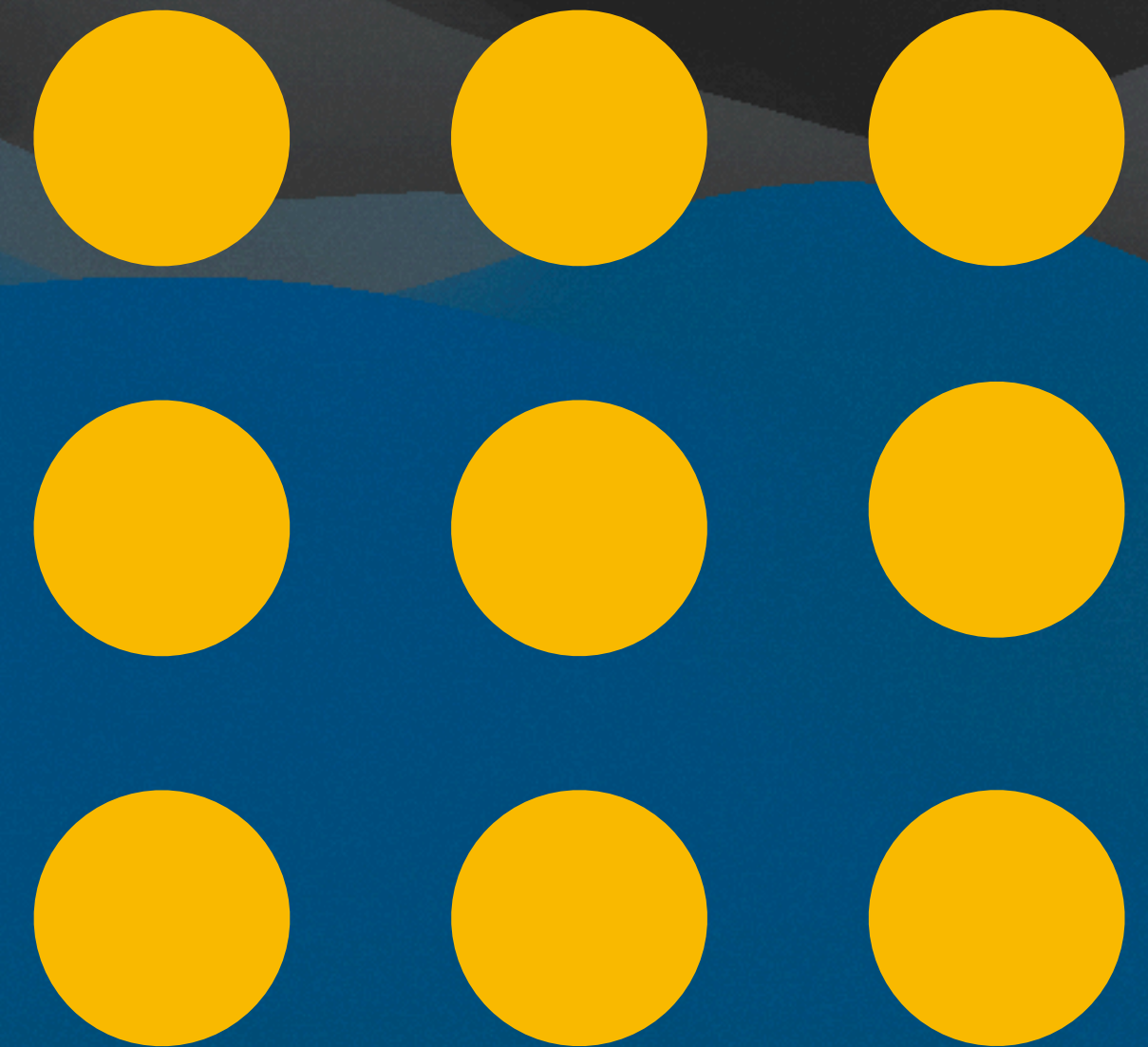
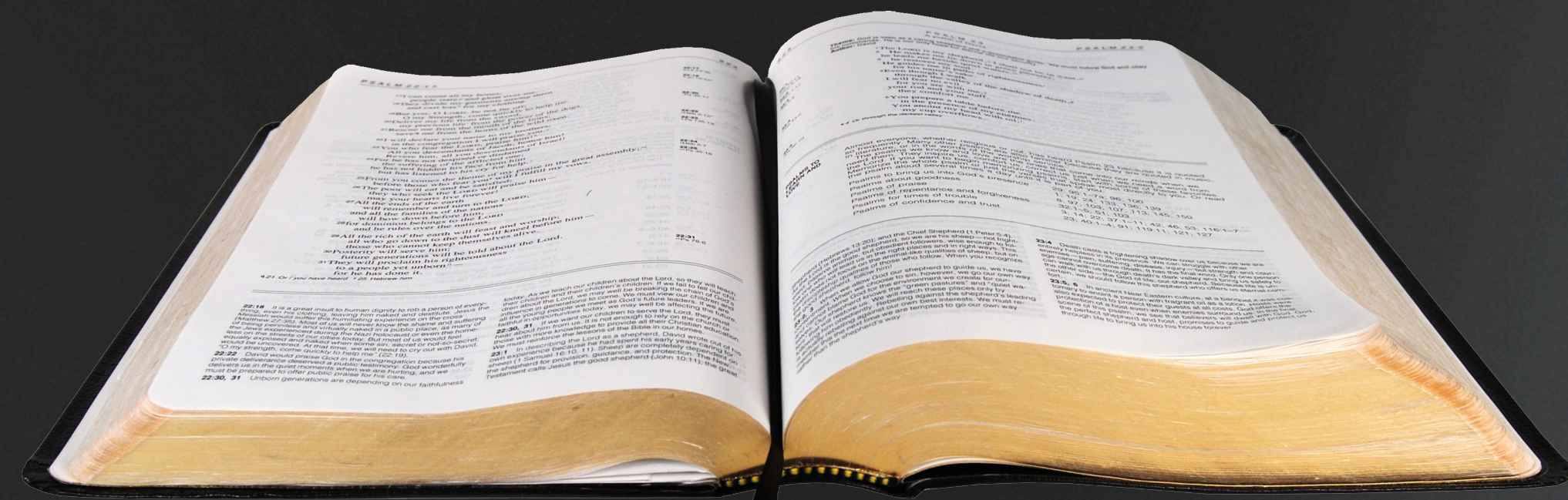
2) Interpretation - What does it mean?

3) Application - What must I do? How does it work?

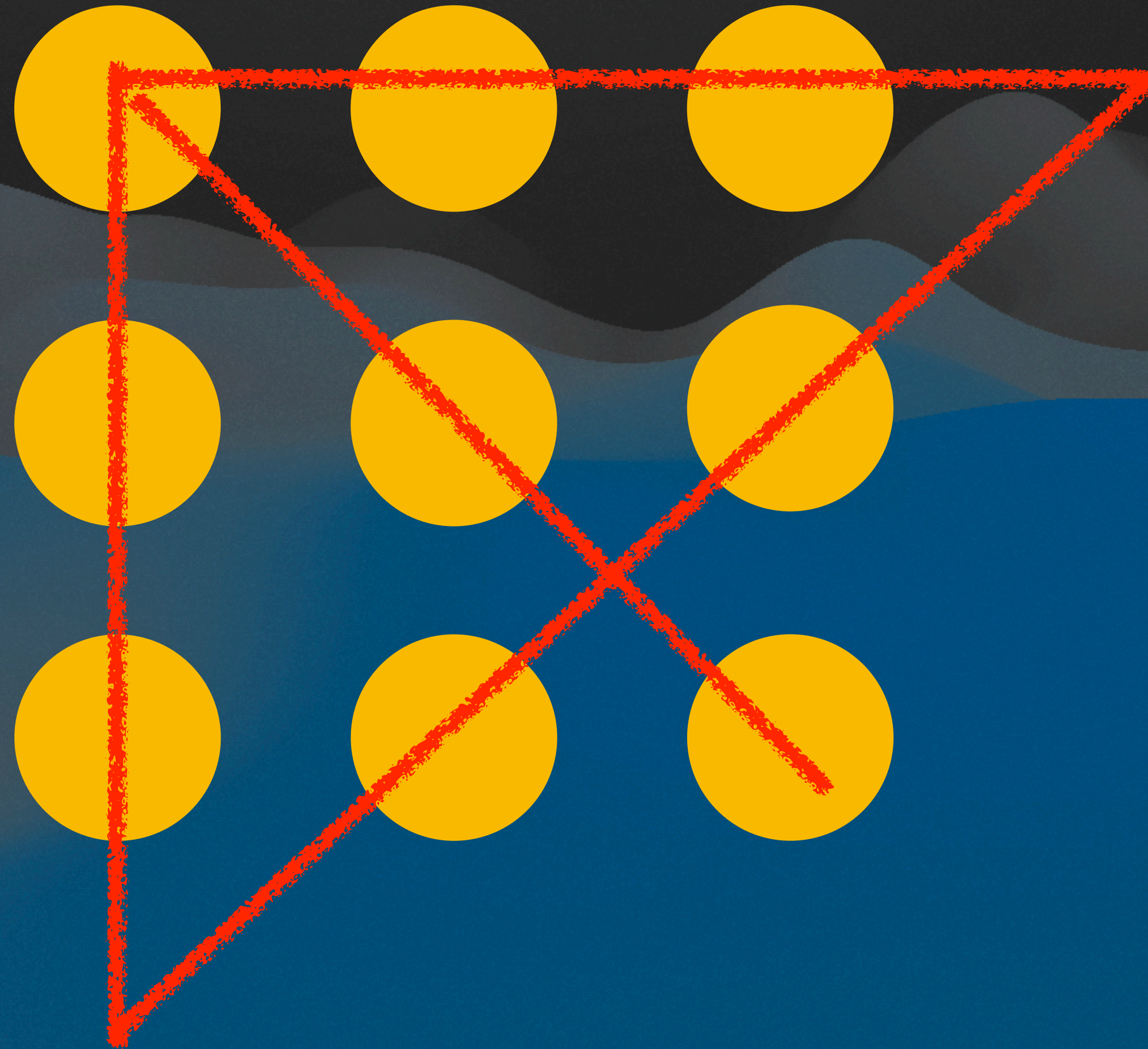
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Observation

With the following pattern of dots, can you connect all the dots by only drawing four straight lines without lifting your pen?

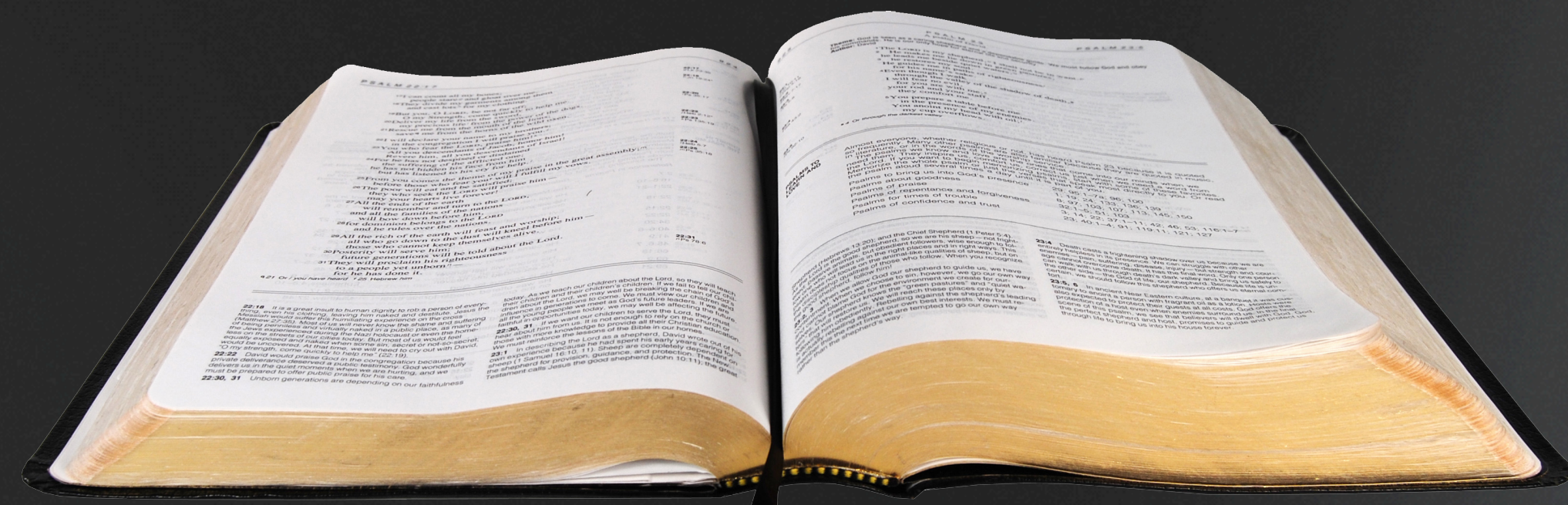


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Observation



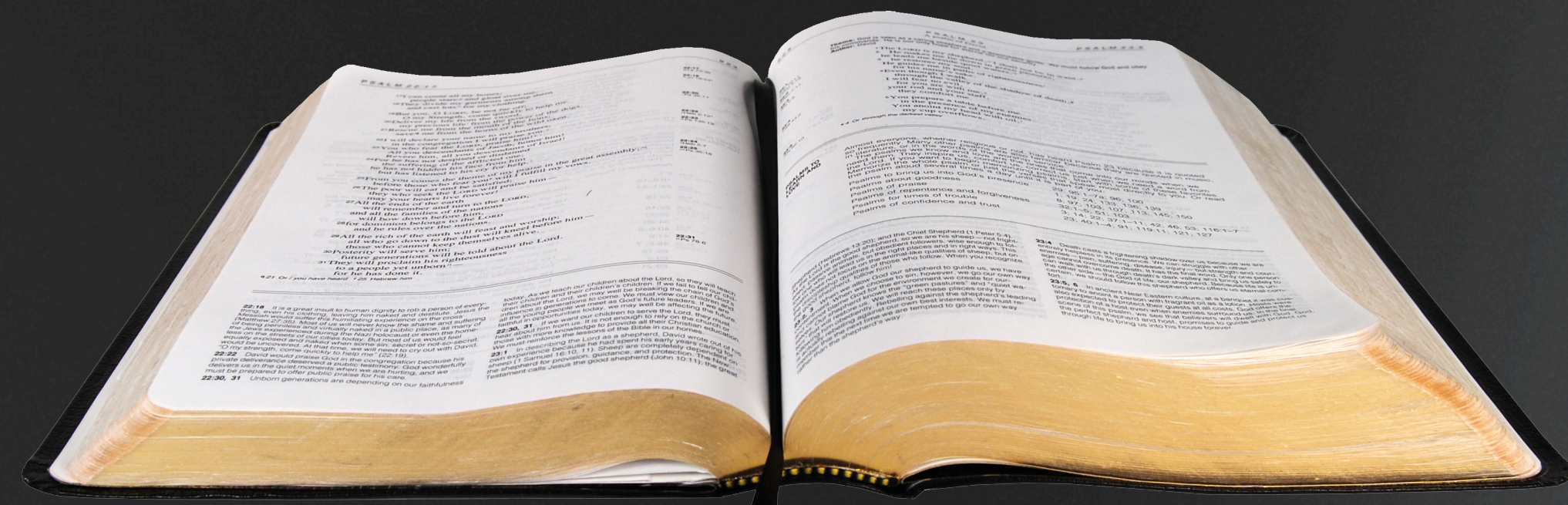
Read Thoughtfully - Ask questions... lots of questions.

Read Repeatedly - You should read your study passage at least three times, preferably in different translations each time.

Read Patiently - Small portions of Scripture (usually paragraphs or one thought) and it may take more than one session.

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Observation



Look for things that are **EMPHASIZED**

Also, look out for things that are repeated, stay alert for patterns that keep showing up, and look out for recurring themes.

Example: Matthew 5:17-48 (“You have heard... but I say...” 6x)

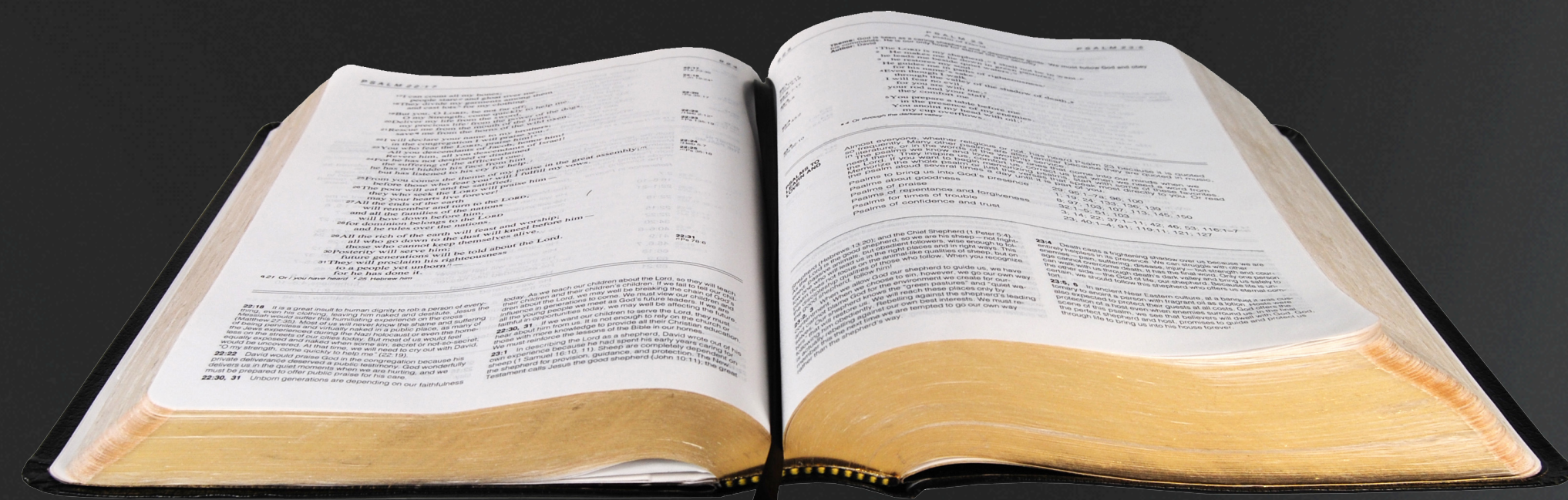
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Observation

My Opinion:

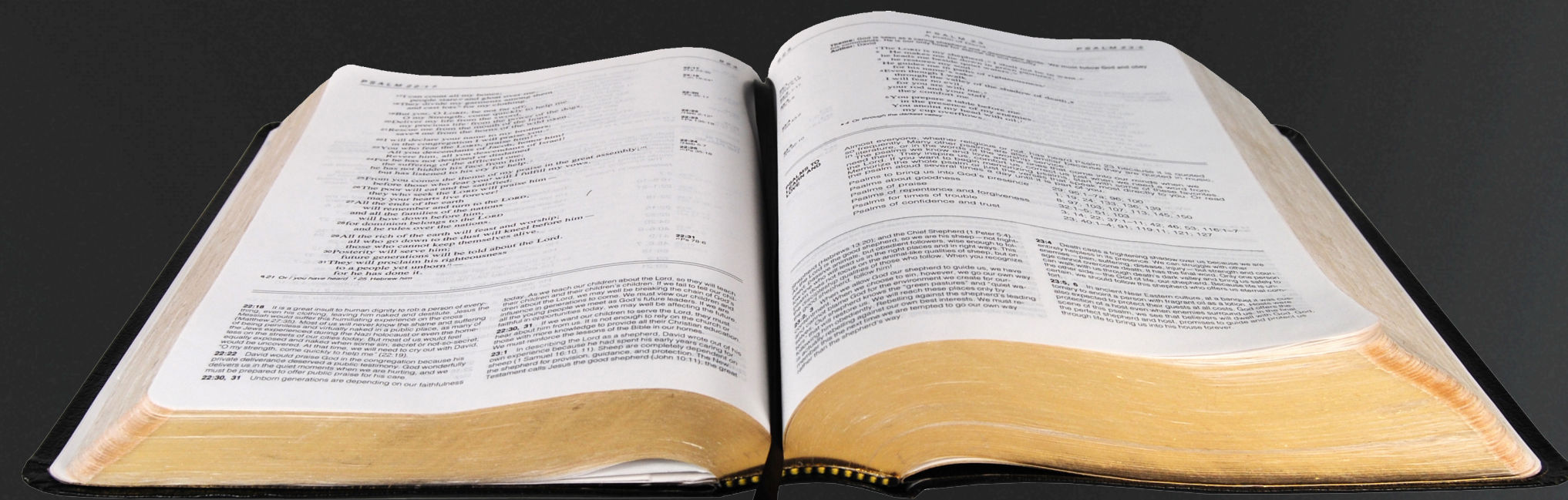
This is the most important part of Studying Scripture.

Summarize and put together a holistic picture of your passage along with all of your questions as we move into the next step of studying Scripture.



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Interpretation

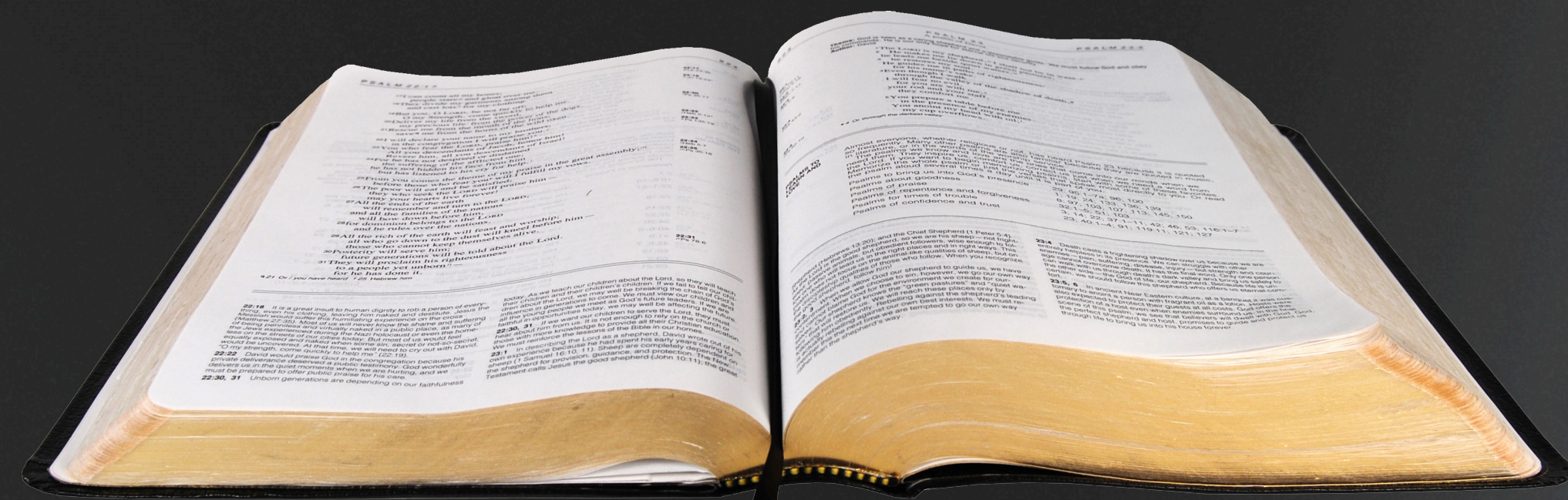


Problems that we will encounter as we try to understand what is said:

- Language (trust scholars, Concordance, or learn Hebrew/Greek)
 - Treat Language like a sane person... “butterfly”
- Culture (Biblical Handbooks/Commentaries)
- Time (Dictionary - Don't read today into the past)
- Geography (Dictionary, Atlas, or go visit the Holy Land)
- Literary Genres (Narrative, Poetry, Idiom, Parable, Prophecy...)

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Interpretation



We will use the resource we have to help overcome these barriers to understanding.

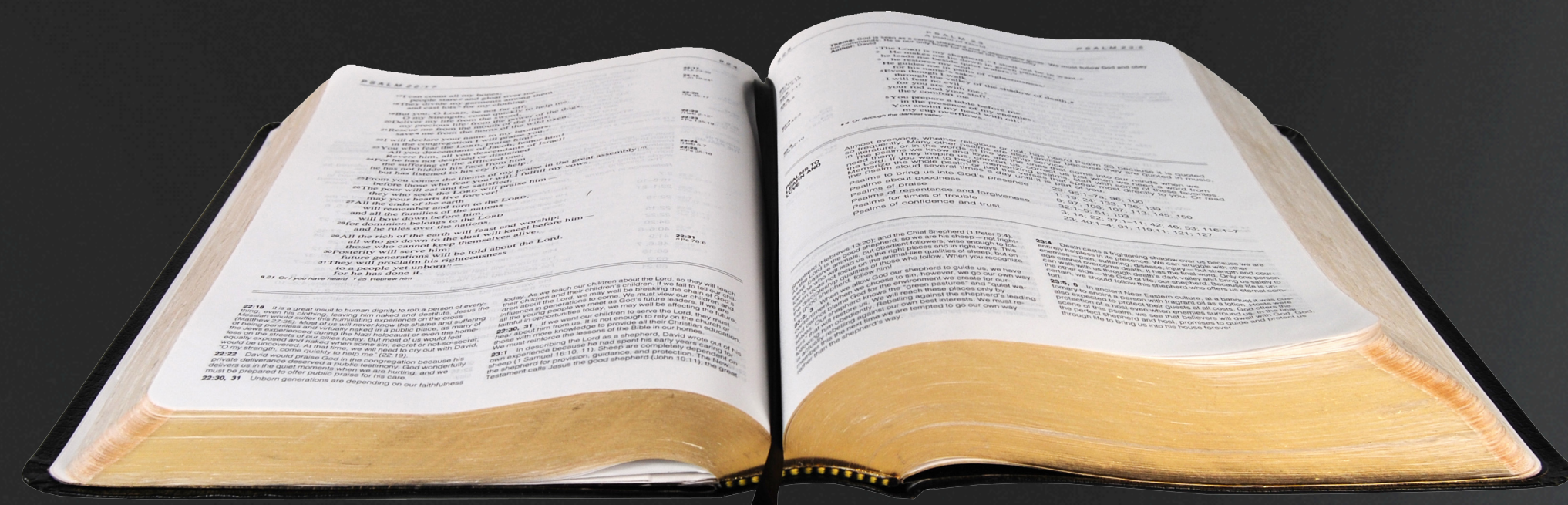
There is only one true interpretation.

What did the original author & audience intend and understand.

The Bible was written for you... but it was not written to you.

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Application

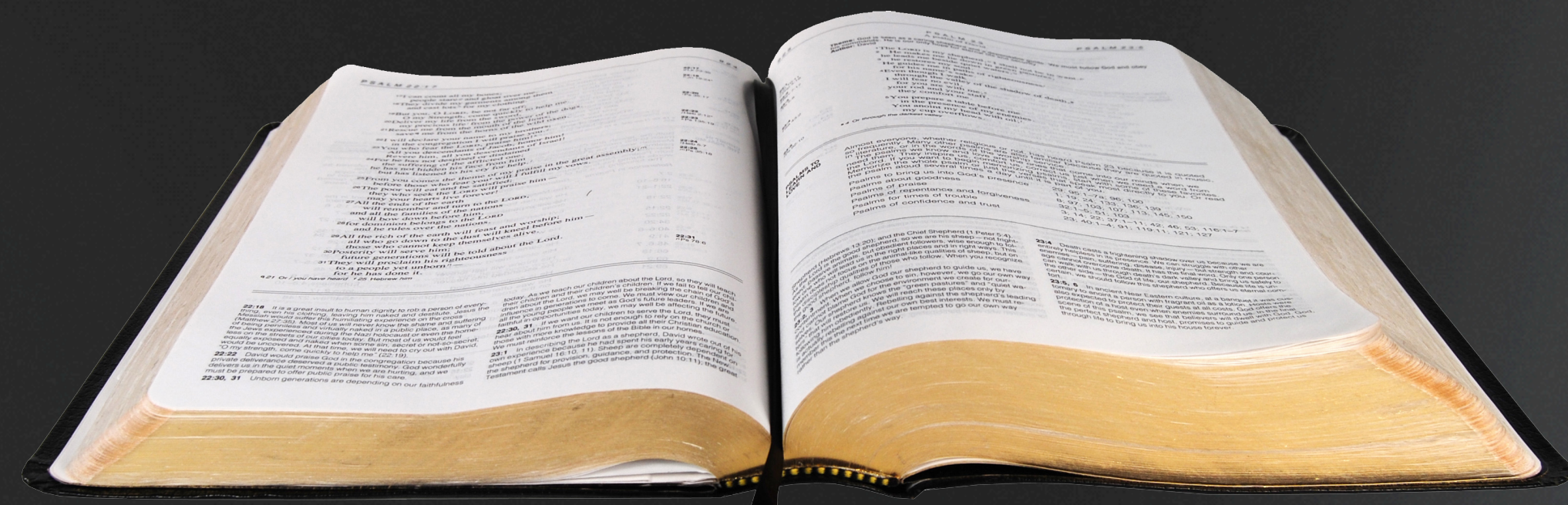


One of the most important yet most overlooked parts of study.

Many times we feel that the act of studying Scripture is good enough.

**“The Bible was given for our transformation, not our information.”
- D.L. Moody**

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Break Into Groups!

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Mark 15: 21-38

Step 1: Read & Observe

In your groups, read the passage at least 3 times (preferably in three different translations)

- Try to come up with at least 10 questions for the passage.
- What happens just before this passage? Just after?
- Anything Emphasized or Repeated?
- Can you summarize in your own words the passage in two sentences?

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Mark 15: 21-38

Step 2: Interpret

In your groups, help each other by checking cross references.

One person can call out a cross reference, and another check.

If your Bible does not have cross references, come see me.

- Not all cross references will be helpful. Take special note of any **DIRECT** quotations of any Scripture.

Foundations

Mark 15: 21-38

Step 2: Interpret

In your groups, head to one of the three stations to use the resources:

Group 1: Concordance (Keywords in Greek, Used Elsewhere)

Group 2: Handbook/Dictionary (Answer Questions/Events)

Group 3: Background Commentary/Atlas (Check Cultural Ideas & Places)

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Mark 15: 21-38

Step 3: Application

Why are these events important?

How can I change because of the truths in these passages?

It is important to discuss your findings with a group you trust. Also, check your understanding with Commentaries to ensure you haven't misunderstood something.

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Discussion:

Q&A

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