



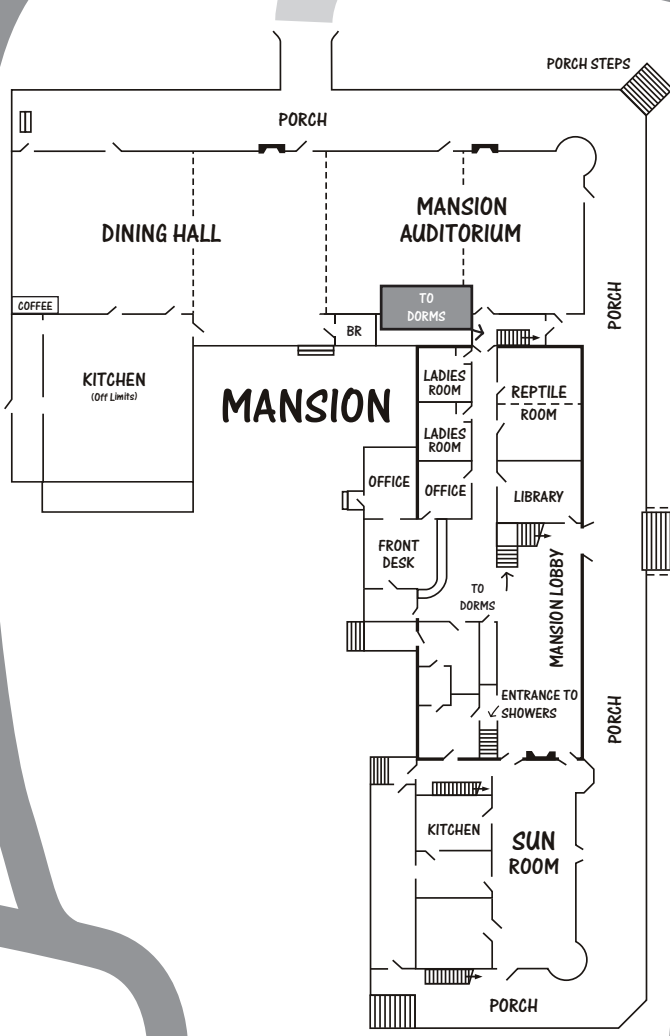
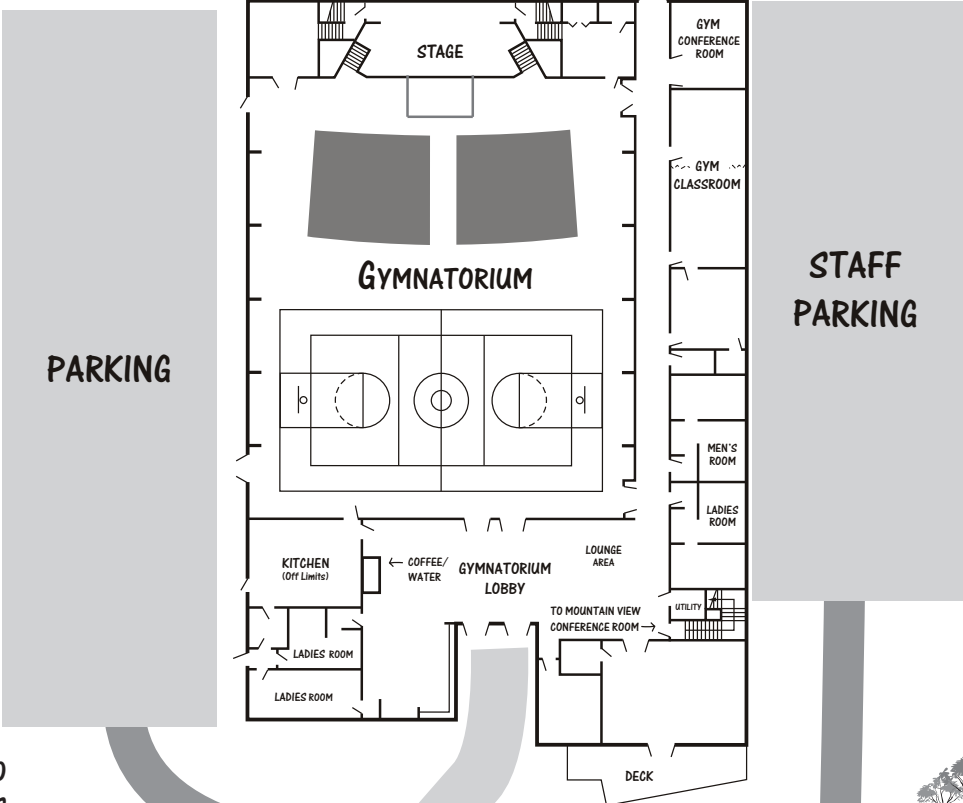
TAKE
heart

HOW JESUS EQUIPS US TO ENDURE

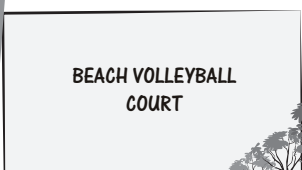


DISCIPLEMAKERS
Reaching the campus...Reaching the world

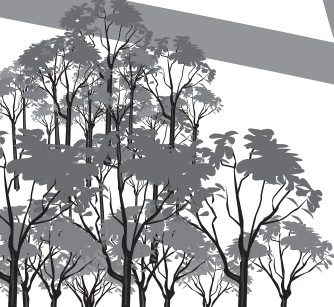
WOMEN'S CONFERENCE **2023** MARCH 31ST-APRIL 2ND



TO
LAKE HENRIETTA
(Paddle Boats)
FLAT ROCK HIKE
& CABINS →



← TO
UPPER FIELDS



Contents

Schedule	4
Workshop Descriptions	6
Main Sessions	
<i>Friday Evening</i>	8-9
<i>Saturday Morning</i>	10-11
<i>Saturday Evening</i>	12-13
<i>Sunday Morning</i>	14-15
Workshops	
<i>Saturday Morning (Round 1)</i>	16
<i>Saturday Afternoon (Round 2)</i>	28
Time Alone With God	
Saturday Morning	40-41
Saturday Morning	42-43



Schedule

Friday

6:00–7:30 p.m.	Registration
7:30–9:00 p.m.	Main session – <i>Take Heart</i> (Shannon Fodale)
9:00–10:00 p.m.	Small groups & sundaes
10:00–11:00 p.m.	Free time
11:00 p.m.	Lights out

Saturday

8:00–8:45 a.m.	Breakfast
8:45–9:15 a.m.	Time alone with God
9:30–10:45 a.m.	Main session – <i>Be Not Troubled</i> (Megan Royes)
11:00 a.m.–12:00 p.m.	Workshops – Round 1 <ul style="list-style-type: none">• <i>The Pipelines of Grace: How the Gospel Grows in Our Everyday Life</i>• <i>How Do I Decide? Making Decisions in an Age of Uncertainty</i>• <i>Female by Design</i>• <i>When People are BIG and God is Small</i>
12:15–1:15 p.m.	Lunch (bagged lunch with small group)
1:30–2:15 p.m.	Optional Workshop: <i>How to Avoid an Abusive Relationship</i> (David Royes) Location: Mountain View Conference Room
1:30–4:10 p.m.	Free time A few recreation options: 1:30-3:30 - Photo Booth - Gym Lobby 1:30-4:00 - Coloring & Puzzles - Dining Hall 1:30-3:45 - Craft: Clay Earrings - Reptile Room 1:30-4:00 - Flat Rock Hike - Meet at Front Steps 2:15-3:00 - Dance Lesson - Gym 2:30-3:30 - Coffee & Tea Bar - Sunroom
4:15–5:15 p.m.	Workshops – Round 2 <ul style="list-style-type: none">• <i>What You Say Matters: Imaging God in Conversation</i>• <i>Stressed: Why We Can't Do It All</i>• <i>Satisfied? How Jesus Equips Us to Endure in the Wilderness</i>• <i>United in Christ: How the Gospel Brings People Together in a Divided World</i>
5:30–6:15 p.m.	Dinner

6:30–8:00 p.m. **Main session** – *Bear Fruit* (Sarah Evans)

8:15–9:00 p.m. Women's Conference Showcase

9:00–11:00 p.m. Snacks and free time

11:00 p.m. **Lights out**

Sunday

8:00–8:45 a.m. **Breakfast**

8:45–9:15 a.m. Time alone with God

9:30–10:15 a.m. Small groups

10:30–11:55 a.m. **Main Session** – *Have Peace* (Heather Smartt)

11:55 a.m.–12:15 p.m. Campus Photos – Go to your campus' assigned location.

12:15–1:15 p.m. **Lunch**

12:45 p.m. **Clean up & depart**

All scripture quotations in this packet are from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used with permission. All rights reserved. Unless otherwise indicated, all Scripture quotations are from the ESV® Bible.

Workshop Descriptions

Round 1 (Saturday, 11am)

The Pipelines of Grace: How the Gospel Grows in Our Everyday Life

Liz Parker & Megan Williams | Location: Gymnasium

God had given us glorious ways to know Him and grow in our faith! If you often feel like you just need to pray and read your Bible more, but don't feel motivated or know where to start, come learn about how grace driven spiritual habits lead to amazing gain and glory.

How Do I Decide? Making Decisions in an Age of Uncertainty

Melissa Cimbala | Location: Sunroom

College is a season of making little and big decisions that have a large impact. Are you lost in the confusion of so many choices? Have you ever felt paralyzed or anxious by the unknowns of the future? Join us as we explore how to confidently make godly and wise choices while living in an uncertain world.

Female by Design

Carin Roberg | Location: Gym Classroom

God designed gender for order, unity, and hope. When sin entered the world, it introduced chaos, division, and despair. How can we delight in our femininity when so often we only feel it's curse? We will look at Scripture to understand God's intended purpose for creating us female and find a vision to help us delight in our unique design.

When People are BIG and God is Small

Shannon Fodale & Becky Snyder | Location: Mountain View Conference Room

Do you desire the approval of others? Do you fear rejection by others? Although we don't always realize it, many of our lives are impacted by these longings and fears. Come to this workshop and discover a fear of the Lord that frees you to need others less and love them more!

Optional Workshop (Saturday, 1:30pm)

How to Avoid An Abusive Relationship

David Royes | Location: Mountain View Conference Room

1 in 3 women have experienced some sort of violence from a friend or intimate partner. How should we think about this Christianly? This breakout will consider the sobering idea of abuse, resource you to help the hurting and to avoid being in an abusive relationship or marriage.

Round 2 (Saturday, 4:15pm)

What You Say Matters: Imaging God in Conversation

Maria Noyes & Jensica Isiminger | Location: Gymnatorium

Although conversation is something that we do everyday, we don't often put a lot of thought into why or how we speak. Join us as we explore God's purpose for our conversations and learn practical skills to love others through them.

Stressed: Why We Can't Do It All

Tori Zbinden & Christianna Otto | Location: Sunroom

Do you feel perpetually stressed? On the verge of burn out? Us too. Let's look together at why this happens and consider how God offers hope and help.

Satisfied? How Jesus Equips Us to Endure in the Wilderness

Lily Christman | Location: Gym Classroom

We all find ourselves in the wilderness from time to time; places where we are longing for something more or are tempted to stray. Join me in investigating how Jesus, the bread of life, helps sustain and satisfy us, no matter what we are facing.

United in Christ: How the Gospel Brings People Together in a Divided World

Jenny Fitch | Location: Mountain View Conference Room

The world seems more divided than ever today, and even the church seems split apart. Join us as we learn about what biblical unity truly is and how we can be unified together.

John 14:1-14

¹ “Let not your hearts be troubled. Believe in God; believe also in me. ² In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? ³ And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. ⁴ And you know the way to where I am going.” ⁵ Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ⁶ Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷ If you had known me, you would have known my Father also. From now on you do know him and have seen him.”

⁸ Philip said to him, “Lord, show us the Father, and it is enough for us.” ⁹ Jesus said to him, “Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? ¹⁰ Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works. ¹¹ Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves.

¹² “Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. ¹³ Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it.



I am the way, the truth, and the life. No one comes to the Father except through me.

John 14:6

I. Take Heart! Your Home is Secure! (vv1-6)

A. Jesus' Leaving is Purposeful

B. Jesus' Leaving is Personal

C. Jesus' Leaving is Relational

II. Take Heart! You Have a New Family! (vv7-11)

III. Take Heart! His Promises are Certain! (vv12-14)

A. His Word

B. Our Prayer

1. In Jesus' Name (priority)

2. For God's Glory (purpose)

C. His Power

John 14:15-31

¹⁵ “If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

¹⁸ “I will not leave you as orphans; I will come to you. ¹⁹ Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. ²⁰ In that day you will know that I am in my Father, and you in me, and I in you. ²¹ Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” ²² Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” ²³ Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. ²⁴ Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.

²⁵ “These things I have spoken to you while I am still with you. ²⁶ But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things 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.



"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..."
John 14:27

I. Jesus Reaffirms His Promise (Where is Your Confidence?)

II. Jesus Guarantees Help (Do You Live Like an Orphan?)

A. The Intimate Presence of God

B. The Divine Instruction of God

C. The Homemaking Work of God

III. Jesus Assures Victory (How Will This All End?)

John 15:1-17

¹ “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 the servant does not know what his master is doing; but I have called you friends, 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.



I. Know the Source of Fruitfulness

II. Remain Attached to the Source of Fruitfulness

A. Abiding

B. Pruning

C. Withering

III. Understand True Fruitfulness

John 16:16-33

¹⁶ “A little while, and you will see me no longer; and again a little while, and you will see me.” ¹⁷ So some of his disciples said to one another, “What is this that he says to us, ‘A little while, and you will not see me, and again a little while, and you will see me’; and, ‘because I am going to the Father?’” ¹⁸ So they were saying, “What does he mean by ‘a little while’? We do not know what he is talking about.” ¹⁹ Jesus knew that they wanted to ask him, so he said to them, “Is this what you are asking yourselves, what I meant by saying, ‘A little while and you will not see me, and again a little while and you will see me’?” ²⁰ Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy. ²¹ When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. ²² So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you. ²³ In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. ²⁴ Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

²⁵ “I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. ²⁶ In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; ²⁷ for the Father himself loves you, because you have loved me and have believed that I came from God. ²⁸ I came from the Father and have come into the world, and now I am leaving the world and going to the Father.”

²⁹ His disciples said, “Ah, now you are speaking plainly and not using figurative speech! ³⁰ Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God.” ³¹ Jesus answered them, “Do you now believe? ³² Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone. Yet I am not alone, for the Father is with me. ³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”



"I have said these things to you, that in me you may have peace. In the world you will have tribulation.
But take heart; I have overcome the world." – John 16:33

I. Have Peace – The Resurrection is Coming

II. Have Peace – You Have Complete Access to the Father

III. Have Peace – Victory is Secure

Scriptures & Other Resources

The Pipelines of Grace:

How the Gospel Grows in Our Everyday Life

Ephesians 2:1-10

¹And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Psalm 1

¹ Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

² but his delight is in the law of the Lord,
and on his law he meditates day and night.

³ He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.

⁴ The wicked are not so,
but are like chaff that the wind drives away.

⁵ Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

⁶ for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Matthew 6:6

⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 18:19-20

¹⁹ Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. ²⁰ For where two or three are gathered in my name, there am I among them.”

Hebrews 10:24-25

²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hearing His Voice

- Journal verses you are meditating on
- Read the Bible in a year
- Make a Bible reading plan through an app listed below
- Regularly share with friends about what you are listening to, reading, studying, memorizing
- Join a Bible study on your campus or at church
- Find a group of friends to memorize a passage with
- Go to the Focus breakout on How to Memorize Scripture

Having His Ear

- Journal to use for prayers and praises
- Prayer Notecards
- Work through concentric circles of praying. Start with yourself, family, friends, community, church, the world at large.
- Start a weekly prayer meeting or attend one at church

Belonging to His Body

- Talk to friends who are involved in their church and why
- Talk to your DM staff about church membership
- Talk to elders at your church about church membership

APPS

- OliveTree - bit.ly/oltr23 (Bible reading)
- ReadScripture - bit.ly/rdscr23 (Bible reading)
- BibleProject - bit.ly/bblprj23 (Bible reading)
- Dwell (Audio Bible) - bit.ly/dwell23 (Bible reading)
- Bible App - bit.ly/bibleapp23 (Bible reading)
- Bible Matters - bit.ly/bblmt23 (Bible study)
- Bible Memory - bit.ly/bblmem23 (Bible memory)
- PrayerMate - bit.ly/prymt23 (Prayer)
- Echo Prayer App - <http://bit.ly/echopr23> (Prayer)

WEBSITES

- www.acts29.com (church membership)

BOOKS

- *Habits of Grace* by David Mathis (Spiritual Disciplines in general)
- *The Tyranny of the Urgent* by Charles Hummel (Spiritual Disciplines in general)
- *A Praying Life* by Paul Miller (Prayer)
- *A Simple Way to Pray* by Martin Luther (Prayer)
- 9 Mark Series (Church Membership)



"We must put ourselves in the pipelines of grace. We don't supply the flow but we can turn on the faucet."
Habits of Grace by David Mathis

I. Gift of Grace (Ephesians 2:1-10)

- A. Gift that is _____
- B. Gift that _____
- C. Gift that _____

II. Habits of Grace

A. *Because God has shown us grace, we can hear his voice (Psalm 1)*

- 1. We meditate because a _____ life is planted by God's word.

- 2. We plant ourselves by God's word when we hear, read, study, and _____ .

B. *Because God has shown us grace, we always have his ear*

- 1. _____ Prayer (Matthew 6:6)

The Pipelines of Grace: How the Gospel Grows in Our Everyday Life (Cont.)

a. Grit/Practicals

b. Gains

2. _____ Prayer (Matthew 18:19-20)

a. Grit/Practicals

b. Gain

C. *Because God has shown us grace, we belong to his body (Hebrews 10:24-25)*

a. Grit

b. Gain

c. The real grit and real gains come with _____

III. Reward of Grace

A. Glory from _____ or glory from _____

IV. Personal Goal

Pick a principal or pipeline from above; God's voice, God's ear or God's people. Pick a habit that you want to make very practical. And answer the questions. And if you need help we have a resource page of ideas!

1) What is it going to be? What often keeps me from doing it or feels gritty about it?

2) Where will I do it? How long?

3) How often? With whom? Who could hold me accountable?

4) What specifically did I learn in this session that would help me be motivated to persevere in this spiritual habit?

5) What gains will I make by doing this?

6) Why might other habits have to be put off in order to make time for this? (shows, FOMO, going to bed earlier, ect...)

V. Cost of Grace



I. Our Uncertainty in Decision Making

II. Our Confidence in Decision Making

God is _____

Jeremiah 29:11 – For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Proverbs 19:21 – Many are the plans in the mind of a man, but it is the purpose of the LORD that will stand.

God is not _____

Psalm 46 – God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea... The Lord of Hosts is with us. The God of Jacob is our fortress.

God will _____

Proverbs 3:5-6 – Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight.

God knows _____

Romans 5:8 – But God shows his love for us in that while we were still sinners, Christ died for us

God has _____

John 3:16 – For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Psalm 16:11 – You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

III. Our Ally in Decision Making

IV. The Practice of Decision Making

Pray

1 John 5:14 – And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

Scriptures

2 Timothy 3:16 – All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

Counsel

Proverbs 11:14 – Where there is no guidance, a people falls but in an abundance of counselors there is safety.

Evaluate

Proverb 16:9 – The heart of man plans his way, but the Lord establishes his steps.

Pray (again)

Decide

V. Case Study

Scriptures & Other Resources

Female by Design

Genesis 1:26-31

²⁶ Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

²⁷ So God created man in his own image, in the image of God he created him; male and female he created them.

²⁸ And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” ²⁹ And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. ³⁰ And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. ³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Genesis 2:4-25

⁴ These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens. ⁵ When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the Lord God had not caused it to rain on the land, and there was no man to work the ground, ⁶ and a mist was going up from the land and was watering the whole face of the ground— ⁷ then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. ⁸ And the Lord God planted a garden in Eden, in the east, and there he put the man whom he had formed. ⁹ And out of the ground the Lord God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

¹⁰ A river flowed out of Eden to water the garden, and there it divided and became four rivers. ¹¹ The name of the first is the Pishon. It is the one that flowed around the whole land of Havilah, where there is gold. ¹² And the gold of that land is good; bdellium and onyx stone are there. ¹³ The name of the second river is the Gihon. It is the one that flowed around the whole land of Cush. ¹⁴ And the name of the third river is the Tigris, which flows east of Assyria. And the fourth river is the Euphrates.

¹⁵ The Lord God took the man and put him in the garden of Eden to work it and keep it. ¹⁶ And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

¹⁸ Then the Lord God said, “It is not good that the man should

be alone; I will make him a helper fit for him.” ¹⁹ Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. ²⁰ The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. ²¹ So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. ²² And the rib that the Lord God had taken from the man he made into a woman and brought her to the man.

²³ Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”

²⁴ Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. ²⁵ And the man and his wife were both naked and were not ashamed. “So for God’s people today, this is the main way we bring life into the world: not by bearing children but by making disciples. Or rather, the call to bear children is part of a bigger mission; we are to model and teach the gospel to any children we are blessed with as part of the call to go and make disciples....”

Quotes

It happens as we speak of Jesus, open up the Bible, or sing his praises to one another. It happens as we teach children at church or around the dinner table, and as we ask questions to draw out the heart of a hurting friend. It happens as we invite people to read the Bible with us or message them to see if they’d like to come to church. It happens as we share what’s encouraged us from the passage at a Bible study or as we praise God for his goodness to us as we chat over how our week’s been on a Sunday. It happens as we pray with and for one another; it happens as we plead with God for Christ’s kingdom to grow and for Christ’s people. And we do it even while the clock is ticking. “Death is at work in us,” Paul tells the Corinthians, “but life is at work in you” (2 Corinthians 4:12). In fact, it’s as though he’s pouring himself out for the gospel, causing the sand to press through the hourglass faster. The mission is huge. And every day counts...

And [each period could become a cause for reflection]. What disciplinemaking have I done this month? Where have I nurtured spiritual life? Have I played a part in bringing new spiritual life into the world? (Jones, Rachel, *A Brief Theology on Periods (Yes Really!)*, p.95-96.)

“Both male and female stereotypes have helped us feel like we don’t fit in, and keep us from discovering and accepting who we are as women...As we align our sense of identity with and femininity to the Word of God and through our relationship with Christ, we learn to embrace our womanhood...”

You have gifts, talents, styles, and propensities that God built and created in you. They are good qualities - and if you have them as a woman, then they are feminine.” (Dykas, Ellen, *Sexual Sanity for Women*, p.193.)



"I praise you because I am fearfully and wonderfully made..." – Psalm 139:14a

I. Female by Design

A. Creation

1. Important Observations:

- a. Equal
- b. Distinct
- c. Purpose
- d. Good

2. Important Interpretations:

- a. God
- b. Mankind
- c. The World

B. Curse

C. Christ

II. Application

A. Live Out Your Purpose

B. Delight in Your Uniqueness

C. Glorify God

Scriptures & Other Resources

When People are BIG and God is Small

Matthew 12:34 & Luke 6:45

The overflow of the heart, the mouth speaks.

Matthew 7:17

Every healthy tree bears good fruit, but the diseased tree bears bad fruit.

John 8:1-11

¹ but Jesus went to the Mount of Olives. ² Early in the morning he came again to the temple. All the people came to him, and he sat down and taught them. ³ The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst ⁴ they said to him, “Teacher, this woman has been caught in the act of adultery. ⁵ Now in the Law, Moses commanded us to stone such women. So what do you say?” ⁶ This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. ⁷ And as they continued to ask him, he stood up and said to them, “Let him who is without sin among you be the first to throw a stone at her.” ⁸ And once more he bent down and wrote on the ground. ⁹ But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. ¹⁰ Jesus stood up and said to her, “Woman, where are they? Has no one condemned you?” ¹¹ She said, “No one, Lord.” And Jesus said, “Neither do I condemn you; go, and from now on sin no more.”]]

Mark 14:66-72

⁶⁶ And as Peter was below in the courtyard, one of the servant girls of the high priest came, ⁶⁷ and seeing Peter warming himself, she looked at him and said, “You also were with the Nazarene, Jesus.” ⁶⁸ But he denied it, saying, “I neither know nor understand what you mean.” And he went out into the gateway and the rooster crowed. ⁶⁹ And the servant girl saw him and began again to say to the bystanders, “This man is one of them.” ⁷⁰ But again he denied it. And after a little while the bystanders again said to Peter, “Certainly you are one of them, for you are a Galilean.” ⁷¹ But he began to invoke a curse on himself and to swear, “I do not know this man of whom you speak.” ⁷² And immediately the rooster crowed a second time. And Peter remembered how Jesus had said to him, “Before the rooster crows twice, you will deny me three times.” And he broke down and wept.

Genesis 12:10-20

¹⁰ Now there was a famine in the land. So Abram went down to Egypt to sojourn there, for the famine was severe in the land.

¹¹ When he was about to enter Egypt, he said to Sarai his wife, “I know that you are a woman beautiful in appearance, ¹² and when the Egyptians see you, they will say, ‘This is his wife.’ Then they will kill me, but they will let you live. ¹³ Say you are my sister, that it may go well with me because of you, and that my life may be spared for your sake.” ¹⁴ When Abram entered Egypt, the Egyptians saw that the woman was very beautiful. ¹⁵ And when the princes of Pharaoh saw her, they praised her to Pharaoh. And the woman was taken into Pharaoh’s house. ¹⁶ And for her sake he dealt well with Abram; and he had sheep, oxen, male donkeys, male servants, female servants, female donkeys, and camels.

¹⁷ But the Lord afflicted Pharaoh and his house with great plagues because of Sarai, Abram’s wife. ¹⁸ So Pharaoh called Abram and said, “What is this you have done to me? Why did you not tell me that she was your wife? ¹⁹ Why did you say, ‘She is my sister,’ so that I took her for my wife? Now then, here is your wife; take her, and go.” ²⁰ And Pharaoh gave men orders concerning him, and they sent him away with his wife and all that he had.

1 Peter 2:21-25

²¹ For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. ²² He committed no sin, neither was deceit found in his mouth. ²³ When he was reviled, he did not revile in return; when he suffered, he did not threaten, **but continued entrusting himself to him who judges justly.** ²⁴ **He himself bore our sins in his body on the tree,** that we might die to sin and live to righteousness. By his wounds you have been healed. ²⁵ For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.

Romans 8:1

“There is therefore now no condemnation for those who are in Christ Jesus!”

1 Peter 2:9-10

⁹ “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. ¹⁰ **Once you were not a people, but now you are God’s people;** once you had not received mercy, but now you have received mercy.”

1 Peter 3:13-14

¹³ Now who is there to harm you if you are zealous for what is good? ¹⁴ But even if you should suffer for righteousness’ sake, you will be blessed. Have no fear of them, nor be troubled,



"The fear of man lays a snare, but whoever trusts in the Lord is safe." – Proverbs 29:25

I. Understanding Our Condition

II. Exposing the Problem: Fruit

THOUGHTS

Replaying a Conversation	
Repeating Positive or Negative Words	
Obsessive Thinking	
Anxious thoughts	
Wallowing	

WORDS

Self-deprecating	
Self-promoting	
Taking credit for what you didn't do	
Tearing others down (gossip or slander)	
Associating with another person	

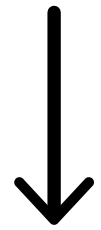
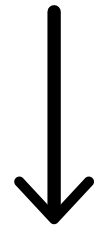
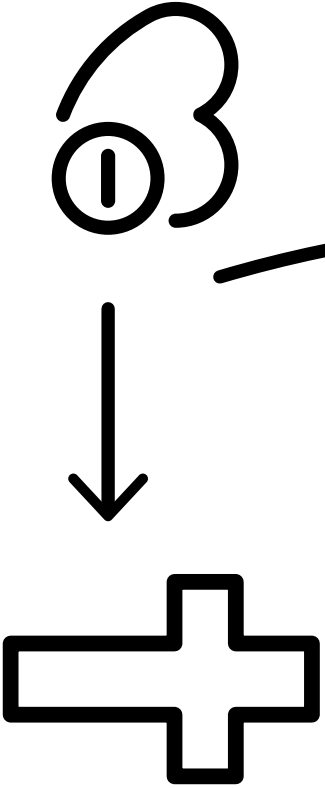
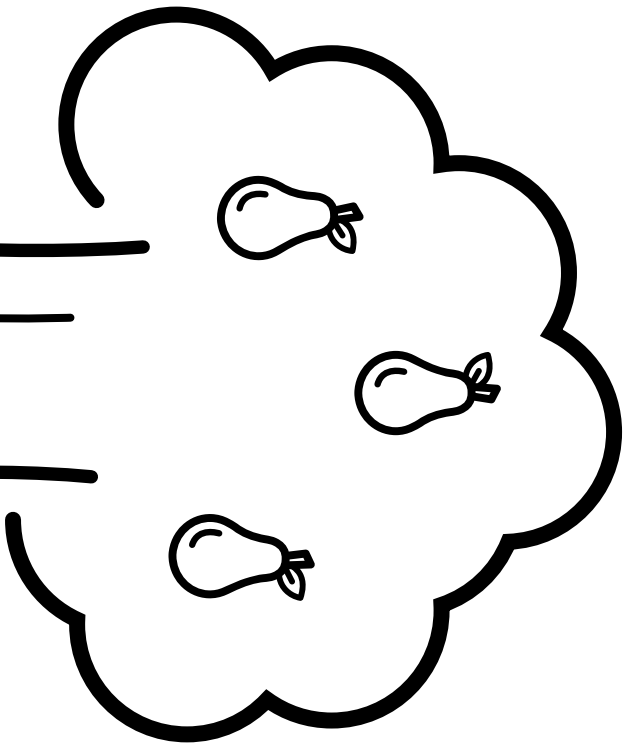
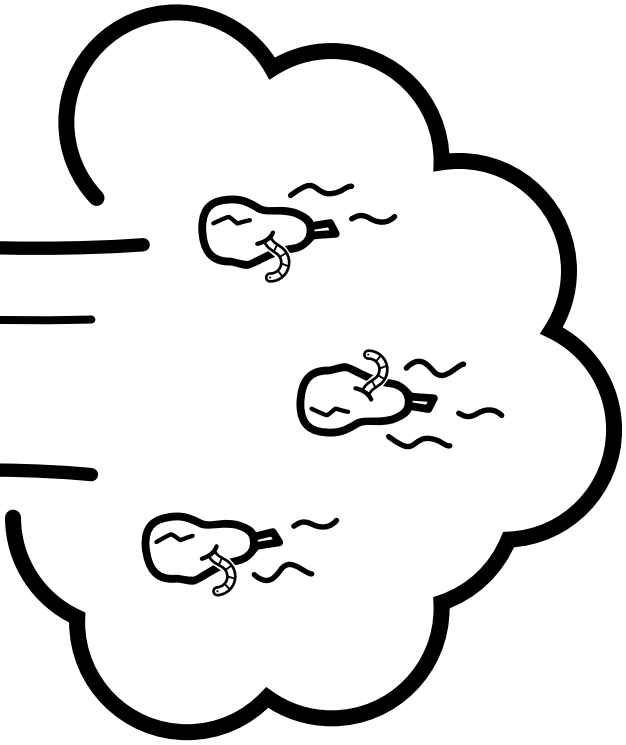
ACTIONS

Over committing	
Lying	
Exaggerating the truth	
Not able to make a decision	
Not caring what others think	

Bad Fruit

Mt. 7:17

Good Fruit



I. Seeing the Source: Heart

1. Fear of Exposure

a. My Sin

b. Other's Sin

2. Fear of Rejection

a. Denying the Things We Love

3. Fear of Hurt

a. Perceived

b. Real

II. Embracing the Solution

III. Living the Truth

Scripture References & Quotes

What You Say Matters: Imaging God in Conversation

2 Corinthians 5:20a

Therefore, we are ambassadors for Christ, God making his appeal through us.

Luke 6:45

“A good man out of the good treasure of his heart brings forth that which is good: and an evil man out of the evil treasure brings forth that which is evil, for out of the abundance of the heart his mouth speaks.”

1 John 4:7-11

⁷ Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. ⁸ Anyone who does not love does not know God, because God is love. ⁹ In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. ¹⁰ In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. ¹¹ Beloved, if God so loved us, we also ought to love one another.

Philippians 2:1-8

¹ So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, ² complete my joy by being of the same mind, having the same love, being in full accord and of one mind. ³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others. ⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

John 11:32-35

³² Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” ³³ When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. ³⁴ And he said, “Where have you laid him?” They said to him, “Lord, come and see.” ³⁵ Jesus wept.

Nehemiah 2:1-2

¹ In the month of Nisan, in the twentieth year of King Artaxerxes, when wine was before him, I took up the wine and gave it to the king. Now I had not been sad in his presence. ² And the king said to me, “Why is your face sad, seeing you are not sick? This is nothing but sadness of the heart.” Then I was very much afraid.

Psalms 34:15

The eyes of the Lord are on the righteous, and his ears are attentive to their cry.

Numbers 11:4-6, 18

⁴ Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, “Oh that we had meat to eat! ⁵ We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. ⁶ But now our strength is dried up, and there is nothing at all but this manna to look at.”

¹⁸ And say to the people, ‘Consecrate yourselves for tomorrow, and you shall eat meat, for you have wept in the hearing of the Lord, saying, “Who will give us meat to eat? For it was better for us in Egypt.” Therefore the Lord will give you meat, and you shall eat.’

James 1:19

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

2 Corinthians 6:11-13

¹¹ We have spoken freely to you, Corinthians; our heart is wide open. ¹² You are not restricted by us, but you are restricted in your own affections. ¹³ In return (I speak as to children) widen your hearts also.

2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Proverbs 18:2

A fool takes no pleasure in understanding, but only in expressing his opinion.

Proverbs 14:10

Each heart knows its own bitterness, and no one else can share its joy.

Quote

“Become an irresistible communication powerhouse.... Maybe you’re trying to make new friends, get that job promotion, be an effective and charismatic leader, or get lucky in love. How you communicate verbally, physically, and online holds the key that will open these doors for you.”

How to Talk to Anyone: Communicate with Confidence and Charisma Using Charm, Banter and Better Small Talk by Lucas Bailey



I. Setting the Foundation

II. Looking Inward

- A. Put off _____
- B. Put on _____ and _____

III. Moving Outward

A. Seven Principles

1. Listen for _____
 - a. Follow emotions and relationships
 - b. Body language
2. Listen for _____
3. Listen without _____
4. Ask _____
5. Reflect _____
6. Balance _____ and _____
7. Share _____

B. Two Warnings

1. Be careful of _____
2. Be careful of _____

What You Say Matters: Imaging God in Conversation (Cont.)

Exercises from *The Six Conversations: Pathways to Connecting in an Age of Isolation and Incivility* by Heather Holleman

How to Grow in Curiosity and Concern for People

1. Begin a conversation with these words “I’m so curious. Tell me about ____”
2. Make a list of people in your life you’d like to grow closer to. What are some things you’d like to know about them? Think of some questions you could ask them.
3. Attempt to ask a question rooted in curiosity to every single person you encounter--even strangers--and see the effect it has on other people (and yourself!). At the end of the day, record the most surprising things you learned.
4. Find out what the people in your life are concerned about. What are their major stressors? What upcoming decisions loom? What are they worried about?

How to grow in sharing your life with others:

1. Think of how you relate to a person’s situation. In conversation you can find common ground with others after they’ve had ample time to share. Instead of interrupting to immediately discuss your life, wait until they have shared thoroughly. You might even ask, ‘Is there more to that story?’...Then it’s your turn. You can begin to share your life by saying, ‘I can relate to that. In fact I recently...’ If that feels too self-focused and not appropriate, remember that you can talk about how another person’s situation feels to you. You can express raw emotion by saying, ‘When you told me that, I felt sad. I don’t know what to say, but I’m glad I’m here with you’
2. On any given day, develop the self-awareness to know three things you’re struggling with, three things you’re celebrating or happy about, and three upcoming decisions or areas of uncertainty.

General Exercises:

1. Ask yourself “What changes when I enter a conversation?”

Fill in the blanks. I hope I bring _____ to a conversation. But I fear I bring _____.

You might ask your friends or coworkers this question and ask them to give you honest feedback. Tell them you are working to improve your communication skills and seek input to learn how others perceive you.

Examples of questions to get to know people:

- What is the most interesting course you have ever taken in school?
- What were you known for in high school? Did you have any nicknames?
- What’s one movie you think everybody should see? What’s a movie nobody should see?
- Whenever you are having a bad day, what’s the best thing you like to do to cheer yourself up?
- What YouTube or TikTok videos do you watch over and over?
- What is your favorite way to procrastinate?
- What’s the story behind your name?
- What is something quirky about you?
- Do you still do anything today that you loved to do as a child?
- What is the first book you remember changing you somehow?



"[There are] inconsolable things, the sins and miseries that will not be eradicated until heaven comes home, the things that only Jesus, and no one of us, can overcome.... We cannot expect to be able to change what Jesus himself has left unfixed at the moment." – Zack Eswine

I. The Condition We Are In

II. The Desires We Have

- A. Fix-it-all

- B. Know-it-all

- C. Everywhere-all

III. The God Who Exists

- A. All Powerful (Omnipotent)

- B. All Knowing (Omniscient)

- C. Everywhere (Omnipresent)

IV. The Savior Who Redeems

Stressed: Why We Can't Do It All (Cont.)

V. The Response We Need

What ways do you need to repent?

Fix-it-all	Know-it-all	Everywhere-all
1.	1.	1.
2.	2.	2.
		3.
<p><i>-What is one thing you feel burdened to fix?</i> <i>-What is one way to pray for that burden?</i> <i>-What's one way that prayer can become a more normal part of life?</i></p>	<p><i>-What is one way you can grow in humility?</i> <i>-What typically stops you from loving the person in front of you?</i> <i>-What is one thing you can do to better love the person in front of you?</i></p>	<p><i>-What is one limitation you often exceed with your body?</i> <i>-What is one thing you can do to live within your body's limitations?</i> <i>-What is one way you can practice appreciating the time God has given you?</i></p>

Scripture and Quotes

Luke 8:22-25

²² One day he [Jesus] got into a boat with his disciples, and he said to them, "Let us go across to the other side of the lake." So they set out, ²³ and as they sailed he fell asleep. And a windstorm came down on the lake, and they were filling with water and were in danger. ²⁴ And they went and woke him, saying, "Master, Master, we are perishing!" And he awoke and rebuked the wind and the raging waves, and they ceased, and there was a calm. ²⁵ He said to them, "Where is your faith?" And they were afraid, and they marveled, saying to one another, "Who then is this, that he commands even winds and water, and they obey him?"

Quote

"Forgetting our place as only human, we grasp for [these divine attributes] and try to make them our own as we live and minister with others. Our worldly and church cultures often applaud this and urge us on. You can be like God! This makes us prone, especially in ministry, to try to do what only God is meant to. The paradox is this: only by surrender to our proper human place can we glorify and enjoy God the way we say we want to and the way he requires.) – Zack Eswine

Omnipotent

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion on the day of Jesus Christ.

Isaiah 55:11

so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Titus 1:2

in hope of eternal life, which God, who never lies, promised before the ages began

Omniscient

Psalms 139:4

Even before a word is on my tongue, behold, O Lord, you know it altogether.

Acts 2:23

this Jesus, delivered up according to the definite plan and foreknowledge of God, you crucified and killed by the hands of lawless men.

Psalms 147:5

Great is our Lord, and abundant in power; his understanding is beyond measure.

Omnipresent

Psalms 139:7-10

⁷ Where shall I go from your Spirit?

Or where shall I flee from your presence?

⁸ If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!

⁹ If I take the wings of the morning

and dwell in the uttermost parts of the sea,

¹⁰ even there your hand shall lead me,

and your right hand shall hold me.

Genesis 26:3

Sojourn in this land, and I will be with you and will bless you, for to you and to your offspring I will give all these lands, and I will establish the oath that I swore to Abraham your father,

Matthew 1:23

“Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel” (which means, God with us).

John 1:14

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Deuteronomy 8:1-20

¹ “The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the Lord swore to give to your fathers. ² And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. ³ And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. ⁴ Your clothing did not wear out on you and your foot did not swell these forty years. ⁵ Know then in your heart that, as a man disciplines his son, the Lord your God disciplines you. ⁶ So you shall keep the commandments of the Lord your God by walking in his ways and by fearing him. ⁷ For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, ⁸ a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, ⁹ a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. ¹⁰ And you shall eat and be full, and you shall bless the Lord your God for the good land he has given you.

¹¹ “Take care lest you forget the Lord your God by not keeping his commandments and his rules and his statutes, which I command you today, ¹² lest, when you have eaten and are full and have built good houses and live in them, ¹³ and when your herds and flocks multiply and your silver and gold is multiplied and all that you have is multiplied, ¹⁴ then your heart be lifted up, and you forget the Lord your God, who brought you out of the land of Egypt, out of the house of slavery, ¹⁵ who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, ¹⁶ who fed you in the wilderness with manna that your fathers did not know, that he might humble you and test you, to do you good in the end. ¹⁷ Beware lest you say in your heart, ‘My power and the might of my hand have gotten me this wealth.’ ¹⁸ You shall remember the Lord your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day. ¹⁹ And if you forget the Lord your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish. ²⁰ Like the nations that the Lord makes to perish before you, so shall you perish, because you would not obey the voice of the Lord your God.



Personal Reflection: Think of a time when you were in a season of wilderness

1. What did you think/feel about yourself?
2. What did you think/feel about the world?
3. What did you think/feel about God?

I. The Wilderness

A. Discuss: What did God do to/for the people in the wilderness?

B. Notes:

II. His Command

A. Discuss:

1. What is the purpose of the Command?
2. How many times is the idea of remembering/forgetting mentioned?
3. How do you think it connects to the idea of command?

B. Notes:

III. Our Hope

John 6:32-35, 40 – *Jesus said to them, Truly, truly I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world... I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.*

Satisfied? How Jesus Equips Us to Endure in the Wilderness (Cont.)

Wilderness #1

Case Study: Lily: “I first found Deuteronomy 8 about a year ago. I was struggling with my food restrictions, and feeling like I kept eating the things that made me sick. My sister in law asked me if I truly believed that the Spirit in me was stronger than the power of the flesh, my desires. Did I really believe that man does not live from bread alone but from every word that comes from the mouth of the Lord? And as I read this passage I noticed that like the Israelites I often feared that the Lord was not going to provide for me... Will the manna come? Is his command worth following? Will it actually lead to life?”

Where am I currently feeling tested?

In what areas do I fear the Lord is not going to provide?
In what ways?

Where, apart from the Lord, am I trying to find satisfaction in? What does the Bible say I should find satisfaction in?

What promises of God am I tempted to ignore? What are they?

How can I practice remembering that I do not live by bread alone, but by every word that comes from the mouth of the Lord. What Scriptures come to mind?

Wilderness #2

Case Study: Jesus: Matthew 4: Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, He was hungry. The tempter came to Him and said, “If You are the Son of God, tell these stones to become bread.” But Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

What were Jesus’ circumstances in this passage?

What circumstances do you find yourself in?

What is Satan trying (and failing) to make Jesus question?

How am I questioning God? What character traits of God am I struggling to believe to be true?

See if you can find some scriptures to
Remind you of God’s character
Remind you of the way you are called to be
Remind you of who God says you are



“The unity of the church is as indestructible as the unity of God himself.
It is no more possible to split the church than it is possible to split the Godhead.” – John Stott

I. The Foundation of Biblical Unity (v. 4-6)

II. The Practice of Biblical Unity (v. 1-3)

A. Inner character

B. Outer behavior

III. The Hope for Biblical Unity

The Frame: put off pride, harshness and impatience and put on humility, gentleness and patience

Help, I'm feeling offended:

Pause	Pray	Pursue or Put Away
<p>James 1:19 – Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger</p>	<p>Matthew 6:8b – “your Father knows what you need before you ask him.”</p> <p>Romans 8:26 – “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.</p>	<p>Proverbs 19:11 – “Good sense makes one slow to anger, and it is his glory to overlook an offense.”</p> <p>Psalms 103:12 – “as far as the east is from the west, so far does he remove our transgressions from us.”</p> <p>Ephesians 4:26–27 – “²⁶ Be angry and do not sin; do not let the sun go down on your anger,²⁷ and give no opportunity to the devil.”</p>
<p>Pause in your conversation or ask if you could talk about it the next day</p>	<p>Pray for wisdom in your conversation or during your break, pray for deeper understanding about the conflict</p>	<p>If you only know them online: will my response bring glory to God and build up the Universal Church? If no, then put away</p>
<p>Pause with a purpose to think more about why you're feeling hurt</p>	<p>Pray for discernment: is what they're saying truly wrong or is that my interpretation of what they're saying?</p>	<p>Put away if you can genuinely forgive them and if this is a “first offense” (disclaimer: putting away does not mean ignoring sin)</p>
<p>Pause and quit that app!</p>	<p>Pray for this person and ask God to help you assume the best</p>	<p>Pursue before the weeds rise up and choke it all; text and meet up IRL; address how you've been feeling with all humility, gentleness and patience, bearing with them in love, eager to maintain your Trinitarian unity</p>

Case Study #1:

You wake up feeling sad, and turn over in bed to see your roommate still asleep. You quickly dress, grab your things and head out the door. Yet again, you and your roommate had an argument before going to sleep. It was an argument about something that feels so silly now, but in the moment felt so important. *What do I do*, you wonder as you head to the dining hall. We keep fighting. I wanted to room with her *because we're both on leadership team in the Christian fellowship, and I thought we were really good friends, but I guess I was wrong. Maybe I'll ask Res Life if I can change roommates.*

Case Study #2:

It's that time of year again: Valentine's Day. Although you're not in a romantic relationship and that feels hard for you this year, you're thankful for learning from your Christian fellowship staff about Jesus and His love for you. Determined to make Valentine's Day about Jesus, you decide to purchase a dozen roses for the ladies in your bible study, to hand out as a reminder that God loves them. You show up to bible study with these flowers, and see your co-leader, another student leader in the fellowship. "Hey!" you say, "Happy Valentine's Day! God loves you!" and you offer her a rose. She looks at you with shock, and says, "I hate roses. I hate this stupid day!" and she storms off. In tears, you sit down, wondering what to do.

Case Study #3:

You open up Instagram on your phone and start scrolling. It's been a long day. Bored of what you see, you click on your stories, and the first one is your best friend from high school. What she shares in her stories makes your mouth drop. You put your phone down. *Did she mean to say what she just said? I didn't realize she felt that way about that hot topic.* You pick up your phone and watch the story again. *I've never heard her talk this way before. Does she really mean this?*

Scriptures References

Saturday Morning Quiet Time

John 13

¹³ Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. ² During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, ³ Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, ⁴ rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. ⁵ Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, "Lord, do you wash my feet?" ⁷ Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." ⁸ Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." ⁹ Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" ¹⁰ Jesus said to him, "The one who has bathed does not need to wash, except for his feet,[a] but is completely clean. And you[b] are clean, but not every one of you." ¹¹ For he knew who was to betray him; that was why he said, "Not all of you are clean."

¹² 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 to you? ¹³ You call me Teacher and Lord, and you are right, for so I am. ¹⁴ If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵ For I have given you an example, that you also should do just as I have done to you. ¹⁶ Truly, truly, I say to you, a servant[c] is not greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ If you know these things, blessed are you if you do them. ¹⁸ I am not speaking of all of you; I know whom I have chosen. But the Scripture will be fulfilled,[d] 'He who ate my bread has lifted his heel against me.' ¹⁹ I am telling you this now, before it takes place, that when it does take place you may believe that I am he. ²⁰ Truly, truly, I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me."

²¹ After saying these things, Jesus was troubled in his spirit, and testified, "Truly, truly, I say to you, one of you will betray me." ²² The disciples looked at one another, uncertain of whom he spoke. ²³ One of his disciples, whom Jesus loved, was reclining at table at Jesus' side,[e] ²⁴ so Simon Peter motioned to him to ask Jesus[f] of whom he was speaking. ²⁵ So that disciple, leaning back against Jesus, said to him, "Lord, who is it?" ²⁶ Jesus answered, "It is he to whom I will give this morsel of bread when I have dipped it." So when he had dipped the morsel, he gave it to Judas, the son of Simon Iscariot. ²⁷ Then after he had taken the morsel, Satan entered into him. Jesus said to him, "What you are going to do, do quickly." ²⁸ Now no one at the table knew why he said this to him. ²⁹ Some thought that, because Judas had the moneybag, Jesus was telling him, "Buy what we need for the feast," or that he should give something to the poor. ³⁰ So, after receiving the morsel of bread, he immediately went out. And it was night.

³¹ When he had gone out, Jesus said, "Now is the Son of Man glorified, and God is glorified in him. ³² If God is glorified in him, God will also glorify him in himself, and glorify him at once. ³³ Little children, yet a little while I am with you. You will seek me, and just as I said to the Jews, so now I also say to you, 'Where I am going you cannot come.' ³⁴ A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. ³⁵ By this all people will know that you are my disciples, if you have love for one another."

³⁶ Simon Peter said to him, "Lord, where are you going?" Jesus answered him, "Where I am going you cannot follow me now, but you will follow afterward." ³⁷ Peter said to him, "Lord, why can I not follow you now? I will lay down my life for you." ³⁸ Jesus answered, "Will you lay down your life for me? Truly, truly, I say to you, the rooster will not crow till you have denied me three times."

John 12:6

⁶ He said this, not because he cared about the poor, but because he was a thief, and having charge of the moneybag he used to help himself to what was put into it.

John 12:27,28

²⁷ "Now is my soul troubled. And what shall I say? 'Father, save me from this hour?' But for this purpose I have come to this hour. ²⁸ Father, glorify your name."

Hebrews 4:15,16

¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.



“Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.” – Hebrews 12:3

No one knows how to endure better than Jesus. He is our greatest help in suffering. What did Jesus' endurance look like the night before he gave up his life? How can he help you endure in the midst of your suffering? Let's look back at chapter 13 of John. Read the chapter for yourself from the text provided on page 40, and refer to the Scripture references below.

Jesus knew this was his last meal with his disciples. (vs. 1) He knew that he was in control of all that would transpire. (vs. 3) He knew that Judas had been pilfering from the money bag and that he would betray him for the price of a slave. (12:6; 13:2) He knew the chief priests would condemn, abuse, torture, and crucify him. He knew Peter would deny him 3 times when he needed his loyalty the most. (vs. 37,38) How did Jesus endure it? How can he help us endure our suffering?

It is so tempting to be self-consumed when faced with suffering. But not Jesus. Fully knowing what he was facing, he chose to endure by loving his friends (vs. 1) and teaching them to love each other (vs. 34). What did this look like?

1. Though he was their Teacher and Lord, he took on the demeaning role of a lowly servant and washed their dirty, defiled feet. (vs. 4-11) *He can help us get our focus off our pain and onto others by serving them in love.* (vs. 12-17) *This helps us to endure.*
2. He prepared them for the difficulty ahead so that when their faith was tested, they would pass the test. (vs. 19) *His Word prepares us to stand firm in our faith when trials come.*
3. He was patient with those who didn't understand what was happening (vs. 21-30) and who abandoned him in his pain. (vs. 36-38) *He can help us be patient with those who don't understand our suffering and leave us feeling abandoned.*
4. He loved even his enemy (Judas) by humbly washing his feet and offering him bread at dinner, a gesture of friendship/fellowship. (vs. 5,26,27,30) *So, he can help us love our enemies by serving them and moving towards them. This is endurance.*
5. The disciples were distressed that they could no longer go with Jesus. He assured them that his ministry would continue on through them and that it would be intimately connected with himself and his Father. (vs. 20) People would recognize Jesus in them when they saw the disciples love each other. (vs. 35) *We can be assured that Jesus and the Father are at work as we love others, and knowing this will help us endure.*
6. Jesus did not focus on being rescued out of his suffering as we almost always are tempted to do. His focus was on glorifying God in and through his suffering. Look at what he says in the previous chapter, John 12:27,28. Jesus understands the pain of suffering and is there to comfort us. But he can also help us look deeper at the meaning behind our suffering. *He can help us take our eyes off of escaping the suffering and help us see how God might be using our suffering to bring glory to himself.* (v. 31,32) *When we see meaning in our suffering, it can help us to endure.*

As you consider Jesus in this passage, in what ways might he help you to endure the suffering in your life? How might God be glorifying himself through it? (Hebrews 4:15,16)

Scriptures References

Sunday Morning Quiet Time

John 15:18-16:5

¹⁸ “If the world hates you, know that it has hated me before it hated you. ¹⁹ If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. ²⁰ Remember the word that I said to you: ‘A servant is not greater than his master.’ If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. ²¹ But all these things they will do to you on account of my name, because they do not know him who sent me. ²² If I had not come and spoken to them, they would not have been guilty of sin, but now they have no excuse for their sin. ²³ Whoever hates me hates my Father also. ²⁴ If I had not done among them the works that no one else did, they would not be guilty of sin, but now they have seen and hated both me and my Father. ²⁵ But the word that is written in their Law must be fulfilled: ‘They hated me without a cause.’

²⁶ “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me. ²⁷ And you also will bear witness, because you have been with me from the beginning.

¹⁶ “I have said all these things to you to keep you from falling away. ² They will put you out of the synagogues. Indeed, the hour is coming when whoever kills you will think he is offering service to God. ³ And they will do these things because they have not known the Father, nor me. ⁴ But I have said these things to you, that when their hour comes you may remember that I told them to you.

“I did not say these things to you from the beginning, because I was with you. ⁵ But now I am going to him who sent me, and none of you asks me, ‘Where are you going?’ ⁶ But because I have said these things to you, sorrow has filled your heart. ⁷ Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. ⁸ And when he comes, he will convict the world concerning sin and righteousness and judgment: ⁹ concerning sin, because they do not believe in me; ¹⁰ concerning righteousness, because I go to the Father, and you will see me no longer; ¹¹ concerning judgment, because the ruler of this world is judged.

¹² “I still have many things to say to you, but you cannot bear them now. ¹³ When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. ¹⁴ He will glorify me, for he will take what is mine and declare it to you. ¹⁵ All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

Acts 5:40-42

⁴⁰ ...and when they had called in the apostles, they beat them and charged them not to speak in the name of Jesus, and let them go. ⁴¹ Then they left the presence of the council, rejoicing that they were counted worthy to suffer dishonor for the name. ⁴² And every day, in the temple and from house to house, they did not cease teaching and preaching that the Christ is Jesus.



Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you." – Matthew 5:11,12

Yesterday morning we observed how Jesus endured his impending suffering and how he can help us endure our suffering. This morning we are going to look at a particular kind of suffering, namely persecution, which all real disciples of Christ will face. True to his nature, Jesus graciously offers us help in this form of suffering too. Read John 15:18-16:15 in your packet.

What does "the world" mean in this passage? It is the belief system and behaviors of those who buy into Satan's lies and oppose God's truth. Read 15:18-21 again. Why would "the world" hate Jesus' disciples?

Read John 16:1-4. Except for Judas and John, the 12 Disciples were martyred. Last Spring, in a Muslim area of Nigeria, Deborah Yakubu was stoned and her body burned by fellow university classmates for posting her thankfulness to Jesus for a successful semester.

If you are a disciple of Jesus, you may have been falsely accused, mocked, shamed or rejected because you follow him. Recently, an increasing number of Christians in the US have lost jobs, been silenced, fined, arrested and had their lives threatened because they follow Christ. The idea of being persecuted may trigger fear in us and a temptation to disengage from Jesus. Yet, does anyone have a legitimate excuse for rejecting Christ? Why or why not? (See John 15:22-25).

Jesus understands our fears. He is intimately acquainted with persecution. He gives 2 reasons in John 16:1-4 for addressing these things with his disciples. What are they?

Read John 16:4-11 again. Jesus promises to send a Helper to his disciples. The Greek word "Helper" is a legal term. It means "Counselor" (as in Attorney) or "Advocate". He defends and advocates for us in the courtroom of our persecution. Read 15:26,27 As we bear witness/testify of Christ to those around us with words of truth from the Scriptures and our changed lives, our Helper (the Holy Spirit) bears witness/testifies by convicting hearts. He convicts them:

- of sinful unbelief – 16:8,9
- that being right with God comes only through faith in the death and resurrection work of Christ – 16:8,10, and
- that his death and resurrection defeated Satan and freed us from his lies and deceit – 16:8-11

How else does our Helper enable Jesus' disciples to combat Satan's lies and deceit? Read 16:12-15. He helps us understand the Father's words to Jesus and to us. It's critical that we study God's Word so the Spirit can equip us with God's truth. Our Helper also gives us *hope* for the future. Jesus promised that if we are persecuted because of him, he has a *great reward* in heaven waiting for us! (See Matthew 5:11,12 at the top of the page.) It is an honor and joy to be considered worthy to endure for Jesus who endured so much for us! (Acts 5:40-42)