

WORKSHEET: CHAPTER 10

***HEALING THE PAST GOD'S WAY
THE PROBLEM OF PAIN***

MEMORY VERSE

All Scripture is breathed out by God and profitable for teaching,
for reproof, for correction, and for training in righteousness,
that the man of God may be competent, equipped for every good work.
2 Timothy 3:16 & 17

VARIOUS DISCIPLINES:

MEDITATION: Meditating on Scripture is a great way to daily enter into God's presence, learning who God is and learning who I am in Christ. It is not as intensive as a Bible study, but spending *daily* time in God's Word will have an eternal impact on who you are and how you live.

As you work through a passage of Scripture, consider these questions as you meditate on the verses. Journal out your observations and consider how God wants you to make changes in your life.

is there a *new thought* or learning about God's character?
is there an *example* to follow?
is there a *command* to obey?
is there a *promise* to claim?
is there an *error* to avoid?
is there a *sin* to confess?

Use Jeremiah 17:3 – 8 as your passage for the week.

PRAYER: Use the ACTS model for your prayer time for the next week.

Adoration is praise and worship of who God is. **Confession** and repentance, as a daily component of your relationship with God, is an inventory of your heart - agreeing with God about your sin, being broken over your sin, asking God to forgive your willful sin and turning in repentance away from your sin. **Thanksgiving** is a daily gratitude for what God does in every area of your life. **Supplication** is your confession of need and utter dependence on God, for everything.

A - ADORATION

C - CONFESSION

T - THANKSGIVING

S – SUPPLICATION

Give ear to my words, O Lord; consider my groaning.
Give attention to the sound of my cry, my King and my God,
for to you do I pray. O Lord, in the morning you hear my voice;
in the morning I prepare a sacrifice for you and watch.
Psalm 5:1 - 3

FELLOWSHIP: The Scriptures clearly teach us that we are to “practice” exhortation daily.

With that in mind, look for any opportunity throughout a day to spontaneously add exhortation (fellowship) to the people God places around you. Don’t force it or make it something you check off each day. Remember that the practice of the discipline is intended to grow and stretch you in your relationship with the Lord. The daily practice is intended to make it second nature. Pour into those God places around you and enjoy what God pours into you.

Journal your experiences a couple of times throughout the week. Make sure to take note of your natural inclinations and notice how God is helping you to use your talents and abilities to encourage, exhort, train and so on the people around you.

Here are types of fellowship, note these definitions:

EXHORTATION: To exhort is to plead, to urge insistently, to be single-minded and enthusiastic. It is the act of desiring someone’s best by pointing them urgently toward the things of God.

TRAINING: To train someone is to pour into them the truths of God. It is to enable them, with the strong foundation of God’s Word, to build their lives upon the Rock of Jesus so that they can live lives pleasing to Him and teach others also what they have learned.

CORRECTION: To correct someone is to stand alongside of them and point out a wrong decision or a continuous sin in their lives for the sole purpose of loving them back to the truth. It must be done in the spirit of humility lest we too fall.

ENCOURAGEMENT: Though similar to an exhortation, encouragement practices the act of shoring up or coming alongside of someone for a period of time to help bear the weight of their burden.

REPROOF: This is more than correction for a sin; it is a refuting of a wrong belief or a stubborn refusal to turn from a false teaching.

EDIFICATION: To edify is to strengthen, to prepare and to shore up so that a brother or sister in Christ can grow in his/her walk to the glory of God. It is about taking what God has poured into you and passing it along to another.