



WOMEN'S TRAINING DAY

Who
is our
GOD



MARS HILL CHURCH

12.01.07 BALLARD CAMPUS

Schedule for the day:

CHECK-IN/REGISTRATION (COFFEE, FRUIT AND PASTRIES)

8:30

4 WELCOME/SESSION 1 - WHAT IS THEOLOGY AND WHY SHOULD I CARE?

WENDY ALSUP

9:00-9:50

6 SESSION 2 - GOD IS OUR FATHER

CRYSTAL MUNSON

10:00-11:50

8 SESSION 3 - GOD IS OUR SAVIOR

KELLY COWAN

11:00-11:50

2 LUNCH (ON YOUR OWN - SEE RESTAURANT GUIDE)

11:50-1:20

10 SESSION 4 - GOD IS OUR HELP

AMY LOCKMAN

1:20-2:10

12 SESSION 5 - WHAT DO I DO NOW?

WENDY ALSUP

2:20-3:00

COMMUNION

3:00-3:05

CLOSING REMARKS

WENDY ALSUP

3:05

Restaurants within 1 mile of Mars Hill

Below are several restaurants in the Ballard and Fremont areas (the neighborhoods on either side of Mars Hill Church). All restaurants have been tested and approved by members of the Mars Hill Church staff.

WEST OF CHURCH: BALLARD

Jolly Roger Taproom

1514 NW Leary Way

206.782.6181

Great Northwest beer brewed on site, with burgers, fabulous fries and other pub food. This is the closest pub to the church, just ½ block West on Leary Way – easy walk. THIS IS A BREW PUB – OUT OF RESPECT FOR OUR NEIGHBORS, PLEASE DO NOT GO HERE UNLESS YOU INTEND ON EATING HEARTILY AND ORDERING AT LEAST ONE BREW!

Open: 11:00am – 11:00pm Price Info: \$10 & under

Bad Albert's Tap & Grill

5100 Ballard Ave NW (98107)

206.782.9623

Lots of beer, better than typical pub-grub menus, not better atmosphere than typical one room pub. Street parking in “old” Ballard.

Open: 11am – 2:00am Price Info: \$10 & under depending if your drinking.

King's Hardware

5225 Ballard Ave NW (98107)

206.782.0027

A favorite with Mars Hillians. Funky outdoors décor, great burgers, amazing sweet potato fries, happy hour 6-8pm. Pool & ski ball too! MH Favorite bigtime.

Open: 11:30am – 12:00pm Price Info: \$10 & under

Madame K's

5327 Ballard Ave NW (98107)

206.783.9710

Awesome, unique pizza as well as unique atmosphere (restaurant was a former brothel in the 1800's - they've kept that theme). Good service, but food can be slow- can get very busy. Street parking in “old” Ballard.

Open: 5:00pm – 10:00pm Price Info: Average gourmet pizza prices.

India Bistro

2301 NW Market St. (98107)

206.783.5080

An Indian-food-lover's paradise. Casual dining, good value, good service, street parking.

Open: 11:30am – 3pm, 5pm – 9:30pm Price Info: \$20 & under

The Other Coast Cafe

5315 Ballard Ave NW (98107)

206.789.0936

Seriously the best subs you will ever eat. Signature sandwiches or build your own. Great value, good service – walk up and order. No plastic, but ATM inside. Small unimpressive dining room, better to take-out. Can get very busy. Street parking in “old” Ballard.

Open: 10:30am – 7:00pm Price Info: \$15 & under depending on sub size

Lockspot Cafe

3005 NW 54th St. (98107)

206.789.4865

Best fish and chips anywhere. Next to the famous Ballard Locks. Can be smoky, good for take-out. Full bar available.

Open: 11am – 10:00am Price Info: \$15 & under

EAST OF CHURCH: FREMONT

Hales Ales

4301 Leary Way NW (98107)

206.706-1544

They make their own brew and we love these guys. It's big and lots of space for groups.

Brouwer's

400 North 35th Street (corner of 35th and Phinney) (98107)

206.267.Bier

This is a gastro-pub. Great Belgian & American food, 50 plus beers on tap, many of which are Belgian & German. Good for groups up to 8 unless previously arranged. Large space though and a huge MH favorite.

Open: 11:00am – 2:00pm Price Info: \$15 & under

Baja Fresh

601 N 34th St. (98107)

206.545.1101

No lard! Great Mexican, way above fast food – and like the name says, it's fresh! Street parking - may have to pay to park.

Open: 11:00am – 9:00pm Price Info: \$10 & under

Chillies Paste Thai Cuisine

119 N 36th St (98103)

Delicious Thai in Fremont

Open: 11:00am – 10:00pm Price Info: \$8 - \$12 & under

God is our Father

Crystal Munson

2 Corinthians 6: 18 "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

John 1:12 Yet to all who received him, to those who believed in his name, he gave the right to become children of God

- **Our Father is sovereign, compassionate, and wise.**

Matthew 10:29 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father.

Psalms 135 ⁶The LORD does whatever pleases him, in the heavens and on the earth, in the seas and all their depths.

Isaiah 46 ⁹ Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me. ¹⁰ I make known the end from the beginning, from ancient times, what is still to come. I say: My purpose will stand, and I will do all that I please. ¹¹ From the east I summon a bird of prey; from a far-off land, a man to fulfill my purpose. What I have said, that will I bring about; what I have planned, that will I do.

Ephesians 1:4, 9-11 For he chose us in him before the creation of the world to be holy and blameless in his sight... ⁹And He made known to us the mystery of His will according to His good pleasure, which He purposed in Christ, ¹⁰to be put into effect when the times will have reached their fulfillment--to bring all things in heaven and on earth together under one head, even Christ. ¹¹In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will,

2 Thessalonians 2:13 "But we ought always to thank God for you, brothers loved by the Lord, because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth."

2 Timothy 1:9 "who has saved us and called us to a holy life--not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time,"

Ephesians 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Proverbs 16:4 The LORD works out everything for his own ends- even the wicked for a day of disaster.

Genesis 50:20 (Words of Joseph to his brothers) You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Proverbs 16:33 The lot is cast into the lap, but its every decision is from the LORD .

Job 14:5 Man's days are determined; you have decreed the number of his months and have set limits he cannot exceed.

Psalms 103:13 As a father has compassion on his children, so the LORD has compassion on those who fear him;

Proverbs 14:26 He who fears the LORD has a secure fortress, and for his children it will be a refuge.

Matthew 6:30-32 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them.

Romans 11:33 (ESV) Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!

1 Corinthians 1:25 (ESV) For the foolishness of God is wiser than men, and the weakness of God is stronger than men.

- **Our Father has adopted us into His family.**

Romans 8

¹Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. ...¹²Therefore, brothers, we have an obligation--but it is not to the sinful nature, to live according to it. ¹³For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, ¹⁴because those who are led by the Spirit of God are sons of God. ¹⁵For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." ¹⁶The Spirit himself testifies with our spirit that we are God's children. ¹⁷Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. ...¹⁹The creation waits in eager expectation for the sons of God to be revealed ...²²We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. ²³Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. For in this hope we were saved.

Ephesians 1

³Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will-- ⁶to the praise of his glorious grace, which he has freely given us in the One he loves.

1 Peter 1:3-4 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that can never perish, spoil or fade--kept in heaven for you,

- **Our Father disciplines us.**

Proverbs 3:11-12 ¹¹ My son, do not despise the LORD's discipline and do not resent his rebuke, ¹² because the LORD disciplines those he loves, as a father ^[a] the son he delights in.

There is a difference in discipline and punishment. Once God's wrath is fulfilled, all else toward me is mercy.

Proverbs 15:5 ⁵ A fool spurns his father's discipline, but whoever heeds correction shows prudence.

Revelation 3:19 (NASB) ¹⁹^(A) Those whom I love, I reprove and discipline; therefore be zealous and ^(B)repent.

Hebrews 12 (NIV) ⁵ And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, ⁶because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." ⁷Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? ⁸If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. ⁹Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! ¹⁰Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. ¹¹No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

- **Our Father wants us to communicate with Him.**

Ephesians 3:12 In him and through faith in him we may approach God with freedom and confidence.

Romans 5:2 through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.

Matthew 6:9 "This, then, is how you should pray: Our Father in heaven, hallowed be your name"

Hebrews 4:15-16 (ESV) 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. 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.

- **Our Father loves us and nothing can change that.**

John 3:16 (ESV) "For God so loved the world, ^[a] that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 15:13 Greater love has no one than this, that someone lays down his life for his friends.

Romans 8:35-39 (ESV) Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

God is our Savior

Kelly Cowan

- **Jesus is God.**

John 1 ¹In the beginning was the Word, and the Word was with God, and the Word was God. ...¹⁴The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only,^[1] who came from the Father, full of grace and truth.

John 10 ³⁰I and the Father are one."

Hebrews 1: 3 (NIV) The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word,

- **Our God died for us.**

1 Peter 3 ¹⁸For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit,

Romans 5:8 (ESV) but God shows his love for us in that while we were still sinners, Christ died for us.

2 Corinthians 5 ²¹God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

- **We are in union with Jesus and find our identity in Him.**

- **He is the Vine and we are the branches. We are rooted in Him.**

John 15 ¹ "I am the true vine, and My Father is the vinedresser. ²Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. ³You are already clean because of the word which I have spoken to you. ⁴ Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. ⁵"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. ⁶ If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned. ⁷If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. ⁸By this My Father is glorified, that you bear much fruit; so you will be My disciples.

Colossians 2 ⁶So then, just as you received Christ Jesus as Lord, continue to live in him, ⁷rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

⁸See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

⁹For in Christ all the fullness of the Deity lives in bodily form, ¹⁰and you have been given fullness in Christ, who is the head over every power and authority.

Eph. 3 ¹⁴For this reason I kneel before the Father, ¹⁵from whom his whole family^[1] in heaven and on earth derives its name. ¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

²⁰Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

o **He is the Head and we are His body.**

Colossians 1 ¹⁸And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.

Colossians 1 ²⁴Now I rejoice in what was suffered for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church.

I Cor. 10 ¹⁶Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? ¹⁷Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf.

I Cor. 12 ²⁷Now you are the body of Christ, and each one of you is a part of it.

Ephesians 4 ¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit--just as you were called to one hope when you were called-- ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all. ...¹¹It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to prepare God's people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

▪ **Our God is our example.**

Philippians 2 NAS ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others. ⁵Have this attitude in yourselves which was also in Christ Jesus, ⁶who, although He existed in the form of God, did not regard equality with God a thing to be grasped, ⁷but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. ⁸Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. ⁹For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, ¹⁰so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth.

God is our Help

Amy Lockman

- **The Spirit lives in all who believe.**

John 14:17 (ESV) 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.

Romans 8:9 (ESV) You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

1 Corinthians 6 ¹⁹Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

- **He guides us into all truth.**

John 16 ¹²"I have much more to say to you, more than you can now bear. ¹³But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will bring glory to me by taking from what is mine and making it known to you.

Deposit

Money lodged with a party as earnest or security for the performance of a duty assumed by the person depositing.

- **He is our Comforter/Counselor/Helper.**

John 14 ¹⁵"If you love me, you will obey what I command. ¹⁶And I will ask the Father, and he will give you another **Counselor** to be with you forever-- ¹⁷the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. ¹⁸I will not leave you as orphans; I will come to you. ... ²⁶But the **Counselor**, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

John 16:6-8 (ESV) ⁶But because I have said these things to you, sorrow has filled your heart. ⁷Nevertheless, 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. ⁸And when he comes, he will convict the world concerning sin and righteousness and judgment:

Guarantee

Something that assures a particular outcome or condition; a promise or an assurance, especially one given in writing, that attests to the quality or durability of a product or service; a pledge that something will be performed in a specified manner.

- **He is the deposit/seal/guarantee of our future inheritance.**

Ephesians 1 ¹³In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, ¹⁴who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

Seal

To set or affix a seal to; hence, to authenticate, confirm, or establish; as, to seal a deed. Also to shut close; to keep close; to make fast; to keep secure or secret.

What do I do now?

Wendy Alsup

- **Take our thoughts captive.**

2 Corinthians 10:5 (ESV) We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

- **Fix our eyes on Jesus and meditate on the truth. Let meditation on the truth start to push out and replace Satan's lies to us about our God and ourselves.**

Isaiah 26:3 (ESV) You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Colossians 3:1-2 (ESV) If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

Psalms 77:12 (ESV) I will ponder all your work, and meditate on your mighty deeds.

- **Commune with Him through prayer and Bible study of our own.**

Hebrews 4:16 (ESV) 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.

Hebrews 10:19-22 Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Philippians 4:6-7 (ESV) Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Jeremiah 23:29 "Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?"

Psalms 73: 25-26 (ESV) Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Jesus Through Scripture

The WORD

Heb. 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Jeremiah 23:29 "Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?"

Gr. *logos*

2 Timothy 3:16-17 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

- teaching—what is right
- rebuking—what is wrong
- correcting—how to make it right
- training in righteousness—how to keep it right

What does Scripture say about itself?

Deut. 4:2 Do not add to what I command you and do not subtract from it, but keep the commands of the Lord your God that I give you.

Isaiah 55:11 ...so is my word that goes out from my mouth: it will not return to me empty, but will accomplish that I desire and achieve the purpose for which I sent it.

Mt. 5:18 (ESV) For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished.

Hebrews 4:12 (ESV) For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

How Jesus viewed Scripture

Jesus claimed that all Scriptures, including the Law, the Prophets, and the Psalms were fulfilled in Him

Luke 24:25 And He said to them, "O foolish men and slow of heart to believe in all that the prophets have spoken! "Was it not necessary for the Christ to suffer these things and to enter into His glory?" Then beginning with Moses and with all the prophets, He explained to them the things concerning Him in all the Scriptures.

John 5:38 "You do not have His word abiding in you, for you do not believe Him whom He sent. "You search the Scriptures because you think that in them you have eternal life, it is these that testify about Me; and you are unwilling to come to Me so that you may have life.

Luke 24:44-49 Now He said to them, "These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled. Then He opened their minds to understand the Scriptures, and He said to them, "Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem. "You are witnesses to these things. "And behold, I am sending forth the promise of My Father upon you; but you are to stay in the city until you are clothed with power from on high."

The Scarlet Thread: Jesus through Scripture

- Adam and Eve

- Cain and Abel

- Noah

- Abraham

Luke 1 ⁶⁷His father Zechariah was filled with the Holy Spirit and prophesied:

⁶⁸"Praise be to the Lord, the God of Israel, because he has come and has redeemed his people.

⁶⁹He has raised up a horn^[4] of salvation for us in the house of his servant David ⁷⁰(as he said through his holy prophets of long ago),

⁷¹salvation from our enemies and from the hand of all who hate us--

⁷²to show mercy to our fathers and to remember his holy covenant,

⁷³the oath he swore to our father Abraham: ⁷⁴to rescue us from the hand of our enemies,

and to enable us to serve him without fear ⁷⁵in holiness and righteousness before him all our days.

Galatians 3 ⁶Consider Abraham: "He believed God, and it was credited to him as

righteousness."^[1] ⁷Understand, then, that those who believe are children of Abraham. ⁸The Scripture foresaw that God would justify the Gentiles by faith, and announced the gospel in advance to Abraham: "All nations will be blessed through you."^[2]

Genesis 12 ¹ The LORD had said to Abram, "Leave your country, your people and your father's household and go to the land I will show you. ² "I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. ³ I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."

Genesis 15:1-21 ¹ After this, the word of the LORD came to Abram in a vision: "Do not be afraid, Abram. I am your shield, ^[1] your very great reward. ^[2] " ² But Abram said, "O Sovereign LORD , what can you give me since I remain childless ...⁴ Then the word of the LORD came to him: "This man will not be your heir, but a son coming from your own body will be your heir." ⁵ He took him outside and said, "Look up at the heavens and count the stars-if indeed you can count them." Then he said to him, "So shall your offspring be." ⁶ Abram believed the LORD , and he credited it to him as righteousness. ⁷ He also said to him, "I am the LORD , who brought you out of Ur of the Chaldeans to give you this land to take possession of it." ⁸ But Abram said, "O Sovereign LORD , how can I know that I will gain possession of it?" ⁹ So the LORD said to him, "Bring me a heifer, a goat and a ram, each three years old, along with a dove and a young pigeon." ¹⁰ Abram brought all these to him, cut them in two and arranged the halves opposite each other; the birds, however, he did not cut in half. ¹¹ Then birds of prey came down on the carcasses, but Abram drove them away. ¹² As the sun was setting, Abram fell into a deep sleep, and a thick and

dreadful darkness came over him. ¹³ Then the LORD said to him, "Know for certain that your descendants will be strangers in a country not their own, and they will be enslaved and mistreated four hundred years. ¹⁴ But I will punish the nation they serve as slaves, and afterward they will come out with great possessions. ¹⁵ You, however, will go to your fathers in peace and be buried at a good old age. ¹⁶ In the fourth generation your descendants will come back here, for the sin of the Amorites has not yet reached its full measure." ¹⁷ When the sun had set and darkness had fallen, a smoking firepot with a blazing torch appeared and passed between the pieces. ¹⁸ On that day the LORD made a covenant with Abram and said, "To your descendants I give this land, from the river ^[4] of Egypt to the great river, the Euphrates..."

Genesis 17 ¹ When Abram was ninety-nine years old, the LORD appeared to him and said, "I am God Almighty ^[1]; walk before me and be blameless. ² I will confirm my covenant between me and you and will greatly increase your numbers."

³ Abram fell facedown, and God said to him, ⁴ "As for me, this is my covenant with you: You will be the father of many nations. ⁵ No longer will you be called Abram ^[2]; your name will be Abraham, ^[3] for I have made you a father of many nations. ⁶ I will make you very fruitful; I will make nations of you, and kings will come from you. ⁷ I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you.... ¹⁰ This is my covenant with you and your descendants after you, the covenant you are to keep: Every male among you shall be circumcised. ¹¹ You are to undergo circumcision, and it will be the sign of the covenant between me and you....¹⁵ God also said to Abraham, "As for Sarai your wife, you are no longer to call her Sarai; her name will be Sarah. ¹⁶ I will bless her and will surely give you a son by her. I will bless her so that she will be the mother of nations; kings of peoples will come from her." ...¹⁹ Then God said, "Yes, but your wife Sarah will bear you a son, and you will call him Isaac. ^[4] I will establish my covenant with him as an everlasting covenant for his descendants after him."

Romans 4 ¹ What then shall we say that Abraham, our forefather, discovered in this matter? ² If, in fact, Abraham was justified by works, he had something to boast about--but not before God.

³ What does the Scripture say? "Abraham believed God, and it was credited to him as righteousness."^[1]

⁴ Now when a man works, his wages are not credited to him as a gift, but as an obligation.

⁵ However, to the man who does not work but trusts God who justifies the wicked, his faith is credited as righteousness. ⁶ David says the same thing when he speaks of the blessedness of the man to whom God credits righteousness apart from works:

⁷ "Blessed are they whose transgressions are forgiven, whose sins are covered.

⁸ Blessed is the man whose sin the Lord will never count against him."^[2]

⁹ Is this blessedness only for the circumcised, or also for the uncircumcised? We have been saying that Abraham's faith was credited to him as righteousness. ¹⁰ Under what circumstances was it credited? Was it after he was circumcised, or before? It was not after, but before! ¹¹ And he received the sign of circumcision, a seal of the righteousness that he had by faith while he was still uncircumcised. So then, he is the father of all who believe but have not been circumcised, in order that righteousness might be credited to them. ¹² And he is also the father of the circumcised who not only are circumcised but who also walk in the footsteps of the faith that our father Abraham had before he was circumcised. ...¹⁶ Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring--not only to those who are of the law but also to those who are of the faith of Abraham. He is the father of us all. ¹⁷ As it is written: "I have made you a father of many nations."^[3] He is our father in the sight of God, in whom he believed--the God who gives life to the dead and calls things that are not as though they were.

¹⁸ Against all hope, Abraham in hope believed and so became the father of many nations, just as

it had been said to him, "So shall your offspring be." ¹⁹Without weakening in his faith, he faced the fact that his body was as good as dead--since he was about a hundred years old--and that Sarah's womb was also dead. ²⁰Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, ²¹being fully persuaded that God had power to do what he had promised. ²²This is why "it was credited to him as righteousness." ²³The words "it was credited to him" were written not for him alone, ²⁴but also for us, to whom God will credit righteousness--for us who believe in him who raised Jesus our Lord from the dead. ²⁵He was delivered over to death for our sins and was raised to life for our justification.

Galatians 3 ⁶just as Abraham "believed God, and it was accounted to him for righteousness." ⁷Therefore know that only those who are of faith are sons of Abraham. ⁸ And the Scripture, foreseeing that God would justify the Gentiles by faith, preached the gospel to Abraham beforehand, saying, "In you all the nations shall be blessed." ⁹So then those who are of faith are blessed with believing Abraham. ... ¹³Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), ¹⁴ that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith. ¹⁵ Brethren, I speak in the manner of men: Though it is only a man's covenant, yet if it is confirmed, no one annuls or adds to it. ¹⁶ Now to Abraham and his Seed were the promises made. He does not say, "And to seeds," as of many, but as of one, "And to your Seed," who is Christ. ¹⁷ And this I say, that the law, which was four hundred and thirty years later, cannot annul the covenant that was confirmed before by God in Christ, that it should make the promise of no effect. ¹⁸For if the inheritance is of the law, it is no longer of promise; but God gave it to Abraham by promise. ¹⁹ What purpose then does the law serve? It was added because of transgressions, till the Seed should come to whom the promise was made; and it was appointed through angels by the hand of a mediator. ... ²⁴Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. ²⁵But after faith has come, we are no longer under a tutor. ²⁶ For you are all sons of God through faith in Christ Jesus. ²⁷For as many of you as were baptized into Christ have put on Christ. ²⁸ There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. ²⁹And if you are Christ's, then you are Abraham's seed, and heirs according to the promise.

- Abraham and Isaac
- Jacob
- Judah and Tamar
- Joseph

Gen. 50:20 As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

- Moses, the Passover
- Tabernacle and sacrificial system Hebrews 8-10
- OT Law (our tutor to bring us to Christ—Galatians 3)
- Judges
- Ruth

- I and 2 Samuel, I and 2 Kings

Acts 13:22-23 After removing Saul, He made David their king. He testified concerning him: 'I have found David son of Jesse a man after My own heart; he will do everything I want him to do.' "From this man's descendants God has brought to Israel the Savior Jesus, as He promised.

- Psalms

Ps. 118:22-23 The stone that the builders rejected has become the cornerstone. This is the LORD's doing; it is marvelous in our eyes.

Mt. 21:42 Jesus said to them, "Have you never read in the Scriptures: "'The stone that the builders rejected has become the cornerstone; this was the Lord's doing, and it is marvelous in our eyes'?"

Acts 4:11 This Jesus is the stone that was rejected by you, the builders, which has become the cornerstone.

- Isaiah

Isaiah 53 Who has believed our message and to whom has the arm of the LORD been revealed? He grew up before him like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted.

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth.... For he bore the sin of many, and made intercession for the transgressors.

Mt 8:17 This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and carried our diseases."

- Hosea

Hos. 6:6 For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings.

Mt. 9:13, 12:7 But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

Hosea married the harlot Gomer by order of God. He had a child with Gomer, but Gomer had another two children with two other different men. Hosea received her at home with the two children. Eventually Gomer left home and became an official harlot, leaving Hosea to care for her children. Gomer became a slave. Hosea bought his wife in a public auction of slaves for 15 pieces of silver, brought her home, and set her up not as a slave, but as his wife, the lady of his household.

Connecting the Dots between the Old and New Covenants

John 5 ⁴⁶If you believed Moses, you would believe me, for he wrote about me.

Matthew 12 ¹⁵Aware of this, Jesus withdrew from that place. Many followed him, and he healed all their sick, ¹⁶warning them not to tell who he was. ¹⁷This was to fulfill what was spoken through the prophet Isaiah: (*Isaiah 42*)

¹⁸"Here is my servant whom I have chosen, the one I love, in whom I delight; I will put my Spirit on him, and he will proclaim justice to the nations. ¹⁹He will not quarrel or cry out; no one will hear his voice in the streets.

²⁰A bruised reed he will not break, and a smoldering wick he will not snuff out, till he leads justice to victory. ²¹In his name the nations will put their hope."^[3]

Isaiah 53 ⁴ Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. ...

¹² Therefore I will give him a portion among the great, and he will divide the spoils with the strong, because he poured out his life unto death, and was numbered with the transgressors. For he bore the sin of many, and made intercession for the transgressors.

Matthew 8 ¹⁷This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and carried our diseases."

Luke 22 ³⁷It is written: 'And he was numbered with the transgressors'; and I tell you that this must be fulfilled in me. Yes, what is written about me is reaching its fulfillment."

Isaiah 61 ¹ The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, ² to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, ³ and provide for those who grieve in Zion- to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

Luke 4 ¹⁶He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. ¹⁷The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

¹⁸"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, ¹⁹to proclaim the year of the Lord's favor."^[5]

²⁰Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him, ²¹and he began by saying to them, "Today this scripture is fulfilled in your hearing."

<p>John 1 ⁴⁵Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote--Jesus of Nazareth, the son of Joseph."</p>
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Follow-up Study #1

1. How would you define motivation? What does it make you think of?
2. What motivates you in life? What motivates you to go your hardest or to stop striving in work, home, relationships, sport, etc.? To get up early or never want to get up? To do everything right or to "not care about what others think"?
3. Read Luke 15:11-32. As you read about the 2 sons, which one do you more identify with? The older son or the "prodigal son"?
4. What motivated the prodigal son in life?
 - a. Where was he looking for "LIFE"?
 - b. What was the result of his LIFE independent of the Father?
5. What motivated the older son in life?
 - a. Where was he looking for "LIFE"?
 - b. What was the result of his LIFE independent of the Father?
6. Read 2 Corinthians 5:21, Galatians 5:1. What should our motivation be in life? Where should our intensity for joy come from? Where is real LIFE found?
7. Read Luke 15:20, 22. How does the Father pursue the prodigal son, the pleasure-seeking son?
8. Read Luke 15:28, 31. How does the Father pursue the older son, the performance oriented son?
9. Often times we hear lies that creep into our motivation. The following are lies that the world tells us. Lies about what our Father thinks of us or asks of us. Look up the verses and explain what the Father's truth is to combat these lies.
 - a. "If you fail, you are unworthy of love and deserve to be punished." Read 1 John 4:9-10 to combat this lie.
 - b. "I must meet certain standards to feel good about myself. If I don't meet certain standards..." Read 2 Cor. 5:21 to combat this lie.
 - c. "I must be approved and accepted by other to feel good about myself." Read Colossians 1:19-22 to combat this lie.
 - d. "I am what I am; I can not change; it is hopeless so why try?" Read 2 Corinthians 5:17 to combat this lie.
10. We usually define our self-worth or ourselves as "our performance and other's opinions equal my self-worth." Thankfully our Father in heaven says that we are what He declares is true about us...whether we feel like it or not!! Look at the chart on the following page, "What God declares is true about YOU in Christ."
 - a. Pick one of the truths that is especially meaningful.
 - b. How would your life be different if you lived KNOWING this was true? Knowing that your worth was not dependant upon your performance and other's opinions of you BUT that your identity is secure!
 - c. How should your work, your children, your household work look with a proper motivation and intensity?

What God declares is true about YOU through Christ

1. I am accepted and worthy Romans 15:7, Psalm 139
2. I am never alone Hebrews 13:5b, Romans 8:38, 39
3. I am adequate 2 Cor. 3: 5-6, Phil. 4:13
4. I have boldness & confidence Proverbs 3:26, 14:26, Heb. 10:19
5. God will be faithful to me Philippians 1:6, 2:13, 2 Thess. 3:3
6. I have the mind of Christ 1 Cor. 2:16, 2 Tim. 1:17
7. I have hope Romans 15:13, Psalm 16:11, 27:13
8. I am seen as perfect Hebrews 10:14, Colossians 2:13
9. I have been chosen and set apart 1 Cor. 1:30, 6:11, Eph. 1:4
10. I lack nothing Philippians 4:19
11. I am free from fear Psalm 34:4, 2 Tim. 1:7
12. I have strength Daniel 11:32, Psalm 37:39
13. I am victorious Romans 8:37, 2 Cor. 2:14
14. I have wisdom Proverbs 2:6-7, 1 Cor. 1:30
15. I am free Psalm 32:7, 2 Cor. 1:3-4
16. I have comfort John 15:6, 16:7, 2 Cor. 1:3-4
17. I am protected Psalm 32:7
18. I am perfectly loved John 15:9, Rom. 8:38-39, Eph. 5:1
19. I am an adopted child of God Rom. 8:16, Galatians 4:5, Eph. 1:5
20. I am totally forgiven Psalm 103:12, Eph. 1:7, Heb. 10:7
21. I have been declared righteous Romans 3:24, 1 Cor. 1:30, 6:11
22. I am indwelt by the Holy Spirit Acts 1:8, Eph. 1:19, 3:16, 1 Cor. 12:13
23. I have direct access to God Eph. 2:6, 1 Peter 2:5, 9
24. I am blameless John 3:18, Romans 8:1
25. I have been created for good works Eph. 2:10, Psalm 37:23
26. I am a new creation 2 Cor. 5:17
27. I have authority over Satan Colossians 1:13, 1 John 4:4
28. I am dead to sin Romans 6:11
29. I am dead to the law Romans 6:14, 7:4,5,6

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| 30. I am an eternal inheritance | Romans 8:16-17, Eph. 1:11, 14, 18 |
| 31. I have been raised with Christ | Romans 6:4-8, Gal. 2:20, Col. 2:12 |
| 32. I will be with Christ in heaven | Eph. 2:5, Col. 2:15 |
| 33. I have eternal security | 1 John 5:11-13, John 10:27-30 |
| 34. I have spiritual gifts for HIS service | 1 Corinthians 12 |

Follow-up Study #2

1. What is one way that knowing Christ has changed your life? Christ's death in the flesh means a reconciliation and redemption of all areas of our lives. What is one area of your life that knowing Christ has changed?
2. Read Colossians 1:15-23.
3. What do you learn about Jesus Christ from this passage? What observations?
4. Are any of them hard for you to understand? Hard to believe?
5. In Colossians 1:15, Christ is described as the image of the invisible God. What does that mean for us, for our lives? John Calvin observes that "we must be careful not to look for Him anywhere else, for apart from Christ whatever offers itself to us in the name of God will turn out to be an idol." Where else do you look for "a daily salvation"?
6. Christ is described in verses 15-17 as being "the firstborn of all creation..." The author, Paul, is not stating that Jesus was the firstborn (as followers of Arius had believed – that there was a time when Jesus was not). Read Hebrews 1:2-3 and explain how these verses give added clarification to the idea of Christ being the firstborn of all creation. How do the Hebrews verses further explain Christ's temporal priority and universal significance?
7. How is Christ described in verse 18? Read Ephesians 1:21-23, 4:15, and 5:23. From these verses, can you explain what this imagery would look like in our daily lives? How does it play out? Are there implications for your family or your community group?
8. Re-read verses 21-22 and Ephesians 2:19, Hebrews 11:13, 1 Peter 2:11. You are a child of God, redeemed by Christ. Do you daily live as a child of God? Redeemed by the King and no longer alienated and hostile in mind? Do you live as if you are an "alien" to the Lord or an alien here on earth?

Follow-up Study #3

1. Can you think of a difficult situation this past week. Either at work or at home with the children or with your husband. Where you wanted to just pull all your hair out or go into depression or call a girlfriend. How do you “cope” in those situations? Who do you turn to and cry out “HELP!”
2. There are certain things that are the role of the Holy Spirit in the life of a believer. Read Ephesians 1:17-18, John 3:5-8, Galatians 5:16-18, 2 Cor. 3:18, and Galatians 5:22-23. What tasks/roles of the Holy Spirit do you see from these verses?
3. Read Acts 2:38 and Romans 8:9. When is someone baptized with the Holy Spirit?
4. Read John 14:16-17, 15:26, 16:7-11. What do you learn about the Holy Spirit from these verses?
5. Read John 15:4-5, Romans 12:1-2 and Galatians 5:22-23. What is “your part” and what is the Holy Spirit’s “part” in our sanctification?
 - a. Often times the Christian is left feeling frustrated because she has unsuccessfully tried to be patient with her children and time and time again...she gets frustrated and raises her voice and isn’t patient. Or, because time and again she has attempted at self-control with eating and exercise. What is she not understanding about these verses and the Holy Spirit as being our Helper?
6. Read Psalm 1:1-4 and John 15:1-11. Describe the person who delights in the Lord.
 - a. What does this person’s life look like on a day to day basis?
 - b. How does the Holy Spirit fit into this picture in our lives? Think about what you know of His roles.
 - c. Think of a situation in your life where you get frustrated. Where you feel like there isn’t much “good fruit.” What has been your usual response to either the kids melting down or frustration at work or loneliness or etc. How can the Holy Spirit be your Help and Counselor in this situation?
 - d. How can your community group help and encourage you in this?

Sanctification – Follow-Up Study #4

1. What is Christian character? What should we as Christians be “seeking” or living for?
2. What are common “benchmarks” for living and being successful in the Christian life? (“ If you do this and that, then you are an ok Christian” is an example)
 - a. What are your personal benchmarks? Doing what things gives you a false sense of peace...a sense that you are doing ok and are ok with God?
3. Read Deuteronomy 6:4-5 and Mark 12:28-31. As Christians, what is our daily goal? What should we be striving for?
4. Read Romans 12:1, Colossians 1:22, 3:12, 2 Timothy 2:21, 1 Peter 1:15-16. What is God calling us to in these verses?
5. How would you define holiness? Is it different from sanctification? As you are seeking to reach your daily benchmarks, do sanctification and holiness enter your mind?
6. Read Isaiah 6:3 and Matthew 5:16. From this verse and what we know to be true of God, it seems that holiness is not simply an attribute of God but the very essence of His nature. So, what are we being called to in Matthew 5:16? What charge are we being given?
7. Holiness can be seen in 2 ways –vertically and horizontally. Vertically is the positional aspect; we are set apart for God. Horizontally is the practical aspect; the idea of moral purity.
 - a. Positionally= it is true whether we feel like it is or not. It is true regardless of whether we are living as if it is.
 - b. Practically=what our life is actually looking like at the time.
8. Read 1 Corinthians 6:11, 1 Corinthians 1:2, Ephesians 1:3-6. What do you learn about our position as holy from these verses?
 - a. How do these verses make you feel? How do they make you want to respond, act?
9. Read 1 Thessalonians 5:23, 2 Timothy 2:20-21, 1 Peter 1:15-16. What insight do these verses give us about what our holiness looks like practically?
10. Read Hebrews 10:14. How does this verse encourage and challenge you in your “quest” for holiness?
11. Read Hebrews 10:19-25. When we get to heaven and are glorified, the practical (horizontal) and the positional (vertical) aspects of holiness for the Christian become one. Knowing this, how can we pray and encourage one another in our daily walks with the Lord? How can we encourage one another toward “good” benchmarks?