

## HALL OF FAME #2

### Fearless Month: "I will walk daily with God"

Genesis 5:21-24 & Hebrews 11:5&6 / 1.13.12

#### Intro: "Let's go for a walk" (Micah 6:8)

- **Review**
  - *Last week: Abel offered a better sacrifice*
  - *This week: Enoch walked with God*
- **Long. Life. Walk (Genesis 5:21-24)**
  - 300 years
  - Other sons and daughters
  - Lonely (Genesis 6:11,13; Jude 15)
- **Faith Walk (Hebrews 11:6 - Fearless Following)**
  - Believe He exists (in every day life)
  - Earnestly seek Him (in every day life)
- **Rewarding Walk (Hebrews 11:5b&6)**
  - Testimony: Enoch pleased God
  - God took him away

**Close: God: "Let's go for a long walk".** By faith Enoch did not experience death. God's offer still stands (John 11:25&26)

#### Baptism Testimonies:

**Tammy Smith (9:45)** I was born into a family that always believed in God. I have a lot of faith in God and I grew up in church. I love Him and this church. I was baptized when I was younger but I do not remember it. I want to dedicate my life to Christ. When I walk in the door, I feel the Holy Spirit.

#### Pray for Eastview Christian Church:

- \*Praise God for his outpouring of generosity through the people of Eastview in the past several weeks offerings (see e-news stats)
- \*Pray for God to use these resources to expand His kingdom here and throughout the world
- \*Pray for God to continue to miraculously supply as we give-trusting in Him and that He would make each of us more and more generous as we follow Him
- \*Tell God three ways you intend to walk with Him this week and ask Him for the strength by His Spirit to do so
- \*Pray for Pastor Mike as he travels to Savannah, GA to preach this week. Pray for safety, passion, and proclamation of God's Word!
- \*Pray for the ministry of Fuel as the college students return to school in the coming week. Pray for Charlie, Casey, and Jeanie as they lead.

CD's of this and previous messages are available at Harvest Bookstore after second service.

For further individual or group study go to our website

<http://www.eastviewchurch.net/>, click on small groups and follow the links.

Each week's sermon available in audio by Tuesday afternoon at

[www.eastviewchurch.net](http://www.eastviewchurch.net) and in video at [www.tinyurl.com/eccvideo](http://www.tinyurl.com/eccvideo).

Senior Pastor's blog updated every Monday at [mikethepastor.blogspot.com](http://mikethepastor.blogspot.com).

Follow Mike on Twitter: @bakerpastor

# DEVELOPING YOUR WALK

-An excerpt from *WALK: Our Journey Toward Christlikeness*

The Spiritual disciplines are *holy habits* or *practices* that are both personal and corporate *acts of devotion* that encourage spiritual growth. They don't save us, change us, or make us more spiritual than someone else. Only God does all that through Christ. The disciplines are simply *tools* that God the Spirit uses to transform us into looking more and more like Jesus. The disciplines "put us in the path" of God's grace. They can, by His grace, help increase our intention to become more and more apprentices of Jesus. Here are some examples of these disciplines, with a brief definition for each one, some Biblical passages that might help, and a few practical principles and possible resources for implementation. The reading resources are included with the most difficult listed first and the least difficult listed last. Remember that none of these disciplines are "required." These are *time-tested exercises* that many seekers of God have found to be very beneficial for their spiritual growth. Your unique personality will play a part in what disciplines you are drawn toward. Please don't forget that *every one of these habits is intended to be practiced in such a way that they prompt us and move us to serve and love others.*

**Bible Intake:** This is the discipline of a deliberate and prolonged intake of Scripture through hearing it, reading it, studying it, memorizing it, and meditating on it. We will talk about memorizing and meditating, as distinct disciplines, in this short list of holy habits.

**Scriptures:** Deuteronomy 6:6-9; 2 Chronicles 34:14-33; Ezra 7:10; Acts 17:11; and 2 Timothy 2:15, 3:16-17; and Revelation 1:3.

**Principles:** 1. Find the time and if you can't do that, make the time, to systematically take in the Bible. This journal can help with that step. 2. Don't be worried or preoccupied with your pace or how you compare with others. Remember that we are after transformation, not information. 3. Use a variety of means to get the Word into your interior world (note the ways already described above), even "listening" to the Word read through CD or on-line can be a powerful avenue of Bible intake. 4. When you read Scripture it is always wise to have pen and paper nearby. God often impresses something on us that we will not want to forget. 5. Find a translation that speaks your heart language. We are blessed to live in a time where there are a variety of English translations. 6. Pick a spot that allows you to give focused concentration to what you are reading. 7. Ask God to direct you toward specific applications about what you are taking in. (also see Lectio Divina)

**Resources:** Eugene Peterson, *Eat This Book*; Gordon Fee and Douglas Stuart, *How to Read the Bible for all it's Worth*; and Wayne Cordeiro, *The Divine Mentor*.

**Celebrating and Worshiping:** These disciplines invite us to praise God for who He is and what He has done.

**Scriptures:** Exodus 20:3; any of the thanksgiving/praise Psalms; Psalm 95:6; Matthew 4:10; John 4:23-24; Romans 12:1; Colossians 3:16; Hebrews 13:15; Revelation 4:11 and 5:12.

**Principles:** 1. Focus on the many attributes of God. (His goodness, kindness, righteousness, power, etc.) 2. Keep Jesus at the center of all your celebrating and worshiping. 3. Use your body as an instrument of worship and praise (one of these or a combination of lifting hands, bowing the head, falling on the knees, standing, prostrating, sitting, clapping, shouting, singing, etc.). 4. Sing to Him. 5. Use some contemporary worship CD's or DVD's to help prompt your worship. 6. Keep a good balance between public and private worship. We absolutely need both.

**Resources:** Paul Basden, editor for *Exploring the Worship Spectrum: 6 Views*; A.W. Tozer, *The Knowledge of the Holy*; and Joseph S. Carroll, *How to Worship Jesus Christ*.

**Confessing:** This discipline seeks to acknowledge and admit our brokenness and sinfulness. There is another kind of confession that is addressed in the “Working and Witnessing” practice. We can confess what we believe. (Romans 10:9; Philippians 2:11; and Hebrews 3:1)

**Scriptures:** Leviticus 5:5, 16:20-22; Psalm 32:5; Daniel 9:4, 20; James 5:16; and 1 John 1:8-9.

**Principles:** 1. Try Gary Moon's 30-Day Experience, especially the part on “confession,” pg. 41 in his *Apprenticeship with Jesus*. 2. Find a friend and be a friend who can receive and give confession with secrecy, grace, wisdom, and forgiveness. The often unpracticed discipline of “secrecy” comes into play. Secrecy is not only to be applied to ourselves (Matthew 6:3-4, 6:6, and 6:17-18), but to others who seek to be right with God.

**Resources:** See Richard Foster's wise advice on “giving and receiving” confessions in *Celebration of Discipline*. Also see John Ortberg's very practical counsel in *The Life You've*

*Always Wanted*, chapter 7 – “Life Beyond Regret: The Practice of Confession;” and Gary Moon, *Apprenticeship with Jesus*.

***Fasting:*** In this discipline we voluntarily deny ourselves food for spiritual purposes. Fasting is intended to be used to deny ourselves from eating, but it also could be used to deny ourselves from anything that would seek to control us. (TV, cell phones, computers, certain foods, talking, etc.)

**Scriptures:** Some passages to consider would include Deuteronomy 9:9; Ezra 10:6; Esther 4:16; Daniel 1:12; Matthew 6:16-18 and Acts 13:2.

**Principles:** 1. If you’ve never fasted and have a history of medical challenges, talk with a health professional first and then if they see no reason why you cannot fast, start small – a meal or two. 2. If you intend to fast more than 48 hours prepare yourself with prayer and the reduction of your food intake. 3. Pray, read Scripture, and worship during normal meal times. 4. Avoid caffeine products and juices containing acids if you are fasting more than 72 hours. 5. If you are intending to go on an extended fast, remember how you start the fast and how you come off the fast will greatly affect your experience. Light foods such as fruits or vegetable juice are wise. 6. Prepare yourself for any fast by looking at several helpful resources.

**Resources:** John Piper, *A Hunger for God*; Richard Foster’s chapter “Fasting” in *Celebration of Discipline*; and Elmer Towns, *The Beginner’s Guide to Fasting*.

***Food and Fellowship:*** What we are talking about here is meal sharing or what some have called “fellowship meals.” Before you reject this as a legitimate discipline, I would simply remind you that there is a place for fasting in the Christian life and a place for feasting in the Christian life. Jesus practiced both. The discipline is not so much in the eating part of the practice, but in the people with whom you associate and the holy conversation that follows. Sharing a meal with someone in Jesus’ day was tantamount to accepting them into your life.

**Scriptures:** Genesis 18:1-8; Exodus 24:9-11; Isaiah 25:6-9; Matthew 11:19; and numerous passages in Luke’s Gospel – 5:29-30, 7:36, 10:38-42; 11:37, etc.; and John 21:1-19.

**Principles:** The practice is obvious. Invite someone who is either on the “outside looking in” or doesn’t have the means to reciprocate your hospitality to join you for a meal in Jesus’ name and see what happens. John Wesley often reminded people that there was no personal holiness where there was no social holiness.

**Resources:** Leslie Hardin, *The Spirituality of Jesus* – chapter 8 – “Fellowship Meals;” though not directly about meal eating; Tan and Gregg’s chapter on “Fellowship” in *Disciplines of the Holy Spirit* is very helpful in recognizing and applying the larger discipline of Christian fellowship; and see Trevor Hudson’s chapter – “Belonging to the Family of God” – in his very helpful book *Christ-Following: Ten Signposts of Spirituality*.

***Journaling:*** This discipline is closely related to prayer, study, and Christian meditation. It is the discipline of truthfully and transparently recording what God has taught us from personal reflection on daily life, Bible study, books we’ve read, etc.

**Scriptures:** Any of the Psalms could function as guides with this discipline, along with Romans 7:15-25; and 1 Timothy 1:12-17.

**Principles:** 1. If you decide to practice this discipline, keep it simple and don't write for "publication." This is between you and your heavenly Father. 2. Avoid reading a lot of "how-to" books. 3. Find a rhythm that fits you. It is not necessary to write something every day, though there is value in that practice. 4. Seek to focus your writing on how God/His grace shows up in the daily circumstances of your life, on your Bible reflection, on things you want to remember, etc. 5. The most important principle, other than honesty, is to periodically "harvest" or go back over the things you've written down. Sometimes God speaks to us and we simply miss His articulate voice by not recalling the things that have captured our attention.

**Resources:** John Woolman, *The Journal of John Woolman and the Plea for the Poor*; several works by Henri Nouwen might prove helpful: *The Genesee Diary* and the *Sabbatical Journey*; and Ronald Klug, *How to Keep a Spiritual Journal*.

**Lectio Divina:** One of the most ancient practices of early Christians was something called "Lectio Divina." This holy habit seeks to read Scripture with a hungry and prayer-focused heart.

It has been referred to as the practice of "Sacred Reading." There are four (4) primary parts to the exercise, though some practices include five or six (Silencio-Silence at the start of the exercise and Incarnatio-Incarnation, or living out the chosen passage, at the close).

**Scriptures:** Same as those for "Bible Intake."

**Principles:** 1. *Lectio* (reading) – select a small Bible passage and read through it several times aloud. One verse will do. Make sure you grasp the immediate literary context. 2. *Meditatio* (meditation) – take some time to reflect slowly and carefully on the words, ideas, phrases that occur in your chosen passage. Ask questions of the text. 3. *Oratio* (Prayer) – pray what you have heard and discovered in your passage. Personalize it. 4. *Contemplatio* (Contemplation) – Many Jesus-followers have found this part of *Lectio* the most difficult to practice. It calls us to do nothing but sit and listen. The disciplines of silence and solitude come into play here. The idea is practice the presence of God. Give God space to speak to your heart about what you have read, meditated upon, and prayed about.

**Resources:** Jean Leclercq, *The Love of Learning and the Desire for God*; See Ken Boa's very fine examination of this discipline in *Conformed to His Image*, pgs. 174-186; and once again I would recommend Tony Jones, *Read, Think, Pray, Live*.

**Meditating:** This discipline seeks to renew the mind. It is the holy practice of filling the mind with Scripture and/or thoughts of God, His character, and His creation, while “chewing” on these things in order to gain as much from them as possible. This is not the Eastern practice of “emptying the mind.”

**Scriptures:** Joshua 1:8; Psalms 1:2-3; Psalm 19:14; a number of verses in Psalm 119; Luke 2:51; Romans 12:1-2; and Philippians 4:8.

**Principles:** 1. Select a passage of Scripture to meditate upon. 2. Find practical ways, like the use of a cell phone or wrist watch, to “remind” you of what you intend to think on through the

day. 3. Allow the chosen truth to sink deeply into your life. 4. Begin the day and end the day with that verse or section of Scripture in mind. 5. Use some playful and creative ways to think on the passage, such as – if it were possible to discover, what would this truth sound like, taste like, feel like, look like, etc.?

**Resources:** Walt Russell, *Playing With Fire: How the Bible Ignites Change in your Soul*; See Donald Whitney's superb two chapter section on "Bible Intake" – Chapters Two and Three in *Spiritual Disciplines for the Christian Life*; and Tony Jones, *Read, Think, Pray, Live*.

**Praying:** This is simply creating a holy conversation with God. It includes both talking and listening. Planned and structured times for this discipline can be helpful, but should not be limited to those times. We are especially after living out 1 Thessalonians 5:17 – "Pray continually."

**Scriptures:** There are 650 specific prayers in the Bible and at least 50 of those are significant in content and size. It is hard to narrow down a list of Scriptures but perhaps these can help: Genesis 4:26; Deuteronomy 9:25-29; 1 Kings 3:4-15; 2 Chronicles 30:18-20; Any Psalm, Daniel 9:4-19; Matthew 6:9-13; John 17:1-26; Acts 1:24-25; Ephesians 1:15-21 and 3:14-21.

**Principles:** 1. Speak your own heart language. Talk with God as you would your very closest friend. Remember that this is a discipline marked by a loving relationship. 2. Pray what Scripture prays. 3. Learn to listen. Too much of our praying is our talking. There must be room for quiet and intentional listening. God primarily speaks through His Word, but can speak in other ways as well. 4. If you find yourself easily distracted, write out your prayers in this E-365 journal.

5. Work at bringing balance to your life of prayer by remembering to adore God in your prayers, by confessing your sins, and by including prayers of thanksgiving. 6. Ask according to His will.

**Resources:** Richard Foster, *Prayer: Finding the Heart's True Home*. Philip Yancey, *Prayer: Does It Make Any Difference?*; and Walter Wangerin, *Whole Prayer*.

**Sacrificing and Serving:** It is assumed that every Christian is a servant and all of us have been gifted to serve others. (Romans 12:1ff; 1 Corinthians 12:1ff; Ephesians 4:11-13; and 1 Peter 4:10-11) These two disciplines are intended to be an expression of our love of God and of love for our neighbor. (Luke 10:27) Radical sacrifice is often involved in loving service.

**Scriptures:** Psalm 2:11; Mark 10:44-45; Luke 7:37-38, 10:30-37; John 13:14-15; Acts 9:39; Philippians 2:3-4, 2:5-11, and 2:17.

**Principles:** 1. Pray this simple prayer: "Father, show me who I can serve today." Watch how He answers that prayer. 2. Start with those closest to you. 3. Look for simple ways of serving others in your work place. 4. Really listen to those around you. 5. Serve someone through an anonymous act of compassion and grace.

**Resources:** William Watkins, "Service and Sacrifice" in *The Transforming Habits of a Growing Christian*; Chuck Swindoll, *Improving Your Serve*; and Rick Warren, *The Purpose Driven Life*.

**Simplicity and Stewardship:** Both of these disciplines are intended to keep us from self-gratification or raw selfishness. Simplicity calls us to willingly abstain from "gathering" more

than we need. It frees us from the bondage of “things.” Stewardship calls us to faithfully manage our time, spiritual gifts, and money for His glory and the benefit of others. Both habits call us to align our lives with God’s purposes.

**Scriptures:** Deuteronomy 6:5; Joshua 24:15; Proverbs 30:7-9; Matthew 22:37-38; 1Corinthians 4:1-2, 13:1-13; 2Corinthians 8:1-5, 9:6-8; and Philippians 4:14-19.

**Principles:** 1. Buy things for their usefulness rather than their status. (R. Foster) 2. Avoid addictions of any kind. These are idols for destruction. 3. Create the holy habit of enjoying things without owning them. 4. Give things away periodically – clothes from your closet, books from your shelves, food from your pantry, money from your check book, etc. 5. If you are new at these two disciplines start with getting out of debt and growing toward giving 10% of your income back to the Lord. It’s just a place to start.

**Resources:** William Law, *A Serious Call to a Devout and Holy Life*; Richard Foster, *Freedom of Simplicity*; and Mrs. Howard Taylor, *Borden of Yale*.

**Silence and Solitude:** These two holy habits are “companion disciplines; silence gives depth to solitude, and solitude creates a place for silence. Similarly, both of these disciplines can be practiced inwardly (whether we are with people or not) as well as outwardly.” (Ken Boa, *Conformed to His Image*, pg. 88) These twin towers invite us to intentionally refrain from speaking in order to read, rest, study, memorize, meditate, pray, listen, etc.

**Scriptures:** Simply consider the life of Jesus – 1 Kings 19:11-13; Psalm 46:10, 62:1-2 & 5-6; Isaiah 30:15; Lamentations 3:25-26; Habakkuk 2:20; Zephaniah 1:7; Matthew 4:1, 14:23; Mark 1:35, 6:31; Luke 4:42 and 6:12.

**Principles:** 1. If your personality is drawn toward people rather than withdrawal from people try practicing these two disciplines in “little spaces” – five minutes here, ten minutes there. 2. Get some time away for an hour, half a day, or an entire week-end for rest and reflection. 3. Take morning or evening walks with a vow of silence in order to allow God to impress upon your heart what He desires. Don’t look for something supernatural. God is always present. 4. Seek to be silent in a crowd. 5. Try not speaking for a day, unless spoken to. 6. Take a personal retreat. Runcorn and Griffin (resources below) can help you with that practice.

**Resources:** Henri Nouwen, *The Way of the Heart*; David Runcorn, *A Center of Quiet*; and Emilie Griffin, *Wilderness Time*.

**Yielding and Submitting:** These mutual practices are voluntary acts of submission in order to express our submission to Jesus and seek the highest good for other people.

**Scriptures:** Genesis 16:9; Matthew 5:38-42 & 43-47; Mark 8:34; Romans 13:1-5; Ephesians 5:21-6:9; Hebrews 5:7, 12:9, 13:17; James 4:7; 1 Peter 2:18, and 5:5-6;

**Principles:** 1. Intentionally “go second” at the grocery store, stop light, etc. 2. Look for ways of yielding to someone younger than you, not as smart as you, etc. 3. Look for things in you that you condemn in others. 4. For one day seek not to “correct” a friend, a spouse, a colleague at work, etc. who has said or done something that you felt was “incorrect.” 5. Surrender “getting

the last word” at work or home. 6. Pray for the well-being of political figures locally and internationally.

**Resources:** Leslie Hardin’s chapter 5 – “Submission” – in *The Spirituality of Jesus*; the small section in Richard Foster’s *Celebration of Discipline* – Chapter 8 – “The Acts of Submission;” and Leslie Hardin’s chapter – “Mutual Submission: Reversing the Curse” in his marvelous work *Marriage Spirituality*.

***Witnessing and Working:*** These holy habits are intended to guide us in investing ourselves in the life of those who do not know what God has done in and through Christ. The key here is “how” we bear witness to Jesus through what we do and what we say. The primary means is by honoring God with excellence in our work and through sharing authentic love for others.

**Scriptures:** Matthew 28:18-20; Mark 16:15; John 20:21; Acts 1:8, 17:22-31; Romans 1:16; Colossians 3:23, 4:5-6; and 1 Peter 3:15-16.

**Principles:** 1. Know God’s salvation-love story and pray for opportunities to share it. 2. Look for God’s answers to your prayers. 3. Ask God to give you the wisdom to know how to respond to those who don’t know Him. 4. Sharpen your testimony. Think of how Paul uses his story to share Christ. (Acts 9, 22, and 26) 5. Ask your neighbors, your co-workers, your friends, etc. how you can pray for them. 6. Believe that God can use one “broken” person to save another “broken” person. 7. Let everything you do be marked by excellence and love.

**Resources:** N.T. Wright, *Simply Christian*; Doug Pollock, *God Space: Where Spiritual Conversations Happen Naturally*; and Bill Hybels, *Just Walk Across the Room*.

**Baptism and Communion:** Most of us seldom think of baptism (immersion) and communion (sometimes called the Lord's Supper or Eucharist) as disciplines, but they rightly belong in this discussion. They are visible presentations of the Gospel. Baptism is a one-time discipline, while communion is an on-going discipline. On one hand, baptism typically marks the beginning of our faith walk. We place our trust in the finished work of Jesus as we are buried with Him in baptism (Romans 6:3-4). Communion, on the other hand, repeatedly reminds us that we continually walk in deep fellowship with Jesus. This physical meal that we regularly take together is a spiritual reminder and celebration of Jesus' atoning death on the cross.

**Scriptures:** Matthew 3:1-17; 26:17-30; Mark 1:4-13; 14:12-26; Luke 22:7-38; John 1:19-34; 13:1-38; Acts 2:38-41; 2:42-47; 8:26-40; 9:1-19; 10:47-48; 16:11-15 & 29-34; 1 Corinthians 1:13-17; 11:17-34; Galatians 3:26-27; Colossians 2:11-12; and 1 Peter 3:21.

**Principles:** 1. Remember how highly the early Christians viewed both baptism and the Lord's Supper. 2. Continually come back to the cross and what Jesus alone accomplished in His death, burial, and resurrection. 3. Celebrate both baptism and communion as ordinances or sacraments to be observed by the church. 4. Both disciplines give us opportunity to confess Jesus as our Savior and Lord. 5. Expect a "spiritual blessing" from the Lord as we participate in both of these disciplines. The Holy Spirit uses these "means of grace" to convey God's blessings.

**Resources:** Mark Driscoll, *Doctrine: What Christians Should Believe*; Gabe Lyons and Norton Herbst, *Staying Grounded* (especially Phyllis Tickle's teaching on "Recovering the Ancient Practices"); and Donald Whitney, *Spiritual Disciplines within the Church*.

The above list of spiritual disciplines only represents a fraction of the holy habits that can be cultivated for spiritual growth in Christ. The challenge here is to grow in godly maturity. Discipline and grace are the keys. No one simply drifts into Christian growth. The two great invitations from Jesus in our journey as His apprentices are: 1. To love God and obey Him. 2. To love one another. Let these be our targets in everything we do and say (See James Wilhoit's *Spiritual Formation as if the Church Mattered*).

