

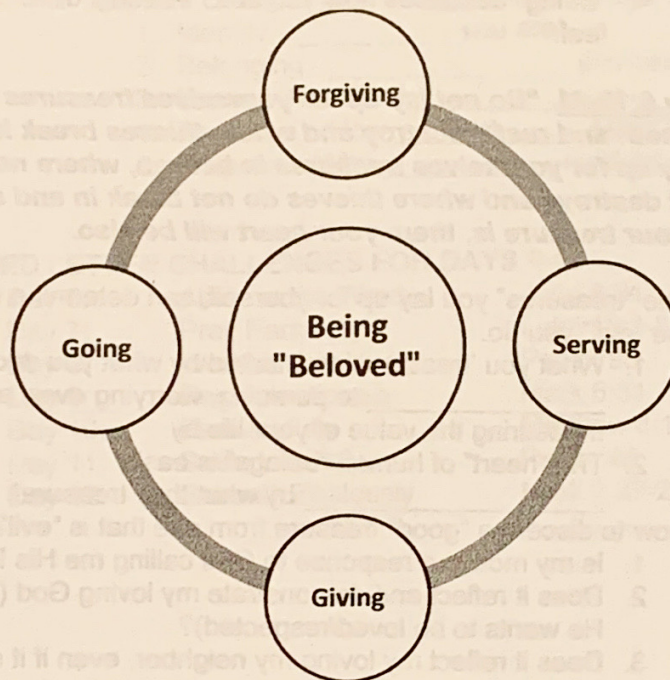
UPPER ROOM ADULT BIBLE STUDY CLASS

Messiah Lutheran Church, Plano, Texas

"Red Letter Challenge"

September 15 – October 13, 2019

September 22, 2019 (Week 2): "Being"



1. What does the Bible say about "Being?"

a. ***Psalm 46:10. "Be still and know that I AM (God)."***

- i. To "still" oneself is to quiet yourself. Good ways to do that:
 1. Create a daily rhythm of _____ in God's Word.
 2. Guard your _____ from an inundation of negative information.
 3. Disconnect or un-plug from your electronic _____.
- ii. To "know" is to remind yourself that you are always in God's hands.

b. ***Matthew 14:27. But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."***

- i. He did not say, "Do not feel afraid."
- ii. What's the difference between 'feeling' something and 'being' something?
 1. Feelings are the body/mind chemical and electrical reactions to triggers or stimuli.

2. With feelings come _____ or conclusions drawn about the situation.
3. Key principle: feelings are real, but the thoughts they create may not be _____.
 - a. Example: "When someone unfairly criticizes you, you don't feel loved. Just because you don't feel loved, doesn't mean you aren't loved!"
4. "Being" describes how you are. 'Feeling' describes how you feel.

c. ***Matthew 6:19-21. "Do not lay up for yourselves treasures on earth, where moth and rust^e destroy and where thieves break in and steal,²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.²¹ For where your treasure is, there your heart will be also.***

- i. The "treasures" you lay up for yourself, can determine the "good" or the "evil" you do.
 1. What you 'treasure' is indicated by what you dedicate your _____ to pursuing, worrying over, and measuring the value of your life by.
 2. The "heart" of human "beings" is easily _____ by what they treasure!
- ii. How to discern a "good" treasure from one that is "evil?"
 1. Is my motive a response to God calling me His Beloved?
 2. Does it reflect and demonstrate my loving God (in the way He wants to be loved/respected)?
 3. Does it reflect my loving my neighbor, even if it costs me?
- iii. What are you currently "treasuring" and how is it affecting your "being?"

2. "Being" describes "who" you are, and it informs "what" you do. For Christians, "who" you are begins with God drawing you to Himself, by grace, through faith!

a. ***Genesis 1:27. So God created man(kind) in his own image, in the image of God he created him; male and female he created them.***

- i. You were created in the image of God: created to give and receive love; created with a moral responsibility to live within the boundaries of God's Word; His terms, not my terms.
- ii. You were created to be intimately connected _____ God!

b. ***Matthew 11:28. Come to me, all who labor and are heavy laden, and I will give you rest.***

- i. Our "doing" is laborious, and the burdens can be _____.
- ii. "Rest" is _____ an escape from "labor."
- iii. "Rest" _____ strengthening which prepares us for more lifting.

iv. Spiritual rest grounds you, so that you are prepared for the _____ week of work.

c. **Matthew 3:17.** ¹⁷ and behold, a voice from heaven said, "This is my beloved Son,^[a] with whom I am well pleased."

i. In Baptism, God says to you, "You are My beloved child; with you I am well pleased."

ii. Baptism changes your being. You are a new creation with a new::

1. Identity - _____ you are!
2. Belonging - _____ you belong to!
3. Loved – How God _____ you!
4. Presence – How _____ He is with you!
5. Purpose – Why _____ exist on earth!

3. The RED LETTER CHALLENGES FOR DAYS 6-12

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| a. Day 6: | Abide in the Word | John 8:31 |
| b. Day 7: | Pray Earnestly | Luke 18:1-8 |
| c. Day 8: | Worship Genuinely | Psalm 96 |
| d. Day 9: | Rest Intentionally | Mark 6:31 |
| e. Day 10: | Fast Joyfully | Matthew 6:16-18 |
| f. Day 11: | Smile Liberally | Psalm 98 |
| g. Day 12: | Sabbath Zealously | Mark 2:27-28 |