



## Kingdom Building Series: **Be Still And Know That I AM GOD**

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World Conquerors Church

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### Week 1

#### How to Fight the Good Fight of Faith

- **BE:** Lifestyle, Present tense
- **STILL:** In the moment, Resting in what you know, stop, not doing, calm down
- **AND:** adding to, along with, continuation, connection point
- **KNOW:** recognizing, acknowledging, being confident in, tapping into something already a part of you, something studied and becomes a part of you, spending time with, being conscious of
- **THAT:** pointing to something, takes it out of our hands, a redirection, going to a new revelation
- **I:** definitive, powerful, taking ownership, me alone; only, all knowing; OMNI
- **AM:** embodies, present tense and continuing, doesn't stop, who you are, present singular first person of BE
- **GOD:** The assurance, end all be all, all you need

#### Scriptural references:

- Psalm 46 (emphasis vs. 10), Genesis, 2:1-3, Leviticus 23:15-16, Leviticus 25:1-7, Exodus 20:10

#### Homework: Take time to be still and know that He is GOD

- Add to your daily devotion time this week
- If you normally pray and read the Word once a day, do it 2x/day this week. If you normally do it once a week, do it 2x/week, etc.

## Week 2

**Scriptural reference review:** Psalm 46:10, Be still and know that I am God

**Learning Focus:** Sabbath: to cease, to stop or to keep. Its theological meaning is rooted in God's rest following six days of creation

### Scriptural references

- Genesis 2:1-3 (the Sabbath was taken as a pattern to what God did after working – He rested)
  - Do we take out time to rest and refresh after working or is it all about the work?
- Exodus 20:10 (In context it's listing the 10 commandments which includes for us to take a Sabbath)
  - God is our manufacturer and knows what's good for us and the commandments are for our good which means taking a Sabbath is good for vs physically, emotionally, spiritually, etc.

### New Testament Biblical Insight

- Mark 2:23-28
  - In the New Testament the Pharisees would constantly question Jesus and His disciples about the things they did on the Sabbath. Jesus clears it up in Mark 2:27-28 with the following words:
    - Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!"

**Book Reference: Emotionally Healthy Spirituality by Peter Scazzero.** The goal of this book is to help us become more emotionally healthy to match our spiritual development.

**Homework:** Complete the EHS inventory survey by Peter Scazzero

## Week 3

**Learning Focus Continuation:** Sabbath: to cease, to stop or to keep. Its theological meaning is rooted in God's rest following six days of creation

### Sabbath:

1. Stop – Genesis 2:2-3
2. Rest – Leviticus 25:1-7; Hebrews 3:16-19; Hebrews 4:1-11
3. Delight – Isaiah 58:2-13; Hebrews 11:24-26; Psalm 1:2
4. Contemplate – Exodus 20:8-10; Psalm 37:7a; Joshua 1:8

### Emotional Spiritual Health Survey Discussion:

- Emotional Infant – Consistently driven by a need for instant gratification, often using others to meet their needs
- Emotional children – Seems emotionally well adjusted until stress occurs and they quickly unravel inside

- Emotional adolescents – I can feel threatened inside when offered constructive criticism becoming defensive
- Emotional adults – Deeply convinced that I am absolutely loved by Christ and that I have nothing to prove

## **Week 4**

### **Learning Focus Continuation:** Emotionally Healthy Spirituality

High-level overview of topics covered in series:

- Psalm 46:10, The Sabbath, Emotional Spiritual Health Survey
- Review survey results and ask for additional comments and insights

### **Definitions:**

- Spirit – The real us that lives forever
- Soul – Mind, will, **emotions**, intellect, imagination
- Body – Physical part of us

### **Scripture Based Emotions Expressed:**

1. Righteous Anger – John 2:13-20 (Jesus turns tables over in the temple)
2. A grown man cried bitterly – Luke 22:62 (Peter after he denied Jesus 3x)
3. Sadness – John 11:33 (Jesus wept over Lazarus)
4. Sorry & Grief – Genesis 6:6 (God's feeling about man after seeing all their sin)
5. Complaint – Psalm 88

### **Stages of Faith**

1. Life changing awareness of God
2. Discipleship (Learning)
3. The active life (Serving)
4. Journey inward (Hitting a wall)
5. Journey outward (Serving after rediscovering God from going through)
6. Transformed into Love (God completes the work he begins in us)