

Trust and Live Out the Process

Throughout life we all go through many experiences, pursue many goals and try a variety of employment opportunities. Regardless of what it is, there is a process one needs to go through to live out these things. Whether the process is by means of an application, testing, initiation, hard unpaid/seemingly unnoticed work, etc. there is still a process. We also need to walk through and live out a process to be God-fearing, Christ like people. Now, this is not to say that you need to go through this process to be saved and loved because in Ephesians 2:1-10 we read that we are saved by God's grace! This process I'm speaking of does not only go for the new believer but for anyone who wants to live out the life that God wants us to live and the life that Jesus lived as he walked through this very earth many years ago.

Mark 1:39-45 tells a story about a man with leprosy. It's a short but powerful story. We see how this man went through the process: knowing his sickness, confessing what he needed to be changed, truly accepting the Truth (Jesus) and living it out from then on.

Week 1

KNOW

Talking to God

As you talk to God this week, ask him what your "sickness" is and give Him the space to speak. Prayer is a conversation with God so allow him to speak to you and reveal it to you.

Go deeper

In Matthew 7:3-4 we read about judging one another and Jesus asks, "Why do you look at the splinter in your brother's eye but do not notice the beam of wood in your own eye?" Another version says a "log of wood" in your eye. We can often go through life judging people (whether intentional or not) without looking at ourselves in the same way. I believe the underlying theme

of this passage is to watch over one's own life. As we read previously with the man with leprosy, even though his sickness was physical and almost impossible to overlook, he knew he needed physical healing. We need to step back and spiritually diagnose what our sickness is.

Do something

Continuously speak to God and reach out to a fellow believer throughout your day to ask what "sickness" you might have: work, relationships, habits, etc.

Week 2

CONFESS

Talking to God

Remember when you were first saved? You confessed with all your heart that you were going to drop all your bad habits from that point on to pursue God. Make it a point to do that every day! We need to die to ourselves daily! (Romans 6:6-7)

Go deeper

Life is constantly changing, and we need to understand that in some ways, we change too. We need to continually confess our “sicknesses” to God. There cannot be change where there is no acknowledgment of the need for change. The confession works two-fold:

1. Although God is all knowing, he needs to hear it from your heart whatever it is that you want to be changed. God is a gentleman; he’s not going to automatically change the things you need to be changed. You need to speak it out and bring it into the light.
2. You need to hear yourself say it. Speaking things out loud can change your perspective and bring clarity to you. The things you hold inside are not meant for you to bear. You need to give it to God (Matthew 11:28-30).

Furthermore, turn to the people God has blessed you with. The church is filled with people you can rely on. James 5:16 says to confess your sins to each other and pray so that you may be healed.

Take Action

With that being said, I want to challenge you to open yourself up and confess your “sickness” to another. This challenge is not easy by any means, but you will be amazed by the positive impact it will have on you and your relationship with God and your peers.

Week 3

ACCEPT

Talking to God

As you continue to pray, accept the helping hand of God and hear what he has for you. Don’t cut God short, give him time to reply to your prayer.

Go deeper

Jesus says in Mark 10:52 “your faith has saved you”. That’s it, Jesus says it as clear as day! You don’t have to worry about anything else. Accept the fact that God has accepted you. You don’t have to be enough because he is more than enough. Accept God’s love and replace the bad with the love of God.

Take Action

Work on not letting yourself get in the way of your faith. God forgives and forgets and at times we don't do the same and it stumps our spiritual growth. Allow your faith to grow in you.

Week 4

LIVE IT OUT

Taking to God

Allow God to show you how you can live out the freedom he's placed over your life. Go deeper

Much like a serious health issue, we need to remove the tendencies/people/idols, so you don't go back down to where you worked so hard to get out of. Living in this world makes this difficult because we can't just say a prayer and then things change in our day-to-day lives. In order to live in freedom, we cannot keep going back to our sickness. This is an active thing that requires a lot of effort from your end. This stage of the process is probably one of the hardest but once you release it all and live it out, it's a beautiful thing.

Take Action

Jesus illustrates in Mark 9:23 - 28 to remove whatever it is that causes you to fall. Let's run after what he said and actively re-evaluate what our stumbling blocks are.

Week 5

Spiritual growth

Taking to God

Pray with the intention of building a relationship with God, not with a checklist of things you need to get fixed or things you want.

Go deeper

Age is not a factor when it comes to spiritual maturity, it's measured on a scale of the fruit that you bear. Colossians 1:9 - 14 conveys a prayer that encourages us to bear fruit and to grow in God's knowledge. Our goal as Christ followers is to live like Jesus did. People should talk about you and see you in such a spiritual way that your peers don't even recognize you. The maturity is where God starts to use you for His kingdom. Keep in mind that maturity takes time, patience and understanding. It's not an overnight process.

Take Action

Be intentional about letting your actions and fruit speak for themselves. Let's continue to live out loud for Jesus