

Spiritual Exercises: The Disciplines of Grace

January 27 & 28, 2007
Matt Hannan

Titus 2

11 For the grace of God that brings salvation has appeared to all men.

Only God, in His grace, can R_____ our P_____.

12 It teaches us

Only God, in His grace, can R_____ our P_____.

to say "No" to ungodliness and worldly passions,

• Grace drives us away from D_____.

and to live self-controlled, upright and godly lives in this present age,

• Grace directs us to D_____.

13 while we wait for the blessed hope —
the glorious appearing of our great God and Savior, Jesus Christ,

Only God, in His grace, can R_____ our F_____.

14 who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good.

God's grace can bring C_____ when we are committed to:

D _____	H _____
W _____	H _____
F _____	H _____

Spiritual Exercises:

Forgiving

February 3 & 4, 2007
Matt Hannan

How we got it wrong:

- A. Mom said to say, "I'm S_____."
Forgiveness is not W_____.
- B. Dad said to say, "It doesn't M_____."
Forgiveness is not D_____.
- C. Grandpa said, "What do you E_____."
Forgiveness is not F_____.
- D. Grandma said, "Just F_____ and F_____."
Forgiveness is not A_____.
- E. Others said, "What G_____ around C_____ around."
Forgiveness is not V_____.
- F. Our fallen nature said, "You S_____ forgive."
Forgiveness is not E_____.

Luke 17

17 Jesus said to his disciples: "Things that cause people to sin are bound to come, but woe to that person through whom they come. 2 It would be better for him to be thrown into the sea with a millstone tied around his neck than for him to cause one of these little ones to stumble. 3 So watch yourselves.

"If your brother sins, rebuke him; and if he repents, forgive him. 4 If he sins against you seven times in a day and seven times come back to you and says 'I repent,' forgive him."

5 The apostles said to the Lord, "Increase our faith!"

6 He replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you.

Spiritual Exercises:

Confessing

February 10 & 11, 2007

Matt Hannan

Psalm 32

Of David. A maskil.

- 1 Blessed is he
whose transgressions are forgiven,
whose sins are covered.
- 2 Blessed is the man
whose sin the LORD does not count against him
and in whose spirit is no deceit.
- 3 When I kept silent,
my bones wasted away
through my groaning all day long.
- 4 For day and night
Your hand was heavy upon me;
my strength was sapped
as in the heat of summer.

Selah
- 5 Then I acknowledged my sin to You
and did not cover up my iniquity.
I said, "I will confess my transgressions to the LORD" —
and You forgave the guilt of my sin.

Selah
- 6 Therefore let everyone who is godly pray to You
while You may be found;
surely when the mighty waters rise,
they will not reach him.
- 7 You are my hiding place;
You will protect me from trouble
and surround me with songs of deliverance.

Selah
- 8 I will instruct you and teach you in the way you should go;
I will counsel you and watch over you.
- 9 Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.
- 10 Many are the woes of the wicked,
but the LORD's unfailing love
surrounds the man who trusts in Him.
- 11 Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!

Spiritual Exercises:

Listening

February 17 & 18, 2007

Matt Hannan

Psalm 1

1 Blessed is the man
 who does not walk in the council of the wicked
or stand in the way of sinners
 or sit in the seat of mockers.

2 But his delight is in the law of the Lord,
 and on His law he meditates day and night.

3 He is like a tree planted by streams of water,
 which yields its fruit in season
and whose leaf does not wither.

Whatever he does prospers.

4 Not so the wicked!
 They are like chaff that the wind blows away.

5 Therefore the wicked will not stand in the judgment,
 nor sinners in the assembly of the righteous.

6 For the LORD watches over the way of the righteous,
 but the way of the wicked will perish.

John 5

39 You study the Scriptures diligently because you think that by them you possess eternal life. These are the Scriptures that testify about Me, 40 yet you refuse to come to Me to have life.

41 “I do not accept praise from men, 42 but I know you. I know that you do not have the love of God in your hearts.

Spiritual Exercises:

Speaking

February 24 & 25, 2007
Matt Hannan

Luke 18

1 Then Jesus told His disciples a parable to show them that they should always pray and not give up. 2 He said: "In a certain town there was a judge who neither feared God nor cared about men. 3 And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'

4 "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, 5 yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'"

6 And the Lord said, "Listen to what the unjust judge says. 7 And will not God bring about justice for His chosen ones, who cry out to Him day and night? Will He keep putting them off? 8 I tell you, He will see that they get justice, and quickly. However, when the Son of Man comes, will He find faith on the earth?"

9 To some who were confident of their own righteousness and looked down on everybody else, Jesus told this parable: 10 "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men — robbers, evildoers, adulterers — or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.'

13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

14 "I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

15 People were also bringing babies to Jesus to have Him touch them. When the disciples saw this, they rebuked them. 16 But Jesus called the children to Him and said, "Let the little children come to Me, and do not hinder them, for the kingdom of God belongs to such as these. 17 I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it."

Spiritual Exercises:

Rejoicing

March 3 & 4, 2007
Matt Hannan

Deuteronomy 16

9 Count off seven weeks from the time you begin to put the sickle to the standing grain. 10 Then celebrate the Feast of Weeks to the LORD your God by giving a freewill offering in proportion to the blessings the LORD your God has given you. 11 And rejoice before the LORD your God at the place He will choose as a dwelling for His Name — you, your sons and daughters, your menservants and maidservants, the Levites in your towns, and the aliens, the fatherless and the widows living among you. 12 Remember that you were slaves in Egypt, and follow carefully these decrees.

13 Celebrate the Feast of Tabernacles for seven days after you have gathered the produce of your threshing floor and your winepress. 14 Be joyful at your Feast — you, your sons and daughters, your menservants and maidservants, and the Levites, the aliens, the fatherless and the widows who live in your towns. 15 For seven days celebrate the Feast to the LORD your God at the place the LORD will choose. For the LORD your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete.

16 Three times a year all your men must appear before the LORD your God at the place He will choose: at the Feast of Unleavened Bread, the Feast of Weeks and the Feast of Tabernacles. No man should appear before the LORD empty-handed: 17 Each of you must bring a gift in proportion to the way the LORD your God has blessed you.

18 Appoint judges and officials for each of your tribes in every town the LORD your God is giving you, and they shall judge the people fairly. 19 Do not pervert justice or show partiality. Do not accept a bribe, for a bribe blinds the eyes of the wise and twists the words of the righteous. 20 Follow justice and justice alone, so that you may live and possess the land the LORD your God is giving you.

21 Do not set up any wooden Asherah pole beside the altar you build to the LORD your God, 22 and do not erect a sacred stone, for these the LORD your God hates.

Spiritual Exercises:

Following

March 10 & 11, 2007

Matt Hannan

2 Kings 2

1 When the LORD was about to take Elijah up to heaven in a whirlwind, Elijah and Elisha were on their way from Gilgal.

2 Elijah said to Elisha, "Stay here; the LORD has sent me to Bethel."

But Elisha said, "As surely as the LORD lives and as you live, I will not leave you." So they went down to Bethel.

3 The company of the prophets at Bethel came out to Elisha and asked, "Do you know that the LORD is going to take your master from you today?"

"Yes, I know," Elisha replied, "but do not speak of it."

4 Then Elijah said to him, "Stay here, Elisha; the LORD has sent me to Jericho."

And he replied, "As surely as the LORD lives and as you live, I will not leave you." So they went to Jericho.

5 The company of the prophets at Jericho went up to Elisha and asked him, "Do you know that the LORD is going to take your master from you today?"

"Yes, I know," he replied, "but do not speak of it."

6 Then Elijah said to him, "Stay here; the LORD has sent me to the Jordan."

And he replied, "As surely as the LORD lives and as you live, I will not leave you." So the two of them walked on.

7 Fifty men of the company of the prophets went and stood at a distance, facing the place where Elijah and Elisha had stopped at the Jordan. 8 Elijah took his cloak, rolled it up and struck the water with it. The water divided to the right and to the left, and the two of them crossed over on dry ground.

9 When they had crossed, Elijah said to Elisha, "Tell me, what can I do for you before I am taken from you?"

"Let me inherit a double portion of your spirit," Elisha replied.

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10 "You have asked a difficult thing," Elijah said, "yet if you see me when I am taken from you, it will be yours — otherwise not."

11 As they were walking along and talking together, suddenly a chariot of fire and horses of fire appeared and separated the two of them, and Elijah went up to heaven in a whirlwind.

12 Elisha saw this and cried out, "My father! My father! The chariots and horsemen of Israel!" And Elisha saw him no more. Then he took hold of his own clothes and tore them apart.

13 He picked up the cloak that had fallen from Elijah and went back and stood on the bank of the Jordan. 14 Then he took the cloak that had fallen from him and struck the water with it. "Where now is the LORD, the God of Elijah?" he asked. When he struck the water, it divided to the right and to the left, and he crossed over.

15 The company of the prophets from Jericho, who were watching, said, "The spirit of Elijah is resting on Elisha." And they went to meet him and bowed to the ground before him.

16 "Look," they said, "we your servants have fifty able men. Let them go and look for your master. Perhaps the Spirit of the LORD has picked him up and set him down on some mountain or in some valley."

"No," Elisha replied, "do not send them."

17 But they persisted until he was too ashamed to refuse. So he said, "Send them." And they sent fifty men, who searched for three days but did not find him. 18 When they returned to Elisha, who was staying in Jericho, he said to them, "Didn't I tell you not to go?"

19 The men of the city said to Elisha, "Look, our lord, this town is well situated, as you can see, but the water is bad and the land is unproductive."

20 "Bring me a new bowl," he said, "and put salt in it." So they brought it to him.

21 Then he went out to the spring and threw the salt into it, saying, "This is what the LORD says: 'I have healed this water. Never again will it cause death or make the land unproductive.'" 22 And the water has remained wholesome to this day, according to the word Elisha had spoken.

Spiritual Exercises:

Serving

March 31 and April 1, 2007

Matt Hannan

John 13

1 It was just before the Passover Feast. Jesus knew that the time had come for Him to leave this world and go to the Father. Having loved His own who were in the world, He now showed them the full extent of His love.

2 The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. 3 Jesus knew that the Father had put all things under His power, and that He had come from God and was returning to God; 4 so He got up from the meal, took off His outer clothing, and wrapped a towel around His waist. 5 After that, He poured water into a basin and began to wash His disciples' feet, drying them with the towel that was wrapped around Him.

6 He came to Simon Peter, who said to Him, "Lord, are You going to wash my feet?"

7 Jesus replied, "You do not realize now what I am doing, but later you will understand."

8 "No," said Peter, "You shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with Me."

9 "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

10 Jesus answered, "A person who has had a bath needs only to wash his feet; his whole body is clean. And you are clean, though not every one of you." 11 For He knew who was going to betray Him, and that was why He said not every one was clean.

12 When He had finished washing their feet, He put on His clothes and returned to His place. "Do you understand what I have done for you?" He asked them. 13 "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you. 16 I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them.

Spiritual Exercises:

Giving

April 14 & 15, 2007
Matt Hannan

1 Chronicles 21

1 Satan rose up against Israel and incited David to take a census of Israel. 2 So David said to Joab and the commanders of the troops, "Go and count the Israelites from Beersheba to Dan. Then report back to me so that I may know how many there are."

3 But Joab replied, "May the LORD multiply His troops a hundred times over. My lord the king, are they not all my lord's subjects? Why does my lord want to do this? Why should he bring guilt on Israel?"

4 The king's word, however, overruled Joab; so Joab left and went throughout Israel and then came back to Jerusalem. 5 Joab reported the number of the fighting men to David: In all Israel there were one million one hundred thousand men who could handle a sword, including four hundred and seventy thousand in Judah.

6 But Joab did not include Levi and Benjamin in the numbering, because the king's command was repulsive to him. 7 This command was also evil in the sight of God; so He punished Israel.

8 Then David said to God, "I have sinned greatly by doing this. Now, I beg You, take away the guilt of Your servant. I have done a very foolish thing."

9 The LORD said to Gad, David's seer, 10 "Go and tell David, 'This is what the LORD says: I am giving you three options. Choose one of them for Me to carry out against you.'"

11 So Gad went to David and said to him, "This is what the LORD says: 'Take your choice: 12 three years of famine, three months of being swept away before your enemies, with their swords overtaking you, or three days of the sword of the LORD — days of plague in the land, with the angel of the LORD ravaging every part of Israel.' Now then, decide how I should answer the One who sent me."

13 David said to Gad, "I am in deep distress. Let me fall into the hands of the LORD, for His mercy is very great; but do not let me fall into the hands of men."

(continued)

14 So the LORD sent a plague on Israel, and seventy thousand men of Israel fell dead. 15 And God sent an angel to destroy Jerusalem. But as the angel was doing so, the LORD saw it and was grieved because of the calamity and said to the angel who was destroying the people, "Enough! Withdraw your hand." The angel of the LORD was then standing at the threshing floor of Araunah the Jebusite.

16 David looked up and saw the angel of the LORD standing between heaven and earth, with a drawn sword in his hand extended over Jerusalem. Then David and the elders, clothed in sackcloth, fell facedown.

17 David said to God, "Was it not I who ordered the fighting men to be counted? I am the one who has sinned and done wrong. These are but sheep. What have they done? O LORD my God, let Your hand fall upon me and my family, but do not let this plague remain on Your people."

18 Then the angel of the LORD ordered Gad to tell David to go up and build an altar to the LORD on the threshing floor of Araunah the Jebusite. 19 So David went up in obedience to the word that Gad had spoken in the name of the LORD.

20 While Araunah was threshing wheat, he turned and saw the angel; his four sons who were with him hid themselves. 21 Then David approached, and when Araunah looked and saw him, he left the threshing floor and bowed down before David with his face to the ground.

22 David said to him, "Let me have the site of your threshing floor so I can build an altar to the LORD, that the plague on the people may be stopped. Sell it to me at the full price."

23 Araunah said to David, "Take it! Let my lord the king do whatever pleases him. Look, I will give the oxen for the burnt offerings, the threshing sledges for the wood, and the wheat for the grain offering. I will give all this."

24 But King David replied to Araunah, "No, I insist on paying the full price. I will not take for the LORD what is yours, or sacrifice a burnt offering that costs me nothing."

25 So David paid Araunah six hundred shekels of gold for the site. 26 David built an altar to the LORD there and sacrificed burnt offerings and fellowship offerings. He called on the LORD, and the LORD answered him with fire from heaven on the altar of burnt offering.

27 Then the LORD spoke to the angel, and he put his sword back into its sheath.

Spiritual Exercises:

Resting

April 21 & 22, 2007
Matt Hannan

Hebrews 4

4 Therefore, since the promise of entering His rest still stands, let us be careful that none of you be found to have fallen short of it. 2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. 3 Now we who have believed enter that rest, just as God has said,

“So I declared on oath in My anger,
“They shall never enter My rest.””

And yet His work has been finished since the creation of the world. 4 For somewhere He has spoken about the seventh day in these words:

“And on the seventh day God rested from all His work.”

5 And again in the passage above He says,

“They shall never enter My rest.”

6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. 7 Therefore, God again set a certain day, calling it “Today,” when a long time later He spoke through David, as it was said before:

“Today, if you hear His voice, do not harden your hearts.”

8 For if Joshua had given them rest, God would not have spoken later about another day. 9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God’s rest also rests from his own work, just as God did from His. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

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. 13 Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account.

14 Therefore, since we have a great High Priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have One who has been tempted in every way, just as we are—yet was without sin. 16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Spiritual Exercises:

Stopping

April 28 & 29, 2007
Matt Hannan

Isaiah 57

20 But the wicked are like the tossing sea,
which cannot rest,
whose waves cast up mire and mud.

21 "There is no peace," says my God, "for the wicked."

Isaiah 58

1 "Shout it aloud, do not hold back.
Raise your voice like a trumpet.
Declare to My people their rebellion
and to the house of Jacob their sins.

2 For day after day they seek Me out;
they seem eager to know My ways,
as if they were a nation that does what is right
and has not forsaken the commands of its God.
They ask Me for just decisions,
and seem eager for God to come near them.

3 'Why have we fasted,' they say,
'and You have not seen it?
Why have we humbled ourselves,
and You have not noticed?'

"Yet on the day of your fasting,
you do as you please
and exploit all your workers.

4 Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.
You cannot fast as you do today
and expect your voice to be heard on high.

5 "Is this the kind of fast I have chosen,
only a day for a man to humble himself?
Is it only for bowing one's head like a reed
and for lying on sackcloth and ashes?
Is that what you call a fast,
a day acceptable to the LORD?"

(continued)

- 6 "Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?
- 7 Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—
when you see the naked, to clothe him,
and not to turn away from your own flesh and blood?
- 8 "Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness will go before you,
and the glory of the LORD will be your rear guard.
- 9 Then you will call, and the LORD will answer;
you will cry for help, and He will say: 'Here am I.'

- "If you do away with the yoke of oppression,
with the pointing finger and malicious talk,
10 and if you spend yourselves in behalf of the hungry
and satisfy the needs of the oppressed,
then your light will rise in the darkness,
and your night will become like the noonday.
- 11 The LORD will guide you always;
He will satisfy your needs in a sun-scorched land
and will strengthen your frame.
You will be like a well-watered garden,
like a spring whose waters never fail.
- 12 Your people will rebuild the ancient ruins
and will raise up the age-old foundations;
you will be called Repairer of Broken Walls,
Restorer of Streets with Dwellings."