

HRSF

Winter Break Quiet Time Packet
2015-2016

Hey Everyone! Hope your break is restful and rejuvenating. These Quiet Times are not mandatory, but your awesome Bible Talk leaders put time, energy and effort into making these for you, so just in case you get stuck and aren;t sure what to read, you have these. We love you all so much! Have a great break and see you in January!

Love Matt and Katy

Day 1

Philippians 1

Background: The church in Philippi was founded by the apostle Paul on his second missionary journey, recorded in Acts 16:1-40. Paul originally went to Macedonia because of a night vision described for us in Acts 16:9. Paul is in jail when he writes this letter to the church in Philippi around 60-62 A.D.

- ❖ What is Paul most thankful for from the Philippian church?
 - V.12. Paul did not let his circumstances dictate how effective he was going to be for the Gospel.
 - Because of his faithfulness the whole palace guard has heard the message of Jesus and the brothers and sisters have their strength renewed and a new fearlessness about them.
- ❖ How can you be bold this break? When Satan attacks you with impurity, worldly friends wanting to hang out and do sinful things, or your family is on your back of how radical they think you are being?
 - V.16. We need to preach the gospel out of love to our family and friends.
 - V. 27. We need to conduct ourselves in a manner worthy of the Gospel. Are you setting an example at your home for your siblings and your parents, so they can see Christ in you?

Practical: We are called to believe in Jesus and suffer for him and not be afraid of anyone who may stand in our way. Make a stand for Jesus today whether with family, friends, or your current temptations!

Day 2

Philippians 2

The Second Chapter of Philippians starts out with something very special, verses 6-11 is known as the Christ Hymn or the confession of faith in which Christ becomes obedient like a servant. But let's not skip over the first few verses yet.

- ❖ We are called to be unified in our love for Christ. We are called to be like-minded, being one in spirit, and having the same love.
 - Being unified over a long break can be hard, especially if you are away from a church and a campus ministry body. How can you be proactive in making sure you do not allow yourself to stumble just because you aren't close to a body?
 - Go after having a plan of action!
 - ◆ Next we see the nature of Jesus and His humility; I would encourage you to meditate on these few verses (6-11).
 - How does this relate to what Jesus has done for you?
 - What did Jesus go through for your transgressions?
 - How can you imitate Jesus's humility?
 - ◆ Then we get to V. 12-18
 - Do everything without complaining or grumbling!
 - When you are home you are going to have to do some chores around the house. Do it joyfully! Do them before your parents even ask you to do it.
 - We do this that we may be blameless and pure children of God.
 - When we fulfill this we shine like stars in the sky for people from this crooked generation to see the light of Christ shine in us.
 - How will you shine like a star this break?

- 1) **Practical:** Let's do everything without complaining or grumbling this break so we can imitate Christ's humility and shine like stars in the sky!

Day 3

Philippians 3

- ❖ Paul starts out this chapter with an exhortation to the church to be watchful and beware of wicked men, and to follow his example. He refers to the false prophets as dogs, which references (Isaiah 56:10). He commends the church to not put confidence in the flesh or the outward things, but to instead to Rejoice in the Lord!
- ❖ V.7 Whatever Paul considered a gain in his previous time as a Pharisee he now considers a loss as a Christian.
 - Do you count everything as loss in your prior life before Jesus? What do you still hold on to? Relationships with old friends that you will see over break or maybe that high school girlfriend or boyfriend that may hit you up this break to try and reconnect.
- ❖ We are called to press forward towards the goal to win the prize as we are called heavenward. How often do you think about heaven? Probably a bunch while you're at home if everyone is annoying you. As said perfectly by the Los Lonely Boys, "Lord, can you tell me? How far is heaven? Cause I just got to know how far, yeah? How far is heaven? Lord, can you tell me?" (That's a freebee).
- ❖ V.18. A really touching point for Paul, he is pleading with these people to not be enemies of God, but a lot of people are still enemies and their destiny is destruction and their stomach is their god. They are concerned with earthly things, but we are to be concerned for our heavenly citizenship! Let's fight for all men and women to be saved!

Practical: Do not get caught up with the worldly hustle and bustle of the holiday season, but meditate on Jesus returning to take us home!

Day 4

Philippians 4

- ❖ He reopens this section of his letter with joyfulness and thanksgiving for the saints and some instruction.
- ❖ V. 4 We all have heard and know this passage, "Rejoice in the Lord always. I will say it again: Rejoice!"
 - Again we are called to be examples to the world of our relationship with God, by being gentle and rejoicing.
 - What are some things that you are going to be anxious about this break?
 - What does the next couple of verses say about what God will do if we lay all of our worries on him?
 - He will guard our hearts and our minds!
- ❖ And here we see kind of a repetition in verse 8-9 about things we should be thinking about and putting stock in.
 - Heavenly things not worldly.
- ❖ What are some things that you have learned this semester that you are going to put into practice during this break? Write them down and share with someone.
- ❖ Finally, V. 11 Paul learned the secret of being content in all situations. Are you content right now or are you thirsty for what the world has to offer?

Practical: Lets be on fire for the Gospel this break and lets Rejoice because our citizenship is in heaven! AMEN!

Day 5

Matthew 14:13-23

- A part of His relationship with God was His relationship with people. Jesus always meets the needs. Jesus was tired, His disciples were tired, probably felt overwhelmed, Jesus' cousin died, and trying to withdraw, the crowd follows Him (the crowd out ran the boat going on the land!). Jesus doesn't feel divided whatsoever, but lives what He preached. He denied Himself, while teaching His disciples how to meet the needs of others through faith in God. He feeds over 5,000 men!
- How can you mimic Jesus' tenacity to meet the needs around you?

Practical: Decide to forget yourself today and meet 2 needs you see. (Be creative) -make an encouragement card for a family member, call up somebody and tell them a scripture that they remind you of. Reach out to someone while you're out, etc.

Day 6

John 17:6-26

Jesus prayed for you to be a unified part of the Body! (Vs 20) Jesus doesn't pray for God to remove the problems, or take you out of the world, but to keep you from the evil one. He prays for you to be unified with the rest of the Body! Jesus thought ahead to pray for you and me because He knew we needed others to help us draw near to God (with His true word vs 17).

- ❖ Why do you think that Jesus prayed for all of His disciples to be unified, and no other things? Decide to build up the body in some way this week. Plan a hangout, encouragement date, Christmas party, rides to a New Year's party, etc.

1 Peter 1:13-21

- ❖ Verse 14 is perfect for break right?! The answer to not conforming to the sins of the old you is to be Holy. Well Duh, but, what's crazy is the why: because God is Holy. God calls you to be like Him. Not some wimpy, easy standard. Nor is it a theoretical, impossible to achieve standard. It's cool because God calls you to the standard believing that you can! That's why you fight for purity. That's why you fight to keep your word. That's why you fight at all. That's why Jesus died. To get you in a relationship with a pure and holy God! (If you feel like you're not fighting like you could, set your hope fully on the grace that will be brought Vs. 13). Remember that God doesn't show favoritism either.
- What does one step closer to God's holiness look like?

Practical: Decide to cut off one thing that caused you to sin the last time you were home (not a family member or a person). And take a look at how you felt afterwards and compare to last break.

Day 7

1 Corinthians 15:50-58

This will be some studying out of the resurrection. The resurrection is really coming. Imagine it, dream for it, and get those around you ready for it. It's honestly difficult and hard to focus on it especially when it seems like everything is closing in on you.

- ❖ When you're having a rough day, or something absurd happens to make your life harder. But, that's where our eyes belong. The new heaven, the new earth, and Jesus giving you the ticket in. After discussing the Resurrection, Paul doesn't leave it there, he tells them to be steadfast, immovable, always bearing fruit! Why? Knowing that it's not in vain. It may seem like only hard times are ahead,

but you've got something better waiting for you.

- What fruit do you think God's trying to help you bear?

Practical: Memorize one scripture that stood out to you when you were studying the Bible (or whenever) that convinced you that being a child of God was so much better than staying or being in the world.

- ❖ Satan's going to try to convince you that you don't have one, that you'll never find one, or that there's no point in finding one. Romans 8:31-39, Ephesians 3:14-19, 2 Corinthians 5:14. If it compels you, then it there's a scripture about God's love that compels you. God's word is versatile; you just have to find it.

Day 8

1 John 1:5-10

Jesus was constantly around his twelve disciples. They always had the opportunity to be open with one another, and ask for help. Imagine how deeply they knew each other. I mean they were around each other ALL THE TIME. Even so, I am sure it was sometimes difficult and embarrassing to be in the light!

- What things do you need to be in the light about right now?
- What temptations can you see coming that you will need accountability from other disciples to be in the light?
- Who is someone God has given you to be open with that will encourage you but call you higher with the truth?
- Why would you want to be open with this person, according to the scripture?
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Practical: Set up a time with the person that came to mind to catch up, and be open. Ask them to be your accountability partner over break, and send each other scriptures.

Day 9

Colossians 3:1-5

Jesus frequently thought about what's best for his father. Even if it was uncomfortable, Jesus even prayed to God hours before his death. Have you set your mind to the things above and it might be hard, but have you at least thought about what God desires.

- ❖ Do you think you can make a goal before the week is over?

Joshua 7:1-26 (Achan's Sin)

- ❖ What were some of Achan's Sins? Was it simply stealing or something more?
- ❖ Why do you think the Lord judged Achan's sin so harshly?
- ❖ How many opportunities did God give Achan to be open and in the light about his sin?
- ❖ God will expose our sin. Is there any hidden sin in your life that you have chosen to not be open about? How can you be in the light with your sin today?

1 John 1:9

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Practical: Think of sins in your life that you are not typically as open about.

Confess your sin to someone that you know will be able to help you and hold you accountable to have victories in the future.

Related Scriptures:

John 3: 19-21 "Be in the light" // **James 5:16** "Confess your sins" You need others to be praying for you!

Day 10

Philippians 2:12-16

- What are things that you have been quick to grumble about when it comes to being home with your family or in the body of Christ?
- How would not grumbling or complaining about these things help you to be pure and blameless?

Hold firmly to God's word today and be a shining light that is completely without blame to outsiders!

Practical: Do something (chores, take out the trash, wash the dishes, give someone a ride, etc) that you are asked (or even before you are asked!!!) to do without complaining but instead with joy and shine your light!

Day 11

Mark 15: 6-15

Barabbas is released and Jesus takes his place. In the same way, Jesus took the punishment for us that we deserved. Barabbas was a murderer and rebel therefore deserving crucifixion. We sin and earn the wage of death.

- How would Barabbas have felt about his release? How would he feel about Jesus? What would he do after he was released?

Practical: Journal about the life that Jesus has freed you to live. What should it look like? Jesus has given you the key to your prison cell and everyone else's. Be motivated by this today and share with someone about Jesus.

Day 12

Matthew 5:43-48

Jesus gives a list of standards that the Jews lived by and calls them to live even more righteously. "You therefore must be perfect as your father in heaven is perfect."

- What is a standard from this list or elsewhere in your life that you do not strive to be completely like Jesus in?

Practical: one small thing today to make that area of your life closer to how Jesus would act! (Prayer? Go and pray with someone, taking care of your family? Go and do a chore. Selfishness? Call another disciple now!!!)

Day 13

1 Corinthians 10:13

God doesn't let you be tempted more than you can handle. HE believes in you, when being tempted God is your biggest fan.

- He gives you a way out. Too often we try to make it through temptation without any trust in God by trying to handle it ourselves. Keep in mind God is giving you a way out of TEMPTATION; don't go looking for the exit when you're already neck deep in sin.
- What sin do I consistently not make it through the temptation phase and fall?
- What are some ways God gives me a way out before I am already sinning?
- (Those little thoughts of, I should call somebody, I should get on my knees and pray, I should read a scripture about this right now)

Practical: Make a decision! Make a decision to take that way out next time you are tempted because you have God behind you; it is reality to make it out with a victory!

Day 14

Hebrews 4:14-16

- Jesus has been tempted every way you have ever been. He can relate and sympathize with the way you feel when you're being tempted. BUT he never sinned.
- A lot of times the last thing we want to do is draw near to God because the overbearing guilt or we think that a righteous God can not relate to us. But it is because of Jesus, the one who was tempted that we can draw near the throne of grace and receive mercy in temptation not judgement. Jesus wants to help you in your time of need not wag a finger at you and look down upon you and it is he that contends for you when you approach the throne. That is why you can approach it with confidence.
- What do I naturally think Jesus thinks or feels about me when I am being tempted (often referred to as struggling)? What have you read in the gospels that you can imagine Jesus being tempted in a similar way?

Practical: Memorize vs. 15 and meditate on it when you are tempted today. Know that you have a high priest that can relate to your temptations, but not to when it goes past that. So in your times of need today hold onto this truth and draw near to an understanding savior full of mercy and grace who wants to help.

Day 15

Romans 6:1-14

- ❖ Because of Jesus sin no longer holds any dominion in your life. He defeated death. The same spirit that raised Jesus from the dead is the same one who lives in you.
- ❖ Purity can seem to formidable opponent, but to Christ it has been already defeated for those who took part in his life through faith, repentance then baptism. It is something you can't beat with your own strength. Only that of Christ.
 - How can you follow the sprints prompting to be pure? Do you recognize that when there are victories it was/is only because of Jesus that you can be pure?
- ❖ Stop trying to fix it yourself and over complicating it. Have a pocket sized notebook/notecard/in your phone where you can write down each time you are tempted with impurity and choose righteousness. Immediately give thanks to God for the power of Christ and that this was only possible because you are alive in Christ.

Day 16

Proverbs 11.25

God places such a large emphasis on being giving out of the resources that God has already placed in our lives.

- ❖ What are some resources that maybe God has placed in your care? (i.e. Time, Money, A car, Your relationship with God, Your knowledge of scripture, Energy)
- ❖ What do you think it would look like to "refresh" another person?
- ❖ Why would you want to be generous with maybe your time or money?

Practical: For this week, think of three people that you can "refresh" and go and refresh them with the things that God has given you.

Day 17

Mark 1.35-39

Jesus made it a priority to have time to pray to God, perhaps it was simply to praise God, or perhaps it was to pray for the harvest, or for God to finally open the eyes of the disciples. However what is clear is that very early in the morning he got up to pray. Jesus, God incarnate, got up early, or went off to solitary places to pray to God multiple times in the gospels.

- ❖ As a mere human, how much more do we need to be making special times, or even going off to special places to pray to God?
- ❖ How often have you gone to a special place, to pray to God, outside of your daily time with God? What should the result of that time with God be?

Practical: Make it a point this week, before you do anything, to go to a solitary and special place, maybe out in nature, and pray to God. You can praise God, thank God, ask God for anything, and then go and share your faith like Jesus did.

Day 18

Romans 5:1-5

- ❖ What do sufferings/trials produce?
- ❖ Think of one suffering in your life. What would it look like to glory in that suffering?
- ❖ Suffering is necessary for hope. Character and hope cannot come before suffering and perseverance.

This is only possible with God's love and the Holy Spirit.

Practical: Journal and pray about your "sufferings" faithfully and hopefully. Memorize Scripture (i.e. this one) to help you persevere.

Day 19

1 Peter 2:19-25

- ❖ What is your first reaction to being unjustly treated?
Jesus entrusted himself to God when he was mistreated.
- ❖ Can you imagine entrusting yourself to God to the extent that Jesus did?
Jesus did this so we MIGHT (1) die to sins and (2) live for righteousness.

Practical: Think of common situations that cause stress or frustration (dealing with parents, siblings, etc.). Come up with a game plan to be righteous and loving and pray before walking into each situation. Choose to persevere by not responding in anger or pride but responding with gentle words and true humility.

Day 20

Romans 12:1-2

- ❖ What thoughts/mindset skew your view of God's mercy during temptations of impurity?
How important was it to Jesus to stay connected with disciples?
- ❖ The holidays are a time that we spend more time with our biological families than our spiritual family.
- ❖ The goal is NOT to ignore or despise our biological family, but to always stay connected to our spiritual family.

Practical: Plan three times each week that you can call someone in the ministry.

Day 21

Matthew 9:36-37, Mathew 28:18-20

1.) Jesus was caring about the lost

2.) Jesus has one mission: "Go and make disciples..."

Jesus saw people for what they really were: "harassed and helpless, like sheep without a shepherd." He cared deeply for people who were not yet reconciled with God and even in this passage Jesus was going through all the cities and spreading the gospel and healing people of their illnesses (spiritually and physically). After this, he stated that, "The harvest is plentiful, but the workers are few." Jesus wants you to see your friends, family, and the people around you for what they really are and to help them (spiritually and physically). The mission is Matthew 28:18-20, and we need to make sure we don't forget that even on while we are on break. People are harassed and helpless, like sheep without a shepherd all around us.

- ❖ Do you see the lost the way Jesus sees them?
- ❖ Do you see your family and friends the way Jesus sees them?
- ❖ How often do you reach out to people when you don't go to school (when your home)?

Practical: Reach out to one person a day and look for opportunities to serve your family (doing chores, making them food, taking care of them; WITHOUT BEING ASKED).

Day 22

1 Thessalonians 4:1-8

1.) Live to please God

2.) You are to be sanctified!

During break it easy to become self-focused and to want to check out and just relax! But... Once you have made Jesus Lord, your life is no longer yours! It's now God's life. He wants you to, "live in order to please God... and urge you in the Lord Jesus to do this more and more" and not just when you feel like it. God has also called us to live a holy life, to be sanctified! Rejecting God's instruction of being pure isn't just bad; it is directly rejecting God who gave you the Holy Spirit, which confirms Jesus sitting on the right side of God interceding on your behalf because he loves you. Being impure (having lustful thoughts, looking at pornography, etc.) is directly disrespecting and betraying God and displaying your lack of gratitude for what He's done for you. God's will for you is to be SANCTIFIED (HOLY) just as He is!

- ❖ When do you most struggle with impurity?
- ❖ Does anybody hold you accountable with your purity?
- ❖ Is that person someone who calls you higher or just listens to you confess and doesn't challenge you?
- ❖ How often to you pray to be pure when tempted?
- ❖ Do you strive to please God with your purity?

Challenge: Obedience pleases God, so in regards to being obedient in purity: have an accountability partner that you can confess to when tempted and that will call you higher and check up on each other every day and pray together for each other's purity.

Day 23

James 1:2-4, 12

- 1.) Consider trials a joy!
- 2.) Stand the test!

Consider trial(s) (more than one!) a joy is an interesting concept. God has a purpose behind this though and His purpose is that he wants you to become mature and complete, not lacking anything. As well, He wants you to receive the crown of life.

- ❖ What are some potential trials that you will encounter while you are home?
- ❖ Is it persecution from family or friends (or both)?
- ❖ Is it temptations from your old friends?
- ❖ How can you go about having faith in the midst of these trials?
- ❖ How can you persevere?

Practical: Depending on your trial, find a scripture to help you to be faithful in that circumstance and memorize it! Whenever you do face a trial, go somewhere quiet for a moment and pray to God about the situation and then apply the scripture for that circumstance so that you cling to God's words. Persevere because God wants you to be complete, lacking nothing and to stand the test to receive the crown of life!

Day 24

Hebrews 10:23-25

- ❖ There is a big focus here on encouraging one another and for a reason. This is something that helps us with our walks with God and we need to be doing until Jesus returns. We are told to do this because love and encouragement are necessary because life as a Christian is hard, but this pushes us to good works!
 - Who are some disciples you will be around this week? When? What are some ways you can encourage them and love them? What will you be motivated to do this week by how you've been encouraged and loved?

Practical: Be purposeful and when you are in the body this week, pick one person who you will share some encouragement with.