

# THE ADVENTURE OF JOINING GOD IN HIS WORK

## Lesson 5

### **The Adventure of Framing Your Thinking with Praise**

Decide in advance to...

- (1) Frame each day with the character and promises of God.
- (2) Develop a “first thoughts” praise practice.



*“Through Him then, let us continually offer up a sacrifice of praise to God,  
that is the fruit of lips that give thanks to His name.”*

Hebrews 13:15

## “First Thoughts” Exercise:

When you wake up every morning, what are your first thoughts *before* you get out of bed?

How do these thoughts set the tone for your entire day?

Do you have a habit of scripturally feeding your *first* thoughts to begin the day?

## The Importance of First Thoughts

### 1. Biblical Basis

“*In the morning*, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.” Psalm 5:3

“Let *the morning* bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.” Psalm 143:8

“Because of the Lord’s great love, we are not consumed, for his compassions never fail. They are new *every morning*; great is your faithfulness.” Lamentations 3:22-23

“We are destroying speculations, and every lofty thing raised up against the knowledge of God, and *we are taking every thought captive to the obedience of Christ*,” 2 Corinthians 10:5

### 2. When do our problems begin?

### 3. A “High Stakes” Habit

## BEGIN EACH DAY WITH A FOUR-FOLD PRAISE!

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*Through Him then, let us continually offer up a sacrifice of praise to God, that is the fruit of lips that give thanks to His name.*

Hebrews 13:15

*If anyone loves me, he will keep my word, and my Father will love him, and we will come to him*

### 1. Praise God for who He is.

*"His divine power has granted to us every thing pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence." 2 Peter 1:3*

**God's moral attributes ( a sampling )** Some have called these God's communicable attributes because we, being made in His image, can imitate them. *"Therefore, be imitators of God, as beloved children; and walk in love, just as Christ also loved you ... "* Ephesians 5:1-2a

**We can rest in His character because he is perfect...**

|              |              |               |
|--------------|--------------|---------------|
| Love         | Joy          | Peace         |
| Patience     | Kindness     | Goodness      |
| Faithfulness | Gentleness   | Self-control  |
| Benevolence  | Graciousness | Holiness      |
| Jealously    | Justice      | Wrath         |
| Mercy        | Truthfulness | Righteousness |
| Wisdom       |              |               |

#### **God's natural attributes ( a sampling )**

God's incommunicable attributes are those that belong to God alone. *"I am the LORD, and there is no other; Besides Me there is no God."* Isaiah 45:5 *"To whom would you liken Me and make Me equal and compare Me, that we would be alike?"* Isaiah 46:5

|             |                  |                   |
|-------------|------------------|-------------------|
| Eternal     | Incomprehensible | Infinite          |
| All-knowing | All-wise         | All-powerful      |
| Omnipresent | Self-existent    | Creator ex nihilo |
| Trinity     | Self-sufficient  | Sovereign         |
| Immutable   | Perfect          | Transcendent      |
| Immanent    |                  |                   |

## 2. Praise God for who you are in Christ.

*"But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption, so that just as it is written, 'Let Him who boast, boast in the Lord' 1 Corinthians 1:30-31.*

All the moral and ethical commands, given to the believer in Christ, are rooted in, based on, and shaped by our union with Jesus Christ. The phrases "in Christ, in Him, in the Lord" are used over 160 times in the New Testament. Being in Christ is not like tools in a box or clothes in a closet but like a branch in a vine or a limb in a body. A survey of the "in Christ" passages reveals over forty truths about our identity in the Lord. Only 20 are provided here. Begin each day by praising God for who He has made you in Christ and live it out in the power of the Holy Spirit. *Remember, God is not looking for perfection but progression!*

### Understand who you are in Christ.

### Live it out

|                                                                        |                                                                   |
|------------------------------------------------------------------------|-------------------------------------------------------------------|
| Alive to God <i>Eph 2:4-5; Col 3:1-4</i>                               | Walk worthy <i>Eph 4:1-2; Col 3:5-11</i>                          |
| Beloved <i>1 John 4:10; Rom 5:8</i>                                    | Love others <i>Rom 5:5; Eph 5:1-2</i>                             |
| Dead to sin <i>Rom 6:2-10</i>                                          | Give no place to sin <i>Rom 6:11-15</i>                           |
| Forgiven <i>Eph 1:7; Col 1:13-14</i>                                   | Forgive <i>Eph 4:32; Rom 8:1, 33-34</i>                           |
| Righteous <i>Phil 3:9; Gal 2:16</i>                                    | Live righteously <i>Phil 3:13-14; Gal 2:20</i>                    |
| Child of God <i>John 1:12-13</i>                                       | Imitate your Heavenly Father <i>Eph 5:1</i>                       |
| God's possession <i>2 Tim 2:19; 1 Pet 1:18</i>                         | Yield to God <i>Rom 12:1-2; 2 Tim 2:19-21</i>                     |
| Heir of God <i>Rom 8:17; Col 1:12; Eph 1:11</i>                        | Expand your inheritance <i>Matt 6:19-21; 2 Cor 5:9-10</i>         |
| Possessor of every spiritual blessing <i>Eph 1:3; 2:5; 2 Pet 1:3-4</i> | Seek things above <i>Col 3:1-2</i>                                |
| Blessed by God <i>1 Pet 3:9-12</i>                                     | Give a blessing to others <i>1 Pet 3:8-9</i>                      |
| Servant of God <i>1 Cor 7:22-23; Rom 6:22</i>                          | Serve with reverence and awe <i>Rom 6:17-19; 12:11; Heb 12:28</i> |
| New Creation in Christ <i>2 Cor 5:17</i>                               | Live in freedom <i>Gal 5:1; Rom 8:4</i>                           |

### Understand who you are in Christ.

### Live it out

|                                                              |                                                               |
|--------------------------------------------------------------|---------------------------------------------------------------|
| Free from the law <i>Rom 6:14; 7:1-6</i>                     | Stand firm in Christ <i>Gal 5:1;</i>                          |
| Light of the world <i>1 Thess. 5:5; Matt 5:14</i>            | Let your light shine <i>Eph 5:8; Matt 5:15-16</i>             |
| Victorious over Satan <i>Rev 12:9-11; Col 1:13-14</i>        | Claim your victory <i>Eph 6:11-17; Jas 4:7</i>                |
| Cleansed <i>John 15:3; 1 John 1:7, 9</i>                     | Live without shame <i>Rom. 8:1</i>                            |
| Possessor of peace <i>Rom 5:1; John 14:27</i>                | Be a peacemaker <i>Rom 12:18; 14:19; Col 3:15</i>             |
| Received God's grace <i>Eph 2:8-9</i>                        | Grow in grace <i>2 Pet 3:18</i>                               |
| Indwelt by the Holy Spirit <i>1 Cor 6:19-20; Rom 8:9, 14</i> | Yield to the Holy Spirit <i>Eph 5:18; 4:30; 1 Thess. 5:19</i> |
| Spiritual gifts <i>1 Cor 12:4-13; Rom 12:3-6</i>             | Use your gifts as a good steward <i>Rom 12:6-8;</i>           |

### 3. Praise God for the Holy Spirit and invite Him to fulfill His “job description” in you.

The Holy Spirit is God, third person of the Trinity, and your source of power in the Christian life. Daily review his divine “job description” which impacts every aspect of your life. Learn to cooperate with the Holy Spirit who is on duty constantly and eager to empower you.

1. Convicts of sin, righteous and judgment (John 16:7-11)
2. Glorifies Jesus Christ (John 16:14)
3. Regenerates us (Titus 3:5; John 3:5, 8)
4. Baptized with (1 Cor 12:13)
5. Sealed with (Eph 1:13; 4:30)
6. Indwelt with (1 Cor 6:19-20)
7. Anointed with (1 John 2:20, 27)
8. Gives assurance of salvation (Rom 8:14-16)
9. Fills, controls and empowers us (Eph 5:17-21)
10. Leads us (Rom 8:14)
11. Imparts spiritual gifts to us (1 Cor 12:7,11)
12. Illuminates Scriptures to the believer (John 14:26; 16:12-15; 1 Cor 2:12-16; 1 Jn 2:20, 27)
13. Intercedes for us (Rom 8:26)
14. Produces Christ-like character in us (John 7:38-39; Gal 5:22-23)
15. Gives us the power to love (Rom. 5:5)
16. Sanctifies us (1 Pet 1:2)
17. Transforms us into the image of Jesus (2 Cor 3:18; 1 Cor 6:11)
18. Empowers us to witness of Christ (Acts 1:8)
19. Comforts and counsels us (John 14:16; 2 Cor 1:3-5)
20. Will raise and transform our bodies (Rom8:11)

Praise God for the armor he provides and put it on by faith.

**Romans 13:14**

Clothe yourselves with the Lord Jesus Christ,  
& do not think about how to gratify the desires of the flesh..

**Eph.6: 10-17** tells us WHY what we wear spiritually is so important.  
Finally, be strong in the Lord and in his mighty power.



*Choose wisely every morning what  
you will clothe yourself in spiritually.*

<sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

The passage continues, telling us what our spiritual clothing looks like.

<sup>14</sup> Stand firm then,

- with the belt of truth buckled around your waist,
- with the breastplate of righteousness in place,
- <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace.

<sup>16</sup> In addition to all this,

- take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.
- <sup>17</sup> Take the helmet of salvation
- and the sword of the Spirit, which is the word of God.

## 2 Obstacles to Putting on Our Spiritual Armor

1. We forget all the time there is a world we live in that we cannot \_\_\_\_\_.

### Corrective Lens on Reality: “

- Life has a spiritual dimension, and in some instances it is a \_\_\_\_\_ zone.
- “There is no neutral ground in the universe.

Every square inch, every split second is claimed by God and counterclaimed by Satan.” C. S. Lewis

2. Spiritual warfare seems \_\_\_\_\_ OR \_\_\_\_\_.

### Corrective lens:

- Spiritual warfare is simply about \_\_\_\_\_ the Lord in \_\_\_\_\_ warfare.
- A new understanding:  
In his battle against darkness, \_\_\_\_\_ wears the armor (Isaiah, etc.). He is out front.



Since I am clothed in the Lord Jesus Christ (Romans 13:14), I am clothed in \_\_\_\_\_ protection.

I do not need to walk in \_\_\_\_\_.

- I simply need to stay close to Jesus (Romans 13:14), his power and protection, and \_\_\_\_\_

## Clearing Up Confusion

What's the difference btwn. the “belt of truth” & the “sword of the spirit, since both are the word of God?

**BREAKOUT EXERCISE:** Share a “rhema” you have received, a “word from God”----a specific scripture you have received in order to address your need for the moment.

## 4. Praise God for the armor He provides and put it on by faith.

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Live proactively:

*"But put on the Lord Jesus Christ and make no provision for the flesh in regard to its lusts." Romans 13:14*

Ephesians 6:10-20:

- Gird your loins with truth
- Put on the breastplate of righteousness
- Shod your feet with the preparation of the gospel
- Take up the shield of faith
- Put on the helmet of salvation
- Take up the sword of the Spirit

***Now bring your requests to God!***

*"Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need." Hebrews 4:16*

## Adventure Workouts for Lesson 5

1. Every day, for the next seven days, pattern your first thoughts on The Four-Fold Praise.
2. Record how this exercise impacts your life.

