

THE DISCIPLINES OF LIFE SERIES

DEVELOPING A LIFESTYLE THAT'S USABLE TO GOD

MEDIA REFERENCE NUMBER WNX-513 JULY 14, 2010

THE TITLE OF THE MESSAGE:

THE DISCIPLINES OF DEFENSE

*A PRACTICAL SERIES ON CHRISTIAN DISCIPLINES
AND HOW WE SHOULD BE LIVING IN THE WORLD AROUND US*

SUBJECT TOPICALLY REFERENCED UNDER:

Christianity 101, Faith, Wisdom, Discipleship

Introduction to the Text; Proverbs 4:23

Matthew 28:18-20

And Jesus came and spoke to them, saying, "**All authority** has been given to Me in heaven and on earth. **:19 Go therefore** and **make disciples** of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **:20 teaching them to observe all things** that I have commanded you; and behold, I am with you always, even to the end of the world."

Proverbs 4:23

Keep your heart with all **diligence**,
For out of it **spring** the **issues** of life.

natsar, naw-tsar';

to guard the heart, to protect the heart, to set a watchman over the heart.

Jude 20-21

Brethren, **build** yourselves up on your most holy faith, **praying** in the Holy Spirit, **21 keep** yourselves in the love of God,

thre÷w tereo, tay-reh'-o; from tero/β teros

to guard the heart, to protect the heart, to set a watchman over the heart.

But also, *to prevent from escaping. To assemble a fortress or to put in place a full military detachment.*

WHY? – BECAUSE OUR HEARTS COMPRISE

The seat or “Throne” if you will of our Decision Making Process,
It’s Where Our Emotions and Our Thoughts Take Effect.

There is a Right Way to Exercise

THE DISCIPLINES OF DEFENSE

And there is The Wrong Way.

Perhaps the most famous, wrong way

Is with Adam and Eve... “The Great Cover Up”

Adam & Eve Disqualified Themselves from the Garden

1 Corinthians 9:25-27

And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for an imperishable crown*. :26 Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. :27 But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become **disqualified**.

Christian, if you haven’t noticed, we live in an evil age
filled with lies. People lie about who and what they are.

People today deceive others on facebook or MySpace, wherever and however they can create “**someone other**” than who they really are – the truth is either too boring or too scary and so a false identity – false world is created.

The same is true about what others say about you.

Nothing has to be true anymore – if it’s on the web, its gossip and if its gossip – it must be true because I want it to be true and so it is true...

It is for you and I to learn how we cast our burdens, our case, and our issues upon the Lord.
To yield to Him and His appointed authority.

THE DISCIPLINES OF DEFENSE

1. Responding to the challenges of life

“Even the Christian Suffers in This Life”
but the Christian deals with his/her problems differently.

John 16:33

These things I have spoken to you, that in Me you may have peace. In the world you will have **tribulation**; but **be of good cheer, I have overcome the world.**"

"Of Good Cheer"

Our Attitude Affects Our Altitude

Philippians 3:7-8

But what things were gain to me, these I have counted loss for Christ. :8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have **suffered** the loss of all things, and count them as rubbish, that I may gain Christ

Understand This:

Temptations come from this evil world and we choose to embrace them.

Trials Come from the Hand of God and we're better off for them.

Psalm 107:20

He sent His word and healed them, And delivered them from their destructions.

Responding to the challenges of life

What To Do: / Turn Your Thoughts Toward The Lord

Job 13:15

Though He slay me, yet will I trust Him.

1 Peter 5:7

casting all your care upon Him, for He cares for you.

What Not To Do: / Don't Analyze The Problem – it just grows

Worry is a powerful, debilitating, killer of an "attitude choice"

Stop staring at it – look up ! // Stop complaining about it – cry out !

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2. Learn how to wait on the Lord

Waiting Does Not Come Natural for Us Humans

I personally believe that many Christians today are in a state of crisis because they either refuse to wait for the Lord or they don't know how.

The Problem is: It “Feels” Wrong

Psalm 46:10

Be **still**, and **know** that I am God;
I will be exalted among the nations, I will be exalted in the earth!

...that means “exalted” in my life’s difficulties

Christian – This is personally, a violent and brutal thing to do. To not do what you feel you should do...

Romans 8:25

But if we hope for what we do not see, we **eagerly wait** for it
with perseverance.

Learn how to wait on the Lord

What To Do: / get alone with the Lord now (not asap)

(Step 1)

*Starting tomorrow – set your alarm 1 hour earlier than normal.
Do this for the next 2 weeks – then evaluate your life !!!*

(Step 2)

Get alone with your Bible. Start in the book of Philippians

(Step 3)

*Repeat **Steps 1 and 2** for the Rest of Your Life*

Jeremiah 29:11-13

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. :12 Then you will call upon Me and go and pray to Me, and I will listen to you. :13 And you will seek Me and find Me, when you search for Me with all your heart.

What Not To Do: / don’t consult with people first

Don’t Allow Yourself to Get **Manipulated** into a Hurry.

“Fools rush in where **Angels fear** to tread.

English poet Alexander Pope – 1709

Psalm 62:1-2

Truly my soul silently *waits* for God; From Him comes my salvation. :2 He only is my rock and my salvation; He is my defense; I shall not be greatly moved (shaken).

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3. Stand in the power of His might

Patriot, Revolutionary, Samuel Adams Said:

“We shall never be abandoned by Heaven while we act worthy of its aid and protection.”

Are you being **attacked** ? // Are you in the **right** ? // Are you honoring **Christ** ?

Paul's Great Example:

2 Timothy 4:16-17

At my first defense no one stood with me, but all forsook me. May it not be charged against them. **:17 But the Lord stood with me and strengthened me,**

Stay Away from What Power You and I Have.

Romans 12:18-19

If it is possible, as much as depends on you, live peaceably with all men. **:19 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,”** says the Lord.

What Happens When We've Been Wronged?

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4. Know what His word says

There is a Day Coming When Every Man Must Stand Before The Lord.

His Word Says:

2 Timothy 4:14

Alexander the coppersmith did me much harm. May the Lord repay him according to his works.

His Word Says:

Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,

His Word Says:

Proverbs 18:10

The name of the LORD is a strong tower; The righteous run to it and are safe.

His Word Says:

Psalm 61:1-4

Hear my cry, O God; Attend to my prayer. :2 From the end of the earth I will cry to You, When my heart is overwhelmed; **Lead me to the rock** that is higher than I. :3 For You have been a shelter for me, A strong tower from the enemy. :4 I will abide in Your tabernacle forever; I will trust in the shelter of Your wings.

His Word Says:

Proverbs 3:5

Trust in the LORD with all your heart, And lean not on your own understanding;

Trust *batach, baw-takh*;

to be careless or carefree, safe, secure, bold, free – reckless.

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5. **Be confident that His will is at work**

There is no way that you and I can appreciate King David's life experience.
Much of the Bible is about David's highs and lows.

Grueling **Persecution** // Bitter **Mistreatment** // **Slandered** // **Gossip**
Physically **Attacked** // **Mocked** // Internal Family **Strife** // **Hated**

Romans 8:28-29

And we **know** (*we're supposed to know this – its assumed we know this*) that all things work together for good to those who love God, to those who are the called according to *His* purpose. :29 For whom He foreknew, He also predestined *to be* conformed to the image of His Son,

I know we say that we know this verse,
but I'm not to sure as to "how well" we know it.

Psalm 46:1-2

God is our refuge and strength, A very present help in trouble. :2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;

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6. Remind yourself about the facts

Fact:

Psalm 17:7-9

Show Your marvelous lovingkindness by Your right hand, O You who save those who trust in You. From those who rise up against them. :8 Keep me as the apple of Your eye; **Hide me** under the shadow of Your wings, :9 From the wicked who oppress me, From my deadly enemies who surround me.

Fact:

Isaiah 41:10

Fear not, for I *am* with you; be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Fact:

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Fact:

Psalm 16:8

I have set the LORD always before me; Because *He is* at my right hand I shall not be moved.

Fact:

Psalm 62:6

He only *is* my rock and my salvation; *He is* my defense; I shall not be moved.

Fact:

Nahum 1:7

The LORD *is* good, A stronghold in the day of trouble;
And He knows those who trust in Him.

————— *End of Study* —————