

# how to use this journal

*Note: This summary page has been designed for the man who will use this discipleship material separate from a Focused Living SALT semester.*

The purpose of all of our discipleship volumes is to facilitate a **12-14 week** season of discipleship between **two or more** brothers in Christ. Because this volume was originally published for use in Focused Living's SALT discipleship semester, you will see references throughout the material to an extended program that includes small groups (i.e. crews) and large gatherings. However, the backbone of the discipleship is one Christ follower sliding alongside another Christ follower for a season to walk the spiritual journey together. In this journal, that fellow disciple is referred to as your SALT partner.

For the maximum benefit, we strongly encourage you to **recruit a committed partner** go through this material at the same pace you are. Agree to **meet at least every other week** for the next three months to challenge and encourage each other. No contact, no impact. Having another man with whom you can **express** what God is **impressing** on you is invaluable.

## **Secondary Book used in conjunction with this volume**

Most often our discipleship volumes reference a secondary book that complements your personal Bible study. The secondary books used in conjunction with this journal are:

*Simple Faith*, by Chuck Swindoll.  
Word Publishing, Nashville, TN. 2003

You can obtain this book at your local bookstore or favorite online bookseller.

*Living Your Focus Word*, by Bowers and Andes. 2006

You can obtain this book from [www.focusedliving.com](http://www.focusedliving.com)

# SALT XV

Spiritually Authentic Leadership Training

**Impacted by God**

**Imparting to Others**

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## SERMON ON THE MOUNT

From the Mountain

To the Marketplace



By Dr. Perry Bowers and Rev. David Andes

[www.FocusedLiving.com](http://www.FocusedLiving.com)

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Page numbers related to *Simple Faith* by Charles Swindoll correspond to the 2003 soft cover version.

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# JOURNALING OVERVIEW

## THE SERMON ON THE MOUNT

*From The Mountaintop  
To The Marketplace*



This semester we will learn from Jesus in the private moments with Him on the mountain so that we may live for Jesus in the marketplace. We will apply His practical truths to every area of life, beginning in the home. Together we will expect God to drive His truth from our HEADS into our HEARTS through our HANDS until it's a HABIT for His glory!

### **SECTION #1**

Day 1 Personal Discovery. Matthew 5:1-48

Day 2 Simple Faith. *'Intro'* and Ch 1 *'Let's Keep It Simple'*

Day 3 Digging Deeper. Matthew 5:1-12

Day 4 Simple Faith. Ch 2 *'The Qualities Of Simple Faith'*

Day 5 Living Your Focus Word. Step 1

Day 6 Digging Deeper. Matthew 5:13-16

Day 7 Simple Faith. Ch 3 *'A Simple Counterstrategy'*

LIFE ASSIGNMENT: Prayer Walk and Prayer Cards

### **SECTION #2**

Day 1 Personal Discovery. Matthew 5:17-26

Day 2 Simple Faith. Ch 4 *'Simplicity Starts From Within'*

Day 3 Living Your Focus Word. Step 2

Day 4 Living Your Focus Word. Step 3

Day 5 Personal Discovery Matthew 5:27-37

Day 6 Digging Deeper. Matthew 5:27-37

Day 7 Simple Faith. Ch 5 *'Simple Instructions, Serious...'*

LIFE ASSIGNMENT: Slice of Life and Big Picture

### **SECTION #3**

Day 1 Digging Deeper. Matthew 5:38-48

Day 2 Simple Faith. Ch 6 *'Simple Advice To The Selfish...'*

Day 3 Living Your Focus Word. Step 4

Day 4 Personal Discovery. Matthew 6:1-18

Day 5 Digging Deeper. Matthew 6:1-15

Day 6 Simple Faith. Ch 7 *'Beware! Religious Performance'*

Day 7 Living Your Focus Word. Step 5

LIFE ASSIGNMENT: Raising the Bar

#### **SECTION #4**

Day 1 Digging Deeper. Matthew 6:5-18

Day 2 Simple Faith. Ch 8 *'Prayer & Fasting Minus Pizzazz'*

Day 3 Living Your Focus Word. Step 6

Day 4 Digging Deeper. Matthew 6:19-24

Day 5 Simple Faith. Ch 9 *'When Simple Faith Erodes'*

Day 6 Living Your Focus Word. Step 7

Day 7 Personal Discovery. Matthew 6:25-34

Day 8 Simple Faith. Ch 10 *'Subtle Enemy Of Simple Faith'*

Day 9 Living Your Focus Word. Step 8

LIFE ASSIGNMENT: Fasting and prayer

#### **SECTION #5**

Day 1 Digging Deeper. Matthew 7:1-5

Day 2 Simple Faith. Ch 11 *'If You're Serious...'*

Day 3 Living Your Focus Word. Step 9

Day 4 Digging Deeper. Matthew 7:6-12

Day 5 Simple Faith. Ch 12 *'The Most Powerful Of All...'*

Day 6 Personal Discovery. Matthew 7:13-23

Day 7 Simple Faith. Ch 13 *'Simple Yet Serious...'*

LIFE ASSIGNMENT: Mastering Your Money

#### **SECTION #6**

Day 1 Personal Discovery. Matthew 7:24-29

Day 2 Digging Deeper. Matthew 7:24-29

Day 3 Simple Faith. Ch 14 *'Simple Secret' + Conclusion*

Day 4 Section Summary

Day 5 Stop: Refocus, Review, Reflect

Day 6 Presentation Preparation

LIFE ASSIGNMENT: Double Date to Celebrate your  
Transformate





DATE

HANDOFF

INITIALS

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# DAY 1

## Personal Discovery

### Matthew 5:1-48

Date \_\_\_\_\_

**LORD, I FOCUS MY HEART & MIND** by meditating on and praying through **Colossians 1:9-12**.

**GOD, I READ MATT 5:1-48 AS THOUGH I WERE SITTING AT JESUS' FEET ON THE MOUNTAIN!** (Read slowly to get the big picture, circling the words or phrases which touch your heart. Be sure to note **WHAT** Jesus is saying and **WHY**, along with **HOW** He wants His truths applied. Look also for insights into your Focus Word.)

**HOOK** (Observation: What it says.)

Father, the verse/passage which hooked my heart is...

It caught my attention because...

**BOOK** (Interpretation: What it means.)

The principles, insights or challenges You are teaching me from this passage are...

- 1.
- 2.
- 3.
- 4.

**LOOK** (Application: How I plan to obey this truth.)

Lord, I purpose to make these truths a reality in my life by...

**TOOK** (Integration: How I will give these truths away to others.)

I understand that I can't really own these truths until I give them away! So Holy Spirit, the principle or insight I am most excited about and committed to sharing with my wife, children or a friend today is...

**SHOOK** (Supplication: My prayer for faith, love, wisdom and power.)

*"When they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit, and began to speak the word of God with boldness" (Acts 4:31).* Father, hear this prayer which I now write from my heart in response to Your love!



**SCRIPTURE MEMORY**

Matt 5:13 *"You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men."*





## DAY 2

*Simple Faith* - Swindoll

*'Let's Keep It Simple'*

**Introduction + Chapter 1, p 1**

Date \_\_\_\_\_

Take your time and use a highlighter as you interact with the chapter. Make sure to read and reflect on the passages which Swindoll references in addition to those from the Sermon on the Mount.

List several insights, quotes, principles, challenges or encouragement you discovered from your reading of this section of *Simple Faith*.

**(pp xviii)** *"We have turned a walk with God into a ruthless obstacle course, an exhausting marathon."* What are the two greatest obstacles that keep you from walking with God and thoroughly enjoying Him?

Jesus helped to simplify our walk of faith with four basic teachings from Matthew 5 which demand four powerful responses. Honestly consider your life, and complete each response below as a prayer.

**(pp 6-7) Out with Hypocrisy:** *Lord, I admit I am not completely free of hypocrisy especially in the area of \_\_\_\_\_ because I...*

*So help me, Lord, to...*

**(pp 7-10) Down with Performance:** *Father, I admit I do not always search my motives and am in fact living a lie when it comes to \_\_\_\_\_ because...*

*So help me, Lord, to...*

**(pp 10-13) Up with Tolerance:** *God, I admit I still occasionally judge \_\_\_\_\_ because...*

*So help me, Lord, to...*

**(pp 13-16) On with Commitment:** *Jesus, I dare not continue as I am, so I ask You to change \_\_\_\_\_ by helping me to...*



**Invest a few minutes praying over the people and concerns on your heart. We encourage you to complete (or update) your Prayer Card Life Assignment found at the end of this section after Day 7. J**



## DAY 3

### Digging Deeper

### Matthew 5:1-12

#### *'Let's Get Wired'*

Date \_\_\_\_\_

The passion of Jesus' heart is the **GLORY** of the Father and the **GOSPEL** of His Kingdom. And He longs for His men to shine the light of our lives on the Father's glory and His Gospel (Matt 5:14-16). But before we can shine brightly in this ever darkening culture we've got to stop living off of the battery power of our own strength and get plugged into the limitless power of the Father. Only then will we light up the world and draw folks out of the darkness. So read the beatitudes in a whole new *'light'* and see how really *'plugged in'* you are to the Father. *'Watt'* do you think about that? Be sure to assign a value to each beatitude (1= unplugged. 10= wired to the max). Test your current for each beatitude as an indication of how *'wired'* you are to the Father.

#### **TESTING YOUR CURRENT**

**(5:3) *Blessed are the poor in spirit. I understand just how spiritually bankrupt I am when I try to live apart from God and how much I desperately need to be plugged in to God.*** \_\_\_\_\_

**(5:4) *Blessed are those who mourn. I deeply grieve spiritually and emotionally over my sin which breaks my fellowship with Christ and which keeps me from burning brightly for Christ.*** \_\_\_\_\_

**(5:5) *Blessed are the gentle. I reflect God's grace to others through a gentle, controlled strength.*** \_\_\_\_\_

**(5:6) *Blessed are those who hunger and thirst for righteousness. My greatest appetite (desire/passion) in life is to be rightly related to God at all times so I can shine for Him.*** \_\_\_\_\_

**(5:7) *Blessed are the merciful. I am so connected to God that His grace overflows and radiates to others through me.*** \_\_\_\_\_

**(5:8) *Blessed are the pure in heart. My heart is totally pure and transparent before the gaze of the Lord's piercing eyes.*** \_\_\_\_\_

**(5:9) *Blessed are the peacemakers. I am so wired to God that He uses me to help others get connected with Him and each other.*** \_\_\_\_\_

**(5:10-12) *Blessed are those who have been persecuted for the sake of righteousness. God's light shines so brightly through my life in this dark culture that I often experience insults and persecution.*** \_\_\_\_\_

Now that you have reflected more personally regarding the beatitudes, how would you describe the degree to which you are wired to God? (Ex: Laser like. Warm glow. Flickering. Connected. Unplugged. Fully wired. Battery powered. Fading. Out!) Why?

Which of the beatitudes most proved to be a red light on the dashboard of your life indicating your need to pull over and reconnect with the Lord on a deeper more consistent level? Why?

# BE-DAD-ITUDES

Early in His ministry Jesus gathered His men to teach them eight powerful principles that, when consistently applied, could transform a man to become the Dad that God has designed him to be. We know them as the *Beatitudes*. You see, Jesus is calling all fathers to take these to heart, thereby giving their children the awesome gift of his growing, authentic relationship with our Father God. Enjoy!



***Blessed are the poor in spirit, for theirs is the Kingdom of heaven.***

Blessed are the kids whose Dad admits that he is spiritually bankrupt and desperately needs the Father, for only then will he begin to build his home on the foundation of God's Kingdom.

***Blessed are those who mourn, for they shall be comforted.***

Blessed are the kids whose Dad grieves deeply over his sinful condition, for they will experience God's comfort in their home as their Dad seeks God's forgiveness and walks in His grace.

***Blessed are the gentle, for they shall inherit the earth.***

Blessed are the kids whose Dad is gentle because his strength is controlled by God, for they will inherit the awesome richness of his humble character.

***Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.***

Blessed are the kids whose Dad is hungry and even salivating to be rightly related to the Father more than anything else in life, for these kids will also develop an appetite for God, Who is the only One to satisfy the deepest desires of their hearts.

***Blessed are the merciful, for they shall receive mercy.***

Blessed are the kids who see their Dad speaking forgiveness, modeling grace and showing patience, for in time they will also be drawn to the Father's mercy, making their faith their own.

***Blessed are the pure in heart, for they shall see God.***

Blessed are the kids whose Dad has a clean and focused heart and is determined to keep out the dirt, for every day they will see God with skin living in their home.

***Blessed are the peacemakers, for they shall be called sons of God.***

Blessed are the kids whose Dad works hard to mend broken relationships with their mom and his friends, for they will never be ashamed to be associated with God's family.

***Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when men cast insults at you, and persecute you, and say all kinds of evil against you falsely, on account of Me. Rejoice, and be glad, for your reward in heaven is great.....***

Blessed is the politically incorrect Dad who is often misunderstood, ridiculed, laughed at, hassled and even persecuted for daily living out his faith with these attitudes because he is promised a priceless reward both for himself and, by covenant extension, for his family!

Which Be-Dad-itude most speaks to your heart?

Conclude by writing a short, heartfelt prayer asking the Father to help you become better connected with Him.



Discuss these with your SALT partner, honestly sharing your findings. Pray with each other for a real connection to the Father through Christ and a deep transformation during the next 14 weeks.