

# 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 book used in conjunction with this journal is:

<p><i>The Life You've Always Wanted</i>, by John Ortberg. Zondervan, Grand Rapids, MI. 2002.</p>
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You can obtain this book at your local bookstore or favorite online bookseller.

# SALT XVII

Spiritually Authentic Leadership Training

*Impacted by God. Imparting to Others*

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## The Measure Of A Man

*Growing In The Fruit of The Spirit*



By Dr. Perry Bowers and Rev. David Andes  
[www.FocusedLiving.com](http://www.FocusedLiving.com)

**Cover art design by Peter Salter**

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# JOURNALING OVERVIEW



E.M. Bounds said, “The church is looking for better methods, but God is looking for better men!” God created you in His image (Gen 1:26-27). Everyday and in every way He is in the process of molding and making you more like Christ, the proto-type Man. (Rom 8:29; II Cor 3:18). Any man less than the Person of Christ is less than what God originally designed you to be. So grow your **roots** deep into the Father’s love so that the **fruit** of His Spirit will radiate the character

of **CHRIST** in *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control* (Gal 5:16, 25).

## SECTION #1

- Day 1** Overview: **Growing the Roots, Checking the Fruits.** Gal 5
- Day 2** Man In The Mirror: **Fakin’ The Fruit.** Gal 5
- Day 3** The Life You’ve Always Wanted **Chapter 1**
- Day 4** Personal Discovery: **Love**
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- Day 1** Character Study: **Faithfulness**
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# WHAT IS SALT

**Spiritually Authentic Leadership Training** is a tool developed by Focused Living to help men make Christ's last command of discipleship our first concern (Mt 28:16-20). It is one way to be intentional about your own spiritual life while sliding alongside one other man for encouragement and accountability. There are individual, one-on-one, small group and large group components of SALT. The format is offered two times per year, Spring (Feb-May) and Fall (Sep-Dec).

The distinctives of SALT include:

- 'train tracks' for unhurried times alone with God
- face-to-face time between disciples
- small group to express what God has been impressing
- exhortations to press on
- Reminder of the basics: gospel and our dependence on God
- Practical life assignments that help us grow in Him
- Expectation of "passing on" biblical principles to family
- A commitment that is entered into formally with an application
- Evaluation: Do I love Christ more now than when I began?

**Why SALT?** We don't claim that SALT is the only discipleship tool, or even the best tool. But we have found, after many years of refining SALT, that many men find the structure helpful for their own spiritual growth and an easy way to reproduce themselves in the life of one other man. Additionally, many churches have found SALT a helpful discipleship track for their men without having to recreate the wheel.

**Why an application?** SALT is a commitment that will take time and is not something to be casually added to an already full schedule. We want your family (wife/children) and your church family (pastor/elders) to know what you are doing so we ask that they sign off on your involvement.

**Why the Building Motif** – Several years back we adopted a building motif for SALT. We want to join God in the process of building our lives to look more and more like Jesus. In keeping with that theme, we use the following terms.

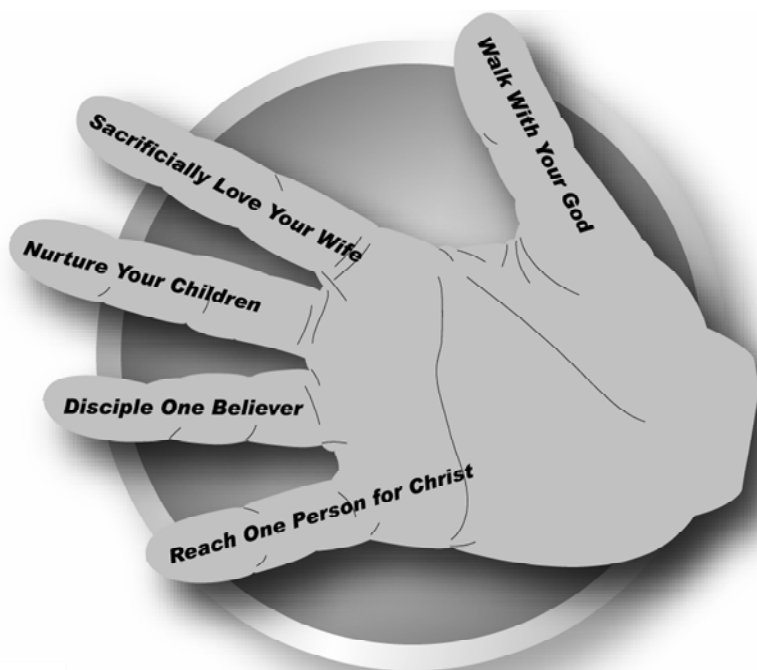
- **Crew Chief** = Small Group leader. Shepherds between meetings and facilitates small group time.
- **Contractor** = Man responsible for the SALT Pairing (i.e. takes the initiative for face to face meetings, models authentic relationship with God, etc.)
- **Sub-Contractor** = Man going through SALT for the first time who is paired with another man called the Contractor.

# A MAN IN THE HAND OF GOD

## When my heart is gripped by God's hand

*"Father, into Your hands I commit My spirit!"*

Luke 23:46



## Then my hands will do what is on God's heart

*"I always do the things that are pleasing to Him."* John 8:29

# PASS IT ON

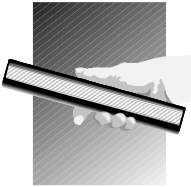
“Let the word of Christ **richly dwell within you**, with all wisdom **teaching** and **admonishing** one another....” Colossians 3:16



[www.robertferris.blogspot](http://www.robertferris.blogspot)

**IMPRESSION** without **EXPRESSION** leaves **DEPRESSION!**

This timeless biblical truth highlights our real need to give away that which God has given us during our unhurried times face to face with Him. Over the course of this semester, we want you to grow more intentional and deliberate each week in communicating several of the truths which the Father has been impressing on your heart. Not only will you grow deeper in the Lord by owning these truths, but your family and friends will reap the benefits as well.



As you come across this *‘passing the baton’* icon, let it be a reminder to pass on what God is doing in you or through you as a result of being with Him. To help make this vital part of SALT a reality, **we are asking you to record at least one of your handoffs at the end of each section.**

# LEARN TO FEED YOURSELF!

*“Your words were found and I ate them, and Your words became for me a joy and the delight of my heart!”*

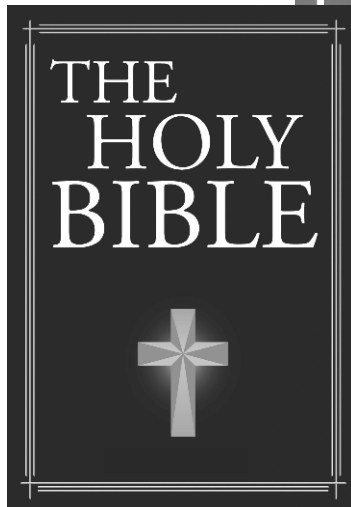
*Jeremiah 15:16*

Dear Brother in Christ,

It is our deep desire that you grow in Christ this SALT semester. This will not happen apart from you daily eating the steak and potatoes of God’s holy Word. Certainly, sermons, talks, tapes, books, and Christian radio can help you grow, but all these are processed food! Someone else has done the hard work of **discovering** God’s priceless principles for life, **digesting** them, **living** them out in his life, and then **presenting** them on a spoon in order to feed them to you. Men, you will grow so much more in Christ if you **DISCOVER** God’s insights and principles FOR YOURSELF directly from His Word.

So, we ask you to make this simple commitment. Will you promise to eat the meat of God’s Word **before** reading the dessert of the Ortberg book? Will you learn to own the Word by discovering principles for your life before you read the insights already discovered by another author? If you make this commitment in your heart and obey it as unto the Lord, we promise that your hard work will reap eternal dividends!

Signed before God \_\_\_\_\_ Date \_\_\_\_\_





# Tail or Made?

## Filling In Every Blank?

As you work your way through the journal pages that follow, you will be presented with many questions to consider and scripture references to reflect on. These are provided to stimulate and not overwhelm. If you come to a question that does not apply or you don't resonate with after you consider it, then leave it blank and move on. If you get to a list of 6 scripture passages to look up, we'd rather you carefully ponder four and skip two than look up six without any true reflection. This notebook is a tool in YOUR hands. Our goal is not to get you through this book, but to get His Book through you! **J**

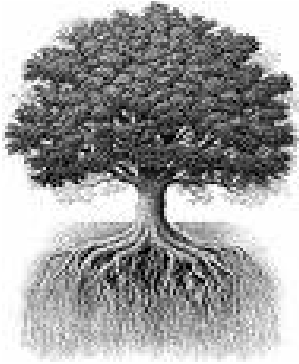
## Ortberg vs. Another Author?

We have chosen the book, *The Life You've Always Wanted*, by John Ortberg, as a complementary book to our study on the Fruit of The Spirit. Whereas the Fruit of The Spirit are character qualities that **God grows in us**, *The Life You've Always Wanted* discusses spiritual disciplines that **we do** in order to put ourselves in a position to grow. We like the balance.

However, we want to be sensitive to the man who has a desire to learn from another book. Since we all have limited time margin, we'd rather you read a Christian book that you are really excited about reading. If you choose to substitute another book for Ortberg's book, that is fine. Let your SALT partner and Crew know at the beginning of the semester. Simply read a chapter of your book on the day when the SALT manual says to read *The Life You've Always Wanted*. Jot down your highlights as usual and come prepared to share your discoveries with your Crew on Thursday nights.

## Life Assignments That Fit Me?

As already mentioned, feel free to choose life assignments that are meaningful to YOU. Remember the criteria for Life Assignments: 1) It stretches you, 2) it is an act of obedience to God, 3) enhances your relationships, 4) is capable of being completed in a measurable time frame. Simply share what your plan for Life Assignments is with your SALT partner and Crew and come prepared to share during Crew Time the impact that the life assignment had on you.



# DAY 1

## Overview

### *Growing the Roots, Checking the Fruits* Galatians 5:13-26

Date \_\_\_\_\_

Concerning your **salvation**, you are either spiritually alive or spiritually dead; there is no spiritual comatose! Regarding your **sanctification**, you are either growing forward into Christ or falling backward into the culture; there is no spiritual stagnation! The true measure of a man is always marked by his growth in Christ, not his grind through life.

The Lord moved in Paul's heart to write this powerful letter to the churches he helped to start during his 1<sup>st</sup> missionary journey in the region of modern day Turkey called Galatia. He is writing to folks who had started off so well in following Christ but were no longer walking closely with Him.

You see, like us, they quickly forgot the basics of the faith and resorted to grinding out the Christian life with absolutely no passion, purpose or pleasure. They were playing church and had lost their first love for the Lord. Their spiritual lives eroded into living as **moral men** rather than excelling to become **Master's men**. So Paul begins his letter with an in-your-face challenge saying, "*I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel*" (1:6). He then follows with a series of heart penetrating questions designed to ignite their souls and soften their hard hearts in order to draw them back to Christ.

- "*Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?*" (3:3)
- "*...how is it that you turn back again to the weak and worthless elemental things (the law) to which you desire to be enslaved all over again?*" (4:9)
- "*You were running so well; who hindered you from obeying the truth?*" (5:7)

Once Paul draws their attention back to God's unfathomable grace he challenges them to live every moment of life in responsive overflow to His love with passion filled verses like the following:

*“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.”* Gal 2:20

The "Fruit of The Spirit" is a biblical term that sums up the nine visible attributes of a man who longs to imitate Christ. Some have found it helpful to divide this cluster of nine Christ-like virtues into three groupings of three each. Love, joy and peace concern our relationship with the Lord. When He is our first love and the deepest joy of our hearts we will experience His peace regardless of the circumstances. Patience, kindness and goodness describe our relationships with other people as we learn how to seek their best and put up with their worst. Faithfulness, gentleness and self-control speak of our relationship with our self, describing a godly man's true inward character. Prepare your heart to grow these character traits into the full measure of the man by prayerfully reading Psalm 1:2-3. What phrase(s) will you pray to keep your heart soft and surrendered as you study His Word this semester?

Now read GALATIANS 5:13-26 with a soft, teachable heart.

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

Observations:

Father, the verse(s) which *hooked* my heart is...

It caught my attention because...

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

Lord, I see several principles, insights and challenges in this passage.  
They 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!*

**MEMORIZE AND HIDE THESE IN YOUR HEART**

*But I say, walk by the Spirit, and you will not  
carry out the desire of the flesh... Gal 5:16*

*But the Fruit of The Spirit is love, joy, peace,  
patience, kindness, goodness, faithfulness,  
gentleness and self-control. Since we live by  
the Spirit, let us keep in step with the Spirit.*

Gal 5:22-23



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## DAY 2

### Man In The Mirror: *Fakin' The Fruit* Galatians 5:13-26

Date \_\_\_\_\_

Years ago a Bible teacher told a true account of his own boyhood. He and his brother would from time to time be sent to their room for being disobedient. But the punishment was not effective because there was a big fruit tree right outside their window. They would go out the window, onto the roof, into the branches, down the tree, across the back yard, over the fence, and into the fields to play ball. Then, they would jump the fence, cross the yard, climb the tree, cross the roof, and slip in the window before their parents ever knew that they were gone.

One day the boys overheard Dad saying to Mom, "Mary, this tree hasn't borne fruit for years. Tomorrow I'm going to cut it down." They were horrified and needed a plan. That night they went to bed early, pooled their money, climbed down the old fruit tree and bought a bunch of apples and some string from in town. Returning home, they tied apples onto every branch and then went to bed.

Early the next morning their Father went outside for the paper and cried out, "Mary! Mary! This tree, which hasn't grown fruit for years, is covered with big, red, juicy apples! It's the most incredible thing I've ever seen! You gotta to see this! I don't believe it! And it's a pear tree!"

Galatians 5:22 makes it very clear that it is the Fruit of The Spirit meaning that only the Spirit can produce the fruit of a Christ-like character in the life of a surrendered man. The fruit may be copied but they will be counterfeit. Apart from the Holy Spirit, our attempts at producing fruit will result in nothing more than cheap imitations. Rather, these nine character qualities will grow naturally as we continue to grow our roots deep into Christ. **Concerning the growth of false fruit what insight(s) or principle(s) did Jesus teach at the beginning of His ministry in Matthew 7:16-21?**

**What 2 fruit growing principles did Jesus teach His SALT Crew at the end of His public ministry John 15:1-5?**

## **FRUIT OF THE SPIRIT**

(Charles Ryrie, So Great Salvation, Victor Books, 1989, pp. 45-46)

Every Christian will bear spiritual fruit. Somewhere, sometime, somehow. Otherwise that person is not a believer. Every born-again individual will be fruitful. Not to be fruitful is to be faithless, without faith, and therefore without salvation. Having said that, some caveats are in order.

**ONE**, this does not mean that a believer will always be fruitful. Certainly we can admit that if there can be hours and days when a believer can be unfruitful, then why may there not also be months and even years when he can be in that same condition? Paul exhorted believers to engage in good works so they would not be unfruitful (Titus 3:14). Peter also exhorted believers to add the qualities of Christian character to their faith lest they be unfruitful (2 Peter 1:8). Obviously, both of those passages indicate that a true believer might be unfruitful. And the simple fact that both Paul and Peter exhort believers to be fruitful shows that believers are not always fruitful.

**TWO**, this does not mean that a certain person's fruit will necessarily be outwardly evident. Even if I know the person and have some regular contact with him, I still may not see his fruit. Indeed, I might even have legitimate grounds for wondering if he is a believer because I have not seen fruit. His fruit may be very private or erratic, but the fact that I do not see it does not mean it is not there.

**THREE**, my understanding of what fruit is, and therefore, what I expect others to bear, may be faulty and/or incomplete. It is all too easy to have a mental list of spiritual fruits and to conclude if someone does not produce what is on my list that he or she is not a believer. But the reality is that most lists that we humans devise are too short, too selective, too prejudiced, and often extra-biblical. God likely has a much more accurate and longer list than most of us do. Nevertheless, every Christian will bear fruit; otherwise he or she is not a true believer. In speaking about the Judgment Seat of Christ, Paul says unequivocally that every believer will have praise come to him from God (1 Corinthians 4:5).

**Write a short response to these clarifying insights from Ryrie.**

## **RIPE OR ROTTEN** (Gal 5:16-21)

In every situation, relationship and decision this week you will choose between **reacting** with your **flesh** or **responding** through the **Spirit**. **Is there any evidence in your life of the rotten fruit of the flesh listed below in either your actions or attitudes?**



**Sexual immorality** (impure thoughts, extra-marital sex, porn)

**Impurity** (eager for lustful pleasure in words, thoughts, & desires)

**Sensuality** (sexual excess, lack of self-control, lustful impulses)

**Idolatry** (worship false gods, cheap substitutes):

**Sorcery** (spiritism, luck, gambling, superstitions, magic, witchcraft)

**Enmities** (hatred, hostile feelings)

**Strife** (fighting, discord, disunity, taking sides)

**Jealousy** (fear losing what you have, insecure, possessive, stingy, envy)

**Outbursts of Anger** (impatience, temper tantrums, blocked goals)

**Disputes** (get the best for yourself, selfish ambition, canvassing for position, craving to have the credit, lover of self)

**Dissensions** (complaints, criticism, blaming, whining, complaining)

**Factions** (heresies, believe lies rather than truth)

**Drunkenness** (uncontrolled appetites, harmful habits, alcoholism)

**Carousing** (party spirit, unbecoming behavior, coarse jesting, orgies).



## **THE MAN IN THE MIRROR**

*“For if anyone is a hearer of the word and not a doer, he is like a man **who looks at his natural face in a mirror**; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, **not having become a forgetful hearer but an effectual doer**, this man will be blessed in what he does.”* (James 1:23-25) Everyday you stand in front of a

mirror to shave, comb your hair (some more than others), suck in your chest, flex your muscles and pluck a few stray nose hairs. Now stand in front of the mirror of God's Word to take a brief **spiritual inventory** in order to assess the fruit growing in your life.

**1**= barely a blossom. **10** = ripe and ready.

### **LOVE**

- \_\_\_ My heart is tender towards God and others.
- \_\_\_ I take the initiative to love before others love me in return.
- \_\_\_ I am constantly engaged in sacrificial acts of servanthood.
- \_\_\_ I am aware of the needs of others and seek to meet them.
- \_\_\_ I rarely have a critical, judgmental spirit in my heart.

### **JOY**

- \_\_\_ I consistently choose joy in times of frustration or difficulty
- \_\_\_ I enjoy God every day.
- \_\_\_ I understand how much God enjoys my fellowship.
- \_\_\_ I rarely become irritable with others or circumstances.
- \_\_\_ I am inclined to speak gratitude rather than complaint.
- \_\_\_ There is a contagious sense of fun and laughter in my life.

### **PEACE**

- \_\_\_ My heart, soul and mind are resting in God?
- \_\_\_ I am rarely troubled or anxious?
- \_\_\_ Others would describe me as being fully contented.
- \_\_\_ Peace rules my heart because Christ rules my life.
- \_\_\_ I am quick to cast my cares on Christ and leave them with Him

### **PATIENCE**

- \_\_\_ I respond with patience when I'm frustrated.
- \_\_\_ I am able to wait gracefully when inconvenienced.
- \_\_\_ I am rarely in a hurry.
- \_\_\_ I act calmly when I don't get my way or my agenda is blocked.
- \_\_\_ I slow down for others who do not move as quickly as I do.
- \_\_\_ I see waiting for others as an opportunity to wait on God.

### **KINDNESS**

- \_\_\_ I love to stop to lend a hand to help others even when I am busy.
- \_\_\_ I love to serve anonymously so others get the credit.
- \_\_\_ I would be described by others as an encourager and affirmer.
- \_\_\_ I love to notice, focus on and listen to others.
- \_\_\_ In fellowship settings, I intentionally greet the lonely looking folks

### **GOODNESS**

- \_\_\_ I give a significant portion of my time and material resources to others in order to demonstrate God's goodness.



- \_\_\_ When giving, I give the maximum not the minimum.
- \_\_\_ My heart to give is growing not shrinking.

### **FAITHFULNESS**

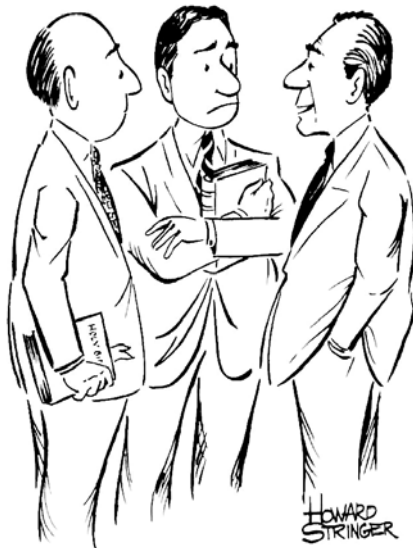
- \_\_\_ People would say that I am dependable
- \_\_\_ When I say I am going to do something, it gets done.
- \_\_\_ I rarely wrestle with procrastination.
- \_\_\_ Because God is my audience, I do things excellently and never just enough to get by.

### **GENTLENESS**

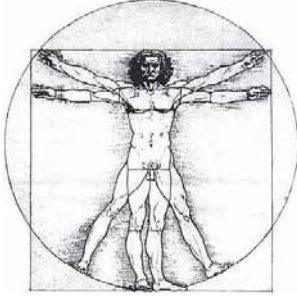
- \_\_\_ I consistently speak the truth with grace.
- \_\_\_ I have surrendered my strength to God so I consistently build others up rather than break or bruise them?
- \_\_\_ Others would consider me very approachable
- \_\_\_ When people hurt, I'm not afraid to be a comforting presence

### **SELF-CONTROL**

- \_\_\_ I know how to control my tongue to build never to bruise.
- \_\_\_ I have broken all my bad habits and they are under His control.
- \_\_\_ I rarely give in to impulse.
- \_\_\_ I am not easily "set -off"



"MY BOSS WOULD FIRE ME IN A MINUTE IF HE KNEW THAT I'M A CHRISTIAN...LUCKILY, I'VE BEEN ABLE TO KEEP IT A SECRET."



## DAY 3

# *The Life You've Always Wanted* Chapter 1

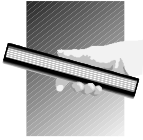
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[www.bibliotecapleyades.net](http://www.bibliotecapleyades.net)

**The Christian life is not difficult...it's IMPOSSIBLE!** Apart from God the Holy Spirit dwelling in and living through us our only other alternative is to live our lives in the flesh. *The Life You've Always Wanted*, by John Ortberg, is the perfect complement to our study of the Fruit of The Spirit, because he teaches the spiritual disciplines necessary to keep our **ROOTS** in Christ so that He can grow in our lives the **FRUITS** of His character. Undoubtedly, the Lord will use this tool to help us hunger for the dynamic heartbeat of Christianity which is Gods' power to bring change and growth. Just as with a long distance runner, the secret is not in trying harder but training consistently. As you train in the Spirit you will see the mile markers of *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control*. Then you will indeed experience **the life you've always wanted!**

Take your time and use a highlighter as you interact with this chapter. Make sure to read and reflect on each of the passages which Ortberg references, remembering that we want to feed on insights from God's Word and not only on the commentary of another man. If there is another book which speaks more to some of the present concerns or struggles in your life, please feel free to substitute it in place of *The Life You've Always Wanted*. However, we do want you to inform your Crew Chief and be prepared each week during your Crew time to share an insight from several of the chapters you have been reading.

List several insights, quotes, principles, challenges or encouragement you discovered from your reading of this chapter.



Father, the truth/insight I am most excited about and committed to sharing today with my wife, family or friend is....

**In what two specific ways do you want the Lord to transform your life this SALT semester? Why?**

1.

2.

O, Lord God, hear my prayer as I ask that You...



*“I delight to do Your will, O my God; Your Law is within my heart.”* (Ps 40:8) Review your memory verses from Day 1 with your SALT partner.