

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:

Moses: A Man of Selfless Determination, by Chuck Swindoll.
Word Publishing, Nashville, TN. 1999.

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

SALT XIV

Spiritually Authentic Leadership Training

Impacted by God

Imparting to Others

Moses - A Character Study (Part II)

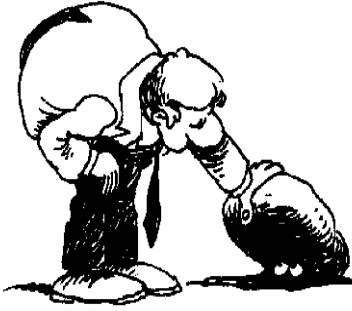


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DAY 1

**Personal
Discovery**

Exodus 13-14

Date _____

LORD, I FOCUS MY HEART & MIND by meditating on and praying through **Psalm 90:10-12**.

GOD, I READ EXODUS 13-14 AS THOUGH I WERE THERE!

(Read slowly to get the big picture, circling the words or phrases which touch your heart. Be sure to note the Who, What, Where, Why and How of the passage. Be aware of connections to your Focus Word.)

HOOK (Observation: What it says.)

Father, the passage which You used to hook my heart is...

It caught my attention because...

BOOK (Interpretation: What it means.)

The principles You are teaching me from this verse/passage are...

Lord God, as I read this passage, the aspect of Your character which makes me want to praise You most is...

LOOK (Application: What it means to me?)

Father, the one thing I sense You are asking me to think, say, do or change in light of these principles and Your character is...

TOOK (Integration: How I plan to obey this truth.)

Holy Spirit, realizing that when all is said and done, more is usually said than done, the specific action I purpose to live out today to make these truths a reality in my life is...

The principle 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!



DAY 2

Digging Deeper

Exodus 13-14

'The Powerful Hand Of The Lord'

Date _____

In our last SALT semester we discovered how our gracious God chose, enlisted, prepared, matured, directed, and used Moses as a leader (Ex 1-12). We saw Moses during his first 40 years characterized by pride, thinking he was somebody. They ended in murder and exile. Then we felt the groan of his second 40 years while tending his father-in-law's sheep on the backside of the desert. These years characterized by humility taught him that he was a nobody. As he began to build his identity and significance around his relationship with God instead of others, the Lord used him to save 2.5 million of His people from 400 years of brutal slavery. This SALT semester we will focus on the final 40 years of Moses' life as he learns that God can use anybody! These will be productive years as he learns more and more about the awesome grace, power, wisdom and holiness of the Lord. So put on your shades, slather on a coat of sun block #50, lace up your sandals and water your camel! It's time to journey across the desert with Moses and discover together the life lessons God wants to teach.

PRIDEFUL years of **TRYING**. (1-40 years old)

"I'm somebody and can handle life without God"

HUMBLE years of **TRAINING**. (40-80 years old)

"I'm nobody apart from God"

PRODUCTIVE years of **TRUSTING**. (80-120 years old)

"God can use anybody who is broken before Him"

Reflect for a moment on the stages of Moses' life above. Which best describes your heart/head as you begin this SALT semester? Why?



Discuss these with your SALT partner. Which stage does he say best describes his heart? Pray with each other for real change and transformation during the next 14 weeks.

(Exodus 13:3,9,14,16) The very first thing God teaches Moses after leading the people out of Egypt is the very same thing God is trying to impress on you. What is this principle and why must it be absolutely central in your cerebrum as you lead your family this week?

(Exodus 12:24-27, 13:8-9; Deut 6:1-9, 20-24; Joshua 4:4-7, 21-24; Psalm 78:4-8) According to these passages what importance does the Lord place on fathers passing on biblical truth to their families? (By the way, no man is exempt for each is a part of a family or church family!)

How would you rate your family devotions as of late? Why?

What will you specifically do to become more faithful and to make them more effective?

(Exodus 13:11-13, 23:19; Deut 26:1-2; Proverbs 3:9-10; Malachi 3:10; Matt 6:33-34) What principle is the Lord trying to establish at the outset among His people and why is this so absolutely vital in learning how to trust God and grow our faith?

Is this principle accomplishing growth in your life? How?

Write out a prayer to the Father discussing at least one of the insights or principles you discovered during your study of His Word!



DAY 3

Swindoll

Between The Devil And The Deep Blue Sea

Chapter 12, p 211

Date _____

Eight year old Danny burst out of Sunday School like a wild stallion. He yelled, “Hey dad, that story of Moses and all those people crossing the Red Sea was great!” His father looked with pride at his budding bible scholar and said, “Tell me about it.” Danny explained, “Well the Israelites escaped out of Egypt, but Pharaoh’s army cornered them against the Red Sea. So Moses used his walkie-talkie to call in an Israeli air strike to bomb the Egyptians with F-16s and to bring in tanks for a ground assault. Then the Israeli Corp of engineers built a pontoon bridge so people could cross over the Red Sea!” Danny’s father was shocked. “Is that what they taught you in class?” he asked. Danny answered, “No, not exactly, but if I told you what they said God really did you’d never believe it!”

Use a highlighter as you interact with the chapter. Take your time. Swindoll often includes scriptures outside of Exodus. Make sure to read and reflect on these passages.

List 2-3 insights, quotes, principles, challenges or encouragement you discovered from your reading of this chapter of *Moses*?

(pp 211-213) Describe a ‘predicament’ or ‘Red Sea experience’ into which God has put you or a member of your family. Some situation where there is no way out except through God’s leading. (relational, financial, vocational, spiritual, emotional, etc.) Stop and ask the Lord to give you two key principles from this chapter to help you grow through this predicament over which He is sovereign.

(Exodus 14:13-18) What 4-5 phrases of encouragement did God offer to His people? Which phrase will you most apply to your predicament?

(pp 223-226) Which of Swindoll's 'Lessons Learned In The Corner' most seems to most convict your heart? Why?

How will you make this a part of your life?

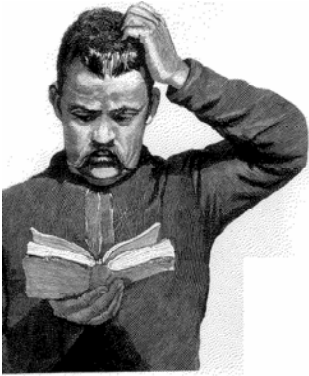
Lord, as I reflect on Days 1-3 of my journaling in this section, the one lesson I most need to pass on to my wife, children or a friend is ...

God, help me practically live out this principle in the context of my family, work, or church situation by...



Invest a few minutes praying over the people and concerns on your heart. This might be a good time to pull out (and update) your prayer cards. J For instructions on how to create prayer cards visit

www.focusedliving.com and click on the 'Discipleship-SALT' tab and look for 'downloadable resources' where you will find '*Organizing Your Prayer Life.*'



DAY 4

Digging Deeper

Exodus 15-17

‘We Can’t Get No Satisfaction!’

Date _____

Read Exodus 15-17. Jot down your key observations/insights below.

(Exodus 14:31-15:18) *“When Israel saw the great power which the Lord had used against the Egyptians, the people feared the Lord, and they believed in the Lord and in His servant Moses...Then Moses and the sons of Israel sang this song to the Lord...”* The people of God responded to the Lord’s great power by cutting their first CD which undoubtedly went platinum! What phrase of their song will you offer now in response to seeing His great power at work in your life?

(Exodus 15:22-27; 16:1-9) What in these verses indicate that the hearts of God’s people were a bit insincere in their worship song?

(Exodus 17:7) What was the real core of their complaining? (Hint: wasn’t lack of food or water!) What is the real core of your complaints?

(Phil 2:14-15; 4:11-13; Col 3:12-13; James 5:9) Take time now to confess your grumbling or complaints of this the past week. It is not enough to simply **RESTRAIN** your mouth, you must also **RETRAIN** your heart.

(Exodus 15:25; 16:4; Deuteronomy 8:2, 16) What was the Lord really doing by leading His people through wilderness times before they reached the Promised Land?

Where is the Lord most testing you at present and what is He trying to teach you? Are you learning it?

(Exodus 16:13-29) God always supplies what we NEED and seldom what we WANT (vs 18). What is the Lord trying to teach His people and us through this often disconcerting truth?

(Exodus 17:1-7) What pattern of response have you seen in God's people during these three chapters and where might you have seen the same pattern developing in your life?

(Exodus 17:8-16) This was the very first battle for God's people since leaving Egypt. What would you be feeling as an untrained former brick maker facing a well equipped Amalek army of considerable size?

What was Moses' awesome leadership response to such lopsided odds?



Call your SALT partner or Crew Chief today and ask them to hold your hands up in prayer for victory in a certain area. Learn to pray for each other over the phone.



DAY 5

Swindoll

A Heavenly Diet Vs An Earthly Appetite

Chapter 13, p 229

Date _____

Use a highlighter as you interact with the chapter. Take your time. Swindoll often includes scriptures outside of Exodus. Make sure to read the passages he might use or others which the Lord brings to mind.

List 2-3 insights, quotes, principles, challenges or encouragement you have discovered from your reading of this chapter of *Moses*?

(pp 230-231) After meditating for a few moments on I Corinthians 10:1-13 what have you learned from your history which can help you not to fall into temptation this week? How so?

(pp 234-236) On which of the steps of this progression (p 236) are you stuck? Why?

(pp 236-243) Highlight the test below which is stretching you most these days?

Test of Time (Ex 16:1-2)

Test of Hunger (Ex 16:3-36)

Test of Thirst (Ex 17:1-7)



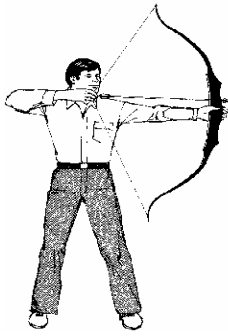
Connect with your SALT partner. In prayer, thank the Father for using your test to mature you. Then share what lesson He is reminding you from history.

Father, as I lead my **family**, the principle I am most excited about and committed to sharing with my wife, children or a friend today is...

Lord God, I write this prayer from my grumbling heart to your glorious presence.



Invest a few minutes to pray over the people and concerns on your prayer card for today.



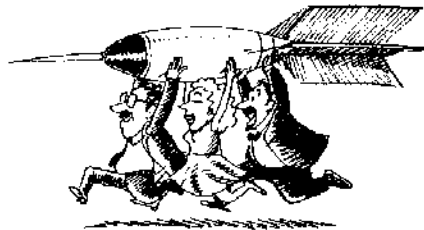
DAY 6

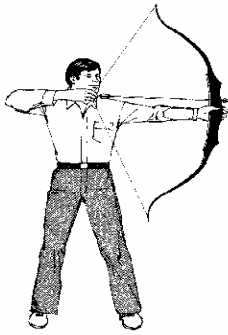
FOCUS

WORD

In each section of this SALT book, we will have some days allotted for the study of your Focus Word. We've provided a separate booklet entitled, "Living Your Focus Word," to guide you through this process. So, when you get to a day in this SALT book set aside for Focus Word, open up your "Living Your Focus Word" booklet and continue working through at your own pace. Remember, the point is not for you to simply 'get through' the study of your Focus Word, but to allow your Focus Word to 'get into you.'

We realize that some of you may keep your same Focus Word from last semester. If so, concentrate on the steps listed in "Living Your Focus Word" that will be meaningful for you. For instance, the "additional Passages" pages allow you to go deeper in your study of Old Testament and New Testament passages. Or, do one or more of the life assignments at the end of the booklet, like reading a Christian book that covers your Focus Word or interviewing one or more people about how they live out your Focus Word.





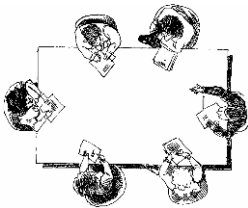
DAY 7

FOCUS WORD

Continue working through your Focus Word using the booklet entitled, "Living Your Focus Word."

ENCOURAGEMENT FROM ANOTHER MAN

Patience (Steve) – One key principle I learned from my Focus Word study was if I seek after God first, patience will be a by-product. (Matt 6:33-34)



FATHER, AS I REFLECT OVER ALL THAT YOUR SPIRIT HAS TAUGHT ME IN THIS SECTION I WANT TO SHARE THE FOLLOWING WITH MY BROTHERS DURING OUR NEXT CREW TIME.



LIFE ASSIGNMENT

Prayer Walk

Exodus 13-17

Life, in our fallen world, is filled with impassable wilderness experiences (Ex 13:17-22), uncrossable Red Seas (Ex 14:1-22), impossibly dry seasons of life filled with complaints (Ex 15:22-27) and hungry times marked by grumbling Ex 16:1-35). When Moses faced each of these he turned to God in prayer. We want you turn to God in prayer bringing before Him the tough issues in your life as well as in the lives of others.

Invest an hour with your SALT partner crying out to the Father lifting up various Red Seas and Egyptian armies which threaten your life.

1. What armies seem to be against you, your family or a friend?
2. What impossible sea is the Lord calling you to cross?
3. What as yet unmet needs are causing you to grumble and complain?

After your prayer walk, conclude by reading Moses' song of praise together recorded in Exodus 15:1-18 followed by a few minutes of praise!

If you would like further insights or instructions into prayer walking read the few pages which follow.

PRAYER WALKS

As one of the Disciples, imagine what it must have been like to walk and talk every day with Jesus. To ask questions, enjoy intimate fellowship, share your heart, ask for guidance, seek wisdom, request your deepest desires and come clean through confession. What a privilege that must have been! Isn't it awesome that our Creator God gets great pleasure in spending time with us! But wait! You must come to the point in your spiritual walk where you realize that you can have their same experience today. You can walk with and talk to the Lord through prayer with just as much reality and intimacy as did the twelve Disciples! Bottom line: prayer is talking with God just as a man speaks with His friend. (Ex 33:11)

After the crucifixion and resurrection, two of the Disciples were walking together along the dusty old road to Emmaus when the risen Jesus joined them. At first they didn't realize that it was Jesus until He taught them to understand all that the Scriptures had to say about Him being the Messiah. For several hours they walked and they talked (prayed) openly with the Lord about their lives, fears, concerns, doubts, and questions. While you read all about it in Luke 24:13-35, note especially their response to their prayer walk with Jesus.

“Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?”
Luke 24:32

One of the best ways to develop your love for God is to invest time in prayer. Just as daily, heartfelt, intimate conversation with our wives fans the flames of passion and deepens our intimacy, so does daily prayer with our Father in Heaven.

So why not take a prayer walk with the Lord to enjoy His company while you talk over the relationships, decisions and issues of your life. There's something about a prayer walk with another believer that is refreshing and reflective, putting you in touch with the Lord. Here are a few considerations as you get started:

1. Schedule a 1 hour block of time to walk with your discipleship partner, wife, son, daughter, pastor or friend with whom you would like to build and deepen your relationship. Perhaps early Sunday mornings, as illustrated in Luke 24, will be a workable time. What a great way to start the week! Or perhaps you would both give up a lunch to talk and walk with the Lord together.

2. Choose a place that is quiet and free of traffic such as a park, subdivision, country road, canal, nature trail or even a mall early before it opens.

3. Pray aloud conversationally as you walk with the conscious thought that Jesus is actually walking with you. Keep your prayers short and on a focused topic. Allow your partner an opportunity to pray on the same topic before moving on to other topics. For example, start off with praise each praying several times thanking God for various aspects of His awesome character. Then you might want to have a season of confession as each of you share honestly before the Lord heart attitudes and actions for which you need forgiveness. As you move into other areas continue to pray conversationally as God moves your heart.

4. You may want to pattern your prayer together using one of the following formats. If you have prayer cards, this is a great time to pray through the categories on them. (See the Life Assignment entitled '*Organizing Your Prayer Life*' under the Discipleship-SALT button on our website.)

You could invest about 8-10 minutes praying for each of the these areas.

PRAISE	PARDON	PEOPLE
PLANS	PETITIONS	PROBLEMS
PROJECTS	PASSIONS.	

Or, using the Lord's Prayer (Matt 6:8-13) you may want to use this outline investing about 10 minutes in each topic.

<u>HIS GLORY</u>	<u>YOUR NEEDS</u>
YOUR NAME	GIVE US
YOUR KINGDOM	FORGIVE US
YOUR WILL	LEAD US

You may simply want to share with each other for 30 minutes using the various categories below then praying for each other for the remaining 30 minutes

PRAISES	SUCSESSES	THANKS
NEEDS	CONCERNS	OPPORTUNITIES
PROBLEMS	RELATIONSHIPS	WEAKNESSES
TEMPTATIONS	CIRCUMSTANCES	

Perhaps you would use the laminated FAMILY LIFE prayer cards entitled *Lifting My Wife Through Prayer* or *Lifting My Children Through Prayer*. Contact Focused Living or Family Life Today for a copy of these cards.

Lastly, you may want to invest 10 minutes each using the acronym ACTS.

ADORATION
CONFESSION
THANKSGIVING
SUPPLICATION

5. Perhaps your prayer walk would be devoted to a special theme. For example, you could walk through your neighborhood asking the Lord to open the hearts of specific families or friends to the Gospel. You could invest the whole time praying just for your marriages and children in detail. Perhaps each of you could pray for the pastors/elders at your church and their families. Or maybe you could pray for missionaries and the persecuted church. Now would be a great time to pray for our country and leadership for repentance.

6. Don't be afraid of silence. Don't feel as though you have to be talking every moment. Remember that this is a conversation with the Lord! There are times during any conversation where you must listen. Give God a chance to place people, petitions, and passions on your heart that you need to bring before Him.

7. Perhaps you have never prayed for an hour. There is nothing spiritual about an hour. However, Jesus did offer a challenge to His Disciples saying, "*Could you not keep alert with Me for just one hour? Keep watching and keep praying that you might not enter into temptation, for the spirit is willing but the flesh is weak.*" (Matt 26:36-46) You will be amazed how fun and fast the time will go.

8. Have fun!

9. Take a few minutes to plan your Prayer Walk now.

Who _____

When _____

Where _____

Theme _____



**“You’re right, Alice, it is speaking to me.
It’s telling me to go home, grab a beer,
and watch some football.”**