

# HOW TO USE THIS JOURNAL

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

The purpose of all of our discipleship volumes is to facilitate a **6 month** season of discipleship between **two or more** brothers in Christ. Because this volume was originally published for use in Focused Living's SALT season of discipleship, 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 faithful partner** to go through this material at the same pace you are. You will see 7 journaling days for each section. We recommend taking 14 days to complete those 7 days. On average, each day's journaling and prayer will take 45 minutes. Agree to **meet as partners at least every other week** for the next six months to challenge and encourage each other. No contact, no impact. Having another man to whom you can **express** what God is **impressing** on your heart is invaluable.

Most often our discipleship volumes reference a book that complements the Bible content emphasis. The secondary book used in conjunction with this journal is:

*David: A Story of Passion & Destiny*, by Chuck Swindoll.  
Nelson, Nashville, TN. 1997.

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

God bless you as you put yourself in a position to let God do His thing in your life!

# SALT

Spiritually Authentic Leadership Training

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*Teaching men to LIVE for Christ*  
*Training men to FOCUS on Christ*

Name \_\_\_\_\_

By Dr. Perry Bowers and Rev. David Andes  
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Cover art design by Peter Salter

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# GROWING A HEART FOR GOD

*"I have found David the son of Jesse a man after My heart, who will do all My will."*

Acts 13:22

The heart of the matter is the matter of the heart! Our mission will be to live out the absolute most important responsibility of any tree... to keep its roots in the ground! This season we will help each other grow our roots even deeper into the character of our awesome God in Christ as we study the life of David. We trust that as we study the ways in which God grew David to become a "man after His own heart" that He will do the same with us.



## Schedule for the Fall

**AUGUST 26** All pairing applications are due. \$50 should accompany the application. It is OK to pay \$140 up front ☺! The payment plan is:  
**\$50 08/26/11    \$50 09/22/11    \$50 11/03/11.**

(This last payment is reduced to \$40 if application and initial payment is received by 08/26/11.)

### **SEPTEMBER 8** Gathering #1

**By September 22 I should...**

- Journal** through Section 1: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend
- Bring \$50** for next gathering if on payment plan

### **SEPTEMBER 22** Gathering #2

**By October 6 I should...**

- Journal** through Section 2: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend

### **OCTOBER 6** Gathering #3

**By October 20 I should...**

- Journal** through Section 3: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend

**OCTOBER 20** Gathering #4 (Independent)

By November 3 I should...

- Journal** through Section 4: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend
- Bring \$50** for payment plan to next meeting

**NOVEMBER 3** Gathering #5

By November 17 I should...

- Journal** through Section 5: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend
- Remind** my spouse about the Dec 2<sup>nd</sup> gathering with spouses
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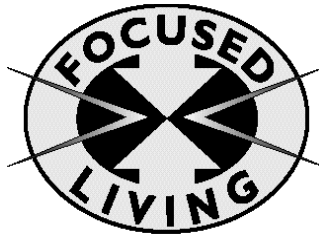
**NOVEMBER 17** Gathering #6

By December 1<sup>st</sup> I should

- Journal** through Section 6: Days 1-7
- Meet with** my SALT partner
- Pass On** an insight to my family or close friend
- RSVP** for Dec 2<sup>nd</sup> Dinner. Make childcare arrangements.

**DECEMBER 1** Gathering #7

- Summary Expressions
- Continue meeting with SALT partner through Dec and Jan



# JOURNALING OVERVIEW

## **SECTION 1 A CONFIDENT, COURAGEOUS HEART**

- Day 1** Personal Discovery: 1 Samuel 16
- Day 2** Swindoll Chapter 1 “*God’s Heart, God’s Man, God’s Ways*”
- Day 3** Personal Discovery: 1 Samuel 17
- Day 4** Swindoll Chapter 4 “*David and the Dwarf*”
- Day 5** God’s Heart to My Heart: Courage
- Day 6** Psalm 27 “*David Declares His Heart For The Lord*”
- Day 7** Heart Check

## **SECTION 2 A HUMBLE, RESPONSIVE HEART**

- Day 1** Personal Discovery: 1 Samuel 18-21
- Day 2** Swindoll Chapter 6 “*Every Crutch Removed*”
- Day 3** Lessons from the Wilderness: 1 Samuel 18-21
- Day 4** Psalm 34 “*Humility =Leaning On God Alone*”
- Day 5** Swindoll Chapter 7 “*For Cave Dwellers Only*”
- Day 6** Swindoll Chapter 8 “*Life’s Most Subtle Temptation*”
- Day 7** Heart Check

## **SECTION 3 A REVERENT, PASSIONATE HEART**

- Day 1** Personal Discovery: 2 Samuel 6 and 1 Chronicles 16
- Day 2** Swindoll Chapter 13 “*David and the Ark*”
- Day 3** Psalm 25 “*Back to the Basics*”
- Day 4** God’s heart to my heart: Reverence
- Day 5** Personal Discovery: 2 Samuel 7
- Day 6** Swindoll Chapter 14 “*When God says ‘No!’*”
- Day 7** Heart Check

## **SECTION 4 A GRACIOUS, FORGIVING HEART**

- Day 1** Personal Discovery: 2 Samuel 9
- Day 2** Swindoll Chapter 15 “*Amazing Grace in a Barren Place*”
- Day 3** Psalm 103 “*The Lord’s Benefit Package*”
- Day 4** Personal Discovery: 2 Samuel 15:13-18; 16:5-14; 19:11-23
- Day 5** Swindoll Chapter 21 “*Big Enough to Forgive*”
- Day 6** God’s heart to my heart: Graciousness
- Day 7** Heart Check

## **SECTION 5 A CONTRITE, REPENTANT HEART**

- Day 1** Personal Discovery: 2 Samuel 11:1 – 12:13
- Day 2** Swindoll Chapter 16 *“The Case of the Open Window Shade”*
- Day 3** Swindoll Chapter 17 *“Confrontation”*
- Day 4** You Da Man: 2 Samuel 11:1 – 12:13
- Day 5** Psalm 51 *“Repentance... Coming Clean!”*
- Day 6** God’s heart to my heart: Repentance
- Day 7** Heart Check

## **SECTION 6 A THANKFUL, INSPIRATIONAL HEART**

- Day 1** Psalm 23 *“God’s Sufficiency For You”*
- Day 2** Personal Discovery: 1 Kings 1:1-4; 1 Chronicles 28
- Day 3** Personal Discovery: 1 Chronicles 29:1-22
- Day 4** Swindoll Chapter 24 *“The End of an Era”*
- Day 5** Words of Life Letter
- Day 6** Heart Check
- Day 7** My Heart in God’s Hands



# WHAT IS SALT?

**What is SALT?** Spiritually Authentic Leadership Training is a discipleship format used by Focused Living. It is one way to be intentional about your own spiritual life while sliding alongside one other man for a season of encouragement and accountability. There are individual, one-on-one, small group and large group components of SALT. We expect the one-on-one pairings to be a six month commitment spanning **January – June (Spring)** OR from **August – January (Fall)**.

The distinctives of SALT include:

- “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
- Reminders 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 formal commitment with an application
- Evaluation: Do I love Christ more now than when I began?

**Why SALT?** Many men find the structure of SALT helpful for their own spiritual growth and a useful set of tracks to multiply 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?** 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. He 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.) Though the contractor is responsible for the pairing, we generally view the relationship as mutual (Romans 1:12).
- **Sub-Contractor** = Man going through SALT for the first time who is paired with another man called the Contractor.

# FILLING IN EVERY BLANK?

*And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.*  
Colossians 3:17

*Take pains with these things; be absorbed in them, so that your progress may be evident to all. Pay close attention to yourself and to your teaching; persevere in these things...*  
1 Timothy 4:14,15a

*Be diligent to present yourself approved to God as a workman who does not need to be ashamed...*  
2 Timothy 2:15

This notebook is a tool. **Our goal is not to get you through this book, but to get His Book through you!** ☺ As you work your way through the journal pages in each section, you will be presented with many questions to consider and scripture references on which to reflect. These are provided to stimulate and not overwhelm.

If you come to a question that does not apply, skip it. If you don't resonate with a question after you consider it, then leave it blank and move on. We'd rather you carefully ponder a few questions than fill in every blank without any true reflection.

If you fall behind, set aside the Swindoll book.

Occasionally, you will see several scripture references listed at the beginning of a question. For instance,

**(2 Sam 7:11; Proverbs 16:1-3, 9)** As with David, God often redirects our plans. Where has the Father redirected your plans? What was your true response?

The first reference will be the verse(s) from the chapter that you have just read. In this instance, 2 Samuel 7. The remaining scriptures referenced shed further light on the core of the question. In this instance, Proverbs 16:1-3, 9. We encourage you to turn to these other scriptures since they pertain to the question. However, don't let a long list of scriptures take the wind out of your sails. If there is not time to look them all up, just look up one and keep rolling.

Again, **our goal is not to get you through this book, but to get His Book through you!** ☺



# 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.com](http://www.robertferris.blogspot.com)

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 become 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.

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

# 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!"*

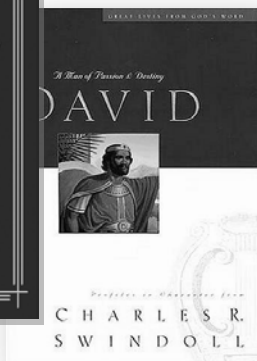
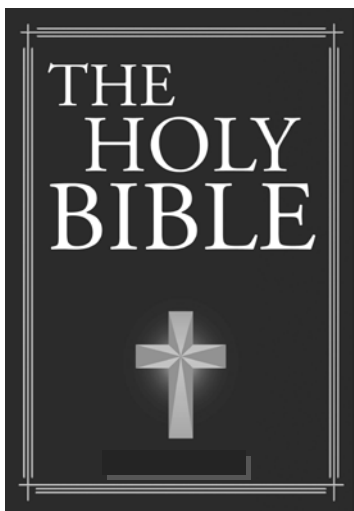
Jeremiah 15:16

Dear Brother in Christ,

It is our deep desire that you grow in Christ this SALT season. 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 Swindoll's supplemental 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 \_\_\_\_\_



# LIFE ASSIGNMENTS

A Life Assignment is a tangible activity that helps you live out your relationship with God. It moves spiritual truth from your heart to your hands. When we think of Life Assignments, we consider the following criteria:



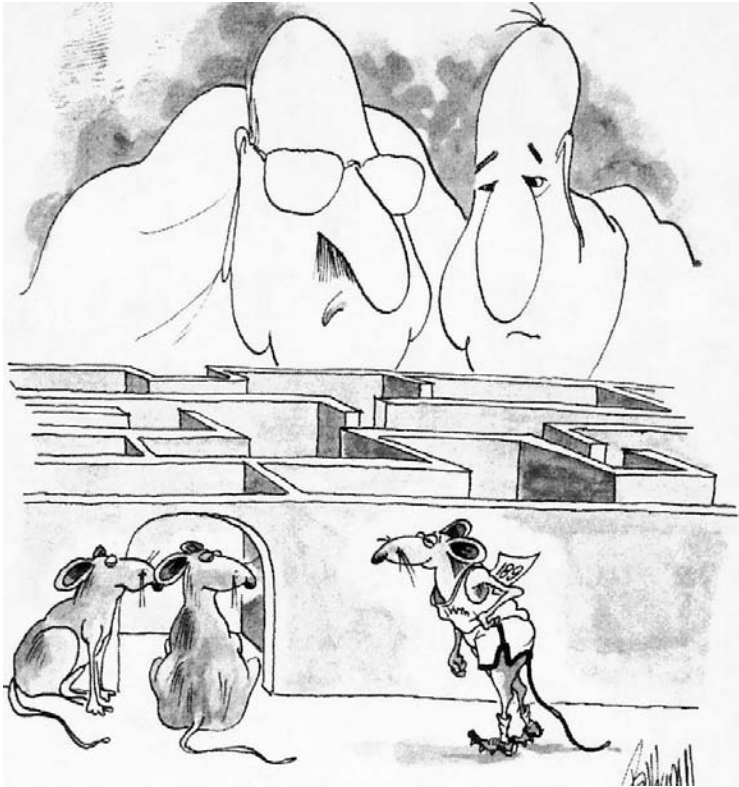
A Life Assignment...

1. stretches you (i.e., not something you already do every day☺)
2. is an act of obedience to God because He has put it on your heart.
3. enhances your relationship with God or others.
4. is able to be done over a short period of time.

Each of our life assignments this fall are inspired from the life of David as we see how God develops and deepens his heart. The life assignments for the Fall include

- Taking a prayer walk with your SALT partner.
- Writing your testimony or “slice of life” to share with an unbeliever.
- Showing mercy in some tangible act of service to someone who is mentally, financially, socially, physically or spiritually “crippled.”
- Writing and delivering an encouraging letter to your loved one.

We will share the details of these throughout the fall.



“That one looks a little cocky, don’t you think?”

# **SECTION 1**

## **Confident and Courageous Heart**



[thetbjoshuafanclub.wordpress.com](http://thetbjoshuafanclub.wordpress.com)

# INTRODUCTION

*“For God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.”*

1 Samuel 16:7

*“I have found David the son of Jesse, a man after My heart, who will do all My will. From the descendants of this man, according to promise, God has brought to Israel a Savior, Jesus.”* Acts 13:22, 23

*“For the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His.”* 2 Chronicles 16:9

**The heart of the matter is the matter of your heart!** God is looking for some men whose hearts beat after His. Men who seek His fellowship, thirst for His presence and hunger for His ways. Though greatly flawed, David was described by God as “a man after My heart.” God took great pleasure in David’s heart. It is a worthy goal for us to study a life that illustrates certain heart qualities that God desires in each of His men.

Because our focus is on David’s heart qualities, and because there are over 60 chapters recording events from David’s life, **this is not a comprehensive study of the Life of David.** We’ll select portions of the historical record and highlight particular heart qualities demonstrated by David. For the man who wants to digest the comprehensive record of David’s life, feel free to read these chapters on your own. The history of David’s life is described in the following portions of scripture:

1 Samuel 16-31 (written ~930 B.C. and later) [16 Chapters]

2 Samuel 1-24 (written ~930 B.C. and later) [24 Chapters]

1 Kings 1:1-2:12 (written ~550 B.C.) [2 Chapters]

1 Chronicles 11-29 (written ~450-425 B.C.) [19 Chapters]

\*There are also 73 psalms that are attributed to him☺

## **Synopsis of David’s Life and Times**

The Israel into which David was born was marked by a long drift away from God. As the author of the book of Judges describes it, “everyone did what was right in his own eyes.” The people had begged for a king (like the other nations), much to God’s displeasure (1 Sam 8). God warned them of the downsides of having a king (taxes, military service,

slaves, etc.), but the people stubbornly begged for one. So God gave them King Saul, and Israel was loosely united under him.

But King Saul's **heart was hard**. His reign was marked by partial obedience and people pleasing (1Sam 13-15). In 1 Samuel 16 God removes His spiritual anointing of Saul and introduces us to David, describing him as "a king for Myself."

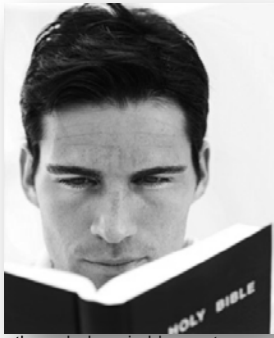
In selecting and anointing David, God emphasized what He considers of vital importance – a **soft heart** (1 Sam 16:7). You see, God can use sinful men – he does it every day. It's not the fact of our sin that makes us unusable to God. Indeed, the whole Bible is about God solving our sin problem through Christ's blood. We can confess and repent and immediately be right with God (1 John 1:9). God, however, often chooses to limit His work in us or through us if we have a hard heart. Amid all of David's shortcomings (adultery, murder, hotheadedness, passivity as a father, multiple wives and concubines, etc.), his heart was still malleable in God's hand. Thus he could be described as "a man after My heart, who will do all My will" (Acts 13:22; 1 Sam 13:14).

When we offer God our heart and put it in His hands, He will increasingly transform our heart so it matches His. What's valuable to Him becomes valuable to us! What breaks His heart increasingly breaks our heart. Our attitudes, words, and actions will reflect God's heart! It's really what the process of sanctification is all about!

Jesus, of course is the perfect model of this principle. He willingly, voluntarily entrusted His whole being to His Father. God was pleased with His Son's heart at the outset of his public ministry even before Jesus taught anything or performed any good deed or awesome miracle. God saw His heart and declared, "You are My beloved Son, in You I am well-pleased" (Mark 1:11). You see, Jesus allowed the Father to perfectly grip His heart. In fact, we see this even to the end, when he prayed on the cross, "Father, into Your hands I commit My spirit!" (Luke 23:46).

Because Jesus allowed God the Father to have a perfect grip on His heart, Jesus was able to say, "I always do the things that are pleasing to Him" (John 8:29) A surrendered, yielded, soft heart leads to this result: pleasing God.

**As you start this season of discipleship, take some moments in prayer to honestly present all that you know of yourself to all that you know of God.**



themaledomain.blogspot.com

# DAY 1

## Personal Discovery: *God Sees the Heart* 1 Samuel 16

Date \_\_\_\_\_

Prepare your heart to focus on God's Word by making the following prayer of David's your own. "*O God, You are my God; I shall seek You earnestly.*" Psalm 63:1

**HOOK** (Observation: What it says) Read **1 Samuel 16** slowly, as though you were there! What words, phrases, insights grab your attention from this first look at David in the Bible? Note the Who, What, Where, Why and How.

Father, the verse or phrase which hooked my heart is...

This verse caught my attention because...



**BOOK (Interpretation: What it means to me)**

**(1 Sam 16:7)** List the main attributes God sees when He looks at your heart (both the positive ones and not so positive ones).

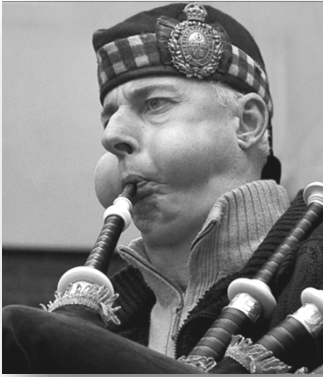
**(1 Sam 16:18)** No doubt about it, David was a young stud according to any human standard! But God's focus is on a person's heart. He's created us to have an integration between our outside and inside lives. Give an example of how the Lord has been changing you on the inside in order to integrate and mature your life. (Hint: words, attitudes, actions, patterns, thoughts)

**(1 Sam 16:14; 13:13-14; 15:11, 18-24)** What aspects of Saul's heart displeased the Lord?

**LOOK** (Application: How I plan to obey) As my Lord, the one thing You are asking me to *think, say* or *do* in order to become more like Christ is...

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

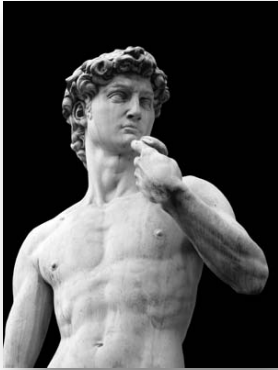
**SHOOK** (Supplication: Prayer for faith, love, wisdom, obedience and strength) *"When they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit, and began to speak the word of God with boldness"* (Acts 4:31). Father, hear my prayer which I write from my heart in response to our time of fellowship together!



treearth.com

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the country. As I was not familiar with the area, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There

were only the diggers and crew left, and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down, and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace," the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I've been working for 40 years and I ain't never seen nobody get that passionate about putting in a septic tank before!"



# DAY 2

## Swindoll Chapter 1 *God's Heart, God's Man, God's Ways*

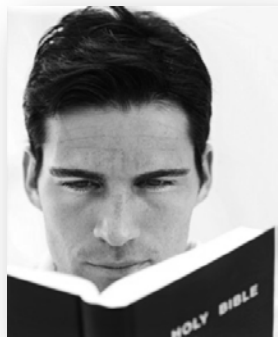
Date \_\_\_\_\_

List any insights, quotes, principles, challenges or encouragement you discover from your reading of this Swindoll chapter.

Father, the one personal take away from the content of this chapter that I will purpose to make a part of my life is...



**Season of Prayer** – Lord God, I now desire to invest some unhurried, quiet moments listening to You as my Father.



## **DAY 3**

### **Personal Discovery: *Courageous Heart* 1 Samuel 17**

**Date** \_\_\_\_\_

Prepare your heart to focus on God's Word by making the following prayer of David's your own. "*I delight to do Your will, O my God; Your Law is within my heart*" (Psalm 40:8).

**Read 1 Samuel 17** as though you were there! (Smell Goliath's breath!) Lord, the verses, phrases, or words which most hook my heart are... because...

Father, what most impresses me about David's heart from this passage is...

God, if these same heart qualities were in my life "to the max," I would... (Give a specific example of what it might look like.)

**(1 Sam 17:10, 16, 24, 43-47)** What "giant" has most recently been taking a stand against you? Example: What stands in your way from being "all in" for God; what do you most fear; what frequently drains your energy or overwhelms your faith.

**(1 Sam 17:8-10, 16)** Over the past 40 days, what lie(s) has your giant been shouting in order to intimidate you? How have you responded?

**(1 Sam 17:11, 24, 32, 37, 48)** Does your present mindset reflect a wartime attitude of confidently running toward your giant, or are you running away in fear? Example?

**(1 Sam 17:45-47)** What phrase will you take with you throughout today for encouragement as you face your giant(s)?

**(1 Sam 17:50-51)** What would it look like for you to cut the head off your giant? Remember, our sword is the Word (Eph 6:17).





Holy Spirit, I am excited about and committed to passing on the following truth to my family member or friend today.



Father, hear my prayer which I write from my heart in response to our time of fellowship together!