

ASSIGNMENTS

1. Once a day read over this material and read or sing the songs.
2. Keep the scripture where you will see it often each day.
3. Think of how you can remind yourself that earth is not your home.
4. Pray for the courage to stop living like you will be here forever.
5. At the end of day write down something that you experienced that day that you won't have to put up with when you get home.
6. Tell the class about struggling to remember Heaven is your home.



DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: 1 Chronicles 29:10-15 **PRAYER**

THOUGHT: True Owner and Creator of all remind me that all I have is Yours, and that even my life is not mine, but yours.

TUESDAY - VERSES: Psalm 39:4-13 **PRAYER THOUGHT:**

Eternal, Everlasting God, Don't let me forget how short my life on this earth is and how long eternity will be, so that I invest in the right one.

WEDNESDAY - VERSES: Jeremiah 42:13-22 **PRAYER**

THOUGHT: Great Guide of Mankind, forgive me for the times I have journeyed away from you and help me to follow the directions you have given.

THURSDAY - VERSES: 1 Kings 17:20-18:2 **PRAYER**

THOUGHT: All-Seeing One, help me to know that even during difficult times You see me and the path I need to take.

FRIDAY - VERSES: Hebrews 11:9-16 **PRAYER THOUGHT:**

Heavenly Father, help me find my way home to You.

SATURDAY - VERSES: 1 Peter 1:13-21 **PRAYER THOUGHT:**

Holy and Reverend One, The Fear of Israel, Help me to always to fear and respect you as I journey through this world.



Long ago, William Law warned that the world is now a greater enemy to the Christian than it was in apostolic times:

It is a greater enemy, because it has greater power over Christians by its favors, riches, honors, rewards, and protection than it had by the fire and fury of its persecutors.

It is a more dangerous enemy, by having lost its appearance of enmity. Its outward profession of Christianity makes it no longer considered as an enemy, and therefore the people are easily persuaded to resign themselves up to be governed and directed by it. -R. H. Lauer

SPIRITUAL HEALTH REGIMEN - WEEK 67

SOJOURNING - 11-10-13 to 11-16-13

SCRIPTURE - 2 Peter 3:13 Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.

COMMENT – It is easy to become attached to this world, because it is the only one we have ever known. With all of our friends and family members being met here on earth and with all of our possessions surrounding us we can become very comfortable and complacent. We must remember that we are sojourners here and we will be moving on to a permanent dwelling place.

SONG - THIS WORLD IS NOT MY HOME

This world is not my home, I'm just a' passing thru. My treasures are laid up somewhere beyond the blue; The angels beckon me from heaven's open door,

CHORUS: And I can't feel at home in this world anymore. O, Lord, You know I have no friend like You, If Heaven's not my home then, Lord, what will I do; The angels beckon me from Heaven's open door, And I can't feel at home in this world anymore.

They're all expecting me, and that's one thing I know, My Savior pardoned me and now I onward go; I know He'll take me thru tho' I am weak and poor,

I have a loving Savior up in glory-land, I don't expect to stop until I with Him stand, He's waiting now for me in Heaven's open door,

Just up in glory-land we'll live eternally, The saints on ev'ry hand are shouting victory, Their song of sweetest praise drift back from Heaven's shore,

THOUGHTS

THE GOVERNOR'S DAUGHTERS' HAIR

School had dismissed for the day. A couple of teenage sisters had slipped into their father's office at the governor's mansion. It was during a time when bobbed hair was becoming very fashionable among young ladies.

This governor did not want his girls to have bobbed hair. On this particular day, they were both pleading with him for permission. One of them came out with that often-used remark, "But, father,

everybody's doing it."

The governor asked, "Whose daughters are you?" After hearing them acknowledge him, he said, "Right. You are the daughters of the governor. You do not follow the styles: You set the styles.

These girls' haircuts were inconsequential, but their willing, grudging, or lack of obedience to their father was the real issue. How many times are we like those two girls. How often do we whine, beg, pester, and complain to God that some rule He has made just isn't fair or that it is too unpopular.

We desperately need to learn the lesson that as children of the Creator, we should be setting the standard in this world for others to follow, not following the standards set by anyone other than our God and Father.



We are all familiar with the old saying, "When in Rome do as the Romans do." Many Christians have adopted this motto as their own when it comes to their lives in this world. It would be wise, however, for all of us Christians to remember when we are tempted to 'do as the Romans do', that one of the main forms of entertainment in ancient Rome was to kill Christians.



The eagle that soars high in the air does not worry about crossing rivers.



Never go anywhere that is too crowded for Jesus to go with you.



In John Bunyan's classic "The Pilgrim's Progress" he tells the story of Christian and his Journey to get to the Celestial City (heaven). On one occasion as he is traveling with another character, Faithful, the two travel through Vanity Fair. The people of this town have been celebrating and entertaining themselves with a fair or carnival for years indulging in whatever pleasures they can. When Christian and Faithful arrive they are persecuted by the citizens there for the same three reasons that the world scoffs at Christians today (and may eventually persecute them). First, they didn't dress in the same kind of clothing as those at the fair. Second, they didn't talk the same kind of talk as those at the fair. Third, they weren't obsessed with possessing all of the

things that were being sold at the fair. Would you fit in or be an outsider.



A short time ago my son would cry anytime my wife or I would talk to him about Heaven, especially, if we talked about going to Heaven. We thought that perhaps he was saddened by the thought of losing us, so we asked him about his tears. He explained that he was sad about going to Heaven himself because he would miss the toys and games that he has and there wouldn't be any up there.

That is not surprising. Children don't appreciate mansions, seas of glass, streets of gold, pearly gates, or any of the other things that we use as descriptions to try to entice people to want to go to Heaven. To them all of those things are places you can't play and things that you can't play with because they might break. But, it is truly sad that in order to make Heaven appealing to us adults God had to use these physical descriptions of worldly things.

My son didn't want to give up what he loved most to go to some new place that didn't have those things. What would you find difficult to give up for Christ? Are there some things that you will really miss if you go to Heaven? Cars? Foods? Fashionable clothes? Sports? Houses? TV shows? Movies? Music? Books? Magazines? New hairstyles? Hunting? Malls?

This world is here for us, but we are not here for it. We must remember; we shouldn't belong. If we feel like we do belong then we may not belong in Heaven. Be an outsider, a foreigner, an alien.



WHERE ARE YOU HEADED

L.S. - LET US REMEMBER THAT TRAVELERS. . .

- I. ARE _____ SOMEWHERE
- II. ARE _____ SOMEWHERE
- III. GO THROUGH MANY _____ ON THE WAY
- IV. CHOOSE THEIR _____
- V. MAY HAVE _____ ALONG THE WAY
- VI. SHOULD _____ THE JOURNEY
- VII. MAY NEED TRAVELING _____
- VIII. NEED TO _____ THE _____
- IX. CAN'T GO WITHOUT _____
- X. NEED _____

WHERE ARE YOU HEADED

INTRODUCTION: (1 Peter 1:17-19) And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear: {18} Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; {19} But with the precious blood of Christ, as of a lamb without blemish and without spot:

L.S. - LET US REMEMBER THAT TRAVELERS. . .

I. ARE LEAVING SOMEWHERE - (Mark 10:29-31) And Jesus answered and said, Verily I say unto you, There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my sake, and the gospel's, {30} But he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life. {31} But many that are first shall be last; and the last first.

II. ARE GOING SOMEWHERE - (Hebrews 10:34) For ye had compassion of me in my bonds, and took joyfully the spoiling of your goods, knowing in yourselves that ye have in heaven a better and an enduring substance.

(Hebrews 12:1-2) Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, {2} Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

(Hebrews 11:9-10) By faith he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise: {10} For he looked for a city which hath foundations, whose builder and maker is God.

III. GO THROUGH MANY PLACES ON THE WAY - (Philippians 4:11-12) Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. {12} I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to

suffer need.

IV. CHOOSE THEIR DESTINATION - (Luke 10:42) But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

(Deuteronomy 30:19-20) I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live: {20} That thou mayest love the LORD thy God, and that thou mayest obey his voice, and that thou mayest cleave unto him: for he is thy life, and the length of thy days: that thou mayest dwell in the land which the LORD sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.

(Joshua 24:15) And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

V. MAY HAVE TROUBLE ALONG THE WAY - (Acts 15:24) Forasmuch as we have heard, that certain which went out from us have troubled you with words, subverting your souls, saying, Ye must be circumcised, and keep the law: to whom we gave no such commandment:

(2 Corinthians 1:3-11) Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; {4} Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. {5} For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ. {6} And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation. {7} And our hope of you is stedfast, knowing, that as ye are partakers of the sufferings, so shall ye be also of the consolation. {8} For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life: {9} But we had the sentence of death in ourselves, that we should not trust in ourselves,

but in God which raiseth the dead: {10} Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us; {11} Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf.

(2 Thessalonians 1:6-9) Seeing it is a righteous thing with God to recompense tribulation to them that trouble you; {7} And to you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with his mighty angels, {8} In flaming fire taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ: {9} Who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of his power;

VI. SHOULD ENJOY THE JOURNEY - (Philippians 1:21-26) For to me to live is Christ, and to die is gain. {22} But if I live in the flesh, this is the fruit of my labour: yet what I shall choose I wot not. {23} For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better: {24} Nevertheless to abide in the flesh is more needful for you. {25} And having this confidence, I know that I shall abide and continue with you all for your furtherance and joy of faith; {26} That your rejoicing may be more abundant in Jesus Christ for me by my coming to you again.

VII. MAY NEED TRAVELING COMPANIONS - (Ecclesiastes 4:9-12) Two are better than one; because they have a good reward for their labour. {10} For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. {11} Again, if two lie together, then they have heat: but how can one be warm alone? {12} And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

VIII. NEED TO COUNT THE COST - (Luke 9:57-62) And it came to pass, that, as they went in the way, a certain man said unto him, Lord, I will follow thee whithersoever thou goest. {58} And Jesus said unto him, Foxes have holes, and birds of the air have nests; but the Son of man hath not where to lay his head. {59} And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father. {60} Jesus said unto him, Let the dead bury their dead: but go thou

and preach the kingdom of God. {61} And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house. {62} And Jesus said unto him, No man, having put his hand to the plow, and looking back, is fit for the kingdom of God.

(John 6:64-66) But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him. {65} And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father. {66} From that time many of his disciples went back, and walked no more with him.

IX. CAN'T GO WITHOUT FUEL - (2 Corinthians 9:10-11) Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;) {11} Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.

(Acts 14:15-17) And saying, Sirs, why do ye these things? We also are men of like passions with you, and preach unto you that ye should turn from these vanities unto the living God, which made heaven, and earth, and the sea, and all things that are therein: {16} Who in times past suffered all nations to walk in their own ways. {17} Nevertheless he left not himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.

(1 Corinthians 10:2-4) And were all baptized unto Moses in the cloud and in the sea; {3} And did all eat the same spiritual meat; {4} And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

(John 6:35) And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

X. NEED DIRECTIONS - (Proverbs 3:5-6) Trust in the LORD with all thine heart; and lean not unto thine own understanding. {6} In all thy ways acknowledge him, and he shall direct thy paths.

CONCLUSION:

A. SUMMARY

B. INVITATION

2 Peter 3:13

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