



**Glow**



# **Discipleship Course**

**Term Three**



# Welcome to the Discipleship Course!

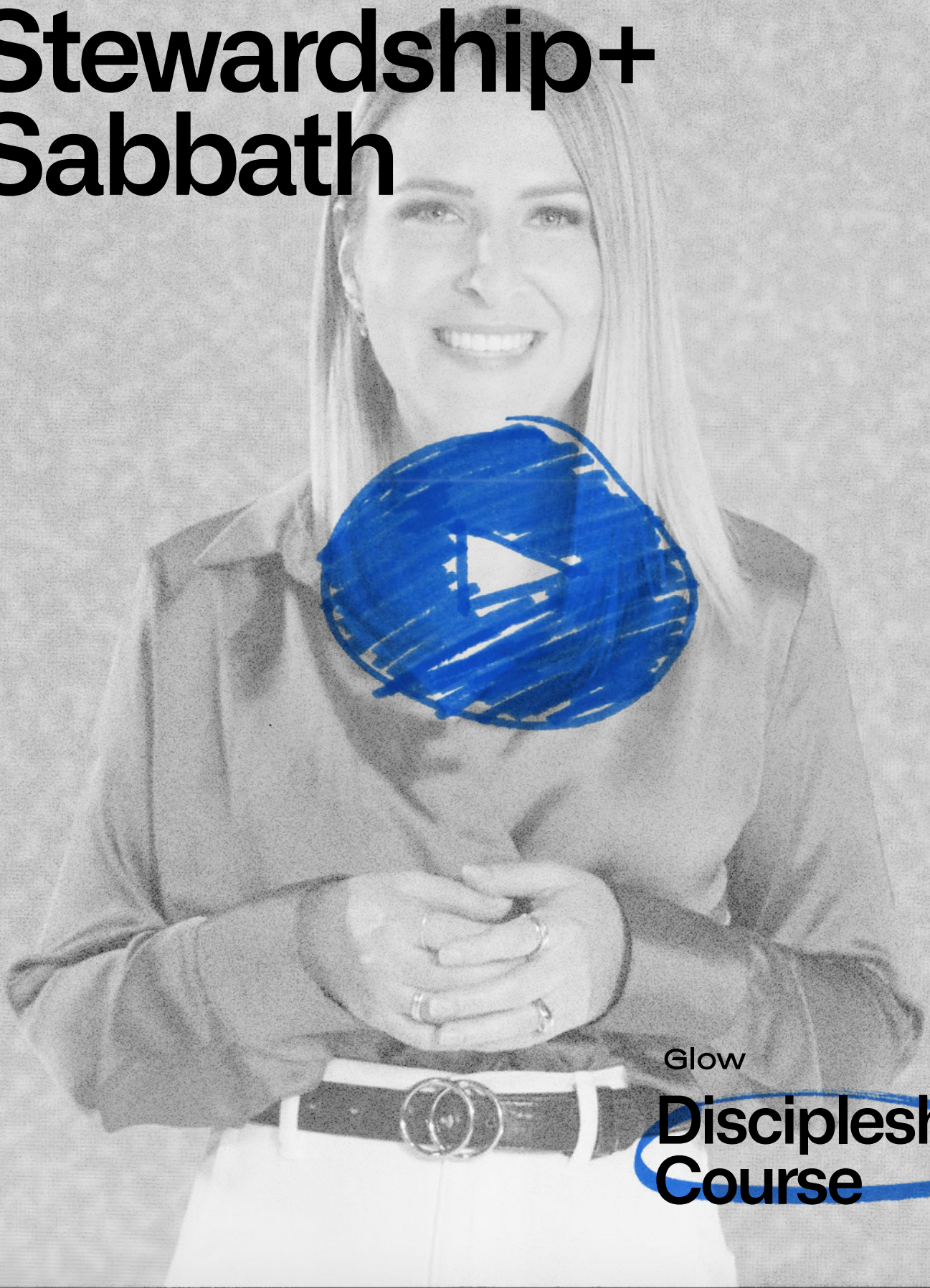
Every study has a short video, study notes and discussion points. Our prayer is that as we study together, we are transformed by His Word and His Spirit, strengthening our relationship with God and one another.

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|---------------|---|
| <b>WEEK 1</b> | <b>Introduction + Father</b><br>The Father Heart of God                                       |
| <b>WEEK 2</b> | <b>Son</b><br>The work of Jesus on the Cross  |
| <b>WEEK 3</b> | <b>Holy Spirit</b><br>The person and power of the Holy Spirit                                 |
| <b>WEEK 4</b> | <b>Community Accountability</b><br>Following Jesus together                                   |
| <b>WEEK 5</b> | <b>Reflective Reading and Persistent Prayer</b><br>'Why' and 'how' we read the Bible and pray |
| <b>WEEK 6</b> | <b>Total Stewardship and Sabbath</b><br>Everything we have from God/ Rhythms of rest          |
| <b>WEEK 7</b> | <b>Praying for the sick + dealing with the demonic</b><br>Continuing Jesus' ministry          |
| <b>WEEK 8</b> | <b>Expanding the Kingdom of God</b><br>Making disciples, serving the poor                     |



THE DISCIPLESHIP COURSE

# WEEK 6: Total Stewardship+ Sabbath



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Course**

# Total Stewardship

"The earth is the Lord's, and everything in it. The world and all its people belong to him."

PSLAM 24: 1 NLT

What are the most important priorities in your life? We all have different priorities, but they tend to be arranged under the same themes. As we mature we begin to understand four common areas in our world:

- #YOUR TIME
- #YOUR TALENTS/ GIVING
- #YOUR TREASURE
- #YOUR RELATIONSHIPS  
Family, Friends, Etc)

Each of these things would typically have worries attached to them. The things we care about are typically the things we worry about. Often this is because we've mishandled them or they feel out of control.

What happens when you neglect, mishandle or are ruled by your life priorities?

## Time

When you neglect your time you are unproductive. When you mishandle time you never have enough. When you are ruled by time you are always too busy.

## Talent (Giving)

When you neglect your talents you under-achieve. When you mishandle your talent you waste your potential. When you are ruled by your talent you become self-centred, arrogant and are eventually ruled by selfish ambition.

## Treasure (Money)

When you neglect your money you get lack. When you mishandle your money you get debt and stress. When you are ruled by your money you get greed.

## Relationships

When you neglect your relationships you get loneliness and isolation. When you mishandle your relationships you get tension and conflict. When you are ruled by your relationships you become a people-pleaser.

So what do we do?

In Matthew 6, Jesus addresses the worries of our world.

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

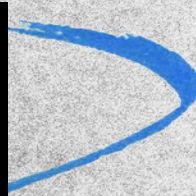
MATTHEW 6: 31-32

Jesus tells us to seek first the Kingdom of Heaven. He knows a better way to handle our priorities. He tells us all of these things are good, but when God is not first, they are out of order. Worry, anxiety and stress follow when God is not first in our lives. Jesus helps us get our priorities in order. So here is the big point:

**Total stewardship is recognising that everything I have is from God, belongs to God, and is not greater than God.**

What you worry about is a great revealer of what you worship. But when you worship and put God first, worry is made redundant. We trust and rest in his love and providence. When we order our lives with God first it brings peace, and we are able to steward our time, talent, treasure and relationships well, as God intended.

What does total stewardship look like in your life?



# Your Time

Spend the First Part of Your Day with God.

When you put God first in your day, there is something powerful about it. Before we turn on our phone, we prioritise spending time with God. We seek Him first which brings peace to the rest of our day. Spend the first part of your day talking with your Heavenly Father. Look at how Jesus handled it:

"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray."

**MARK 1: 35**

Something amazing to note about Jesus: He was never in a hurry. He lived and operated in an amazing rhythm of life. He used His time wisely, but also gave attention to where He put his time first – with His Heavenly Father. Each morning He would go to a quiet and isolated place to be alone with God.

God leads us to work and rest well. This is the importance of the Sabbath. One of the greatest acts of worship and faith you can do is take a whole day off. This is a gift for you! And it's the example God set in the very beginning on the seventh day of creation. When we Sabbath, we are trusting God to do what we can't do. Take time to ensure you enjoy rest.

REAL  
BOLD  
LOVE

REACH!

# Your Talents

## Use the First of Your Motives Glorifying Him

When we have total stewardship in our gifts and talents, first and foremost we seek a confident humility. We recognise God is the source of our talents and abilities. They are all gifts from God and we use our talents to glorify Him. Our motives are not selfish ambition but a desire to see God glorified. We put God first and our motive is humble yet confident.

To steward your giftings is to consistently come before God and ask Him to weigh or search your motives. God doesn't want you to glorify Him with your gifts because He is some narcissistic deity in the sky. God knows that glory or fame is not good for the human heart. We can only handle it in small doses. But when we glorify Him first and humbly recognise the gifts we have are from Him, He is glorified and we are satisfied.

# Your Treasure

## Use the First of Your Money in Generosity (Tithing & Giving)

The first indicator that we are ruled by money is that we can't give it away. It shows that we don't trust God with our money. We end up ruled by greed. Greed is a slow-releasing poison that corrupts and causes us to further turn in on ourselves. We need to put God first above our money and pursue a healthy disregard for money or wealth. The Bible has plenty to say about managing finance, and the Holy Spirit can help us to manage our money, knowing God will meet our every need and lead us to be generous in every way. Tithing and generosity towards others reminds us that our money is not first, God is. Money is not our provider, God is.



# Your Relationships

**Make the first goal in your relationships to serve the person (family, friends, etc)**

We live in a world that conditions us to see relationships as a means to serve ourselves. We can see friendship as a means to serve our loneliness, or romantic relationships as a means to serve our need for intimacy. If we are honest, a large part of desire for people is self-serving. While God created us for relationships and community, the question we must ask is: how did Jesus handle His relationships?

The first goal of His relationships was to serve people. He came to 'serve and not to be served' (Mark 10:41). Serving is looking to the needs of others. That is what God is asking us to do first and foremost. How can we serve our wife or husband, our friends, our church, our workplaces? To steward our relationships is to make serving others the first goal in relationships, not the last.

In summary, total stewardship is recognising that everything I have is from God, belongs to God, and is not greater than God; and to ask God how he wants us to handle these important areas of our lives.

## PAUSE AND REFLECT:

- Q. Consider the four priorities of time, talent, treasure and relationships. How well do you manage each of these? Is God first in any or all of these areas? Do you have margin in these areas?**
- Q. How well are you managing your time? Do you always feel busy and stretched for time?**
- Q. What are some of the gifts and talents God has given you? How are you using them to glorify God?**
- Q. Are you putting God first in the area of money? Do you tithe regularly? If not, why not? Ask God to bring greater understanding and trust with your money.**
- Q. How are your relationships with others? Do you feel isolated or alone? Are your relationships healthy? How can you serve others in your relationships?**



# Sabbath

We all love the idea of resting, but how often do we truly rest? The truth is that even when we do stop we are often still working on the inside, or heavily distracted and influenced by devices, which often makes us restless on the inside. So how do we find rest?

The Genesis account of creation makes a remarkable observation – God created the world in six days and on the seventh day, the Bible says He STOPPED and RESTED (Genesis 2:2-3). God does not get tired or weary, so why did He need to stop? God was giving us a pattern to live by. We are made to work, but we are also meant to stop and rest.

“When we keep pushing forward without taking adequate time for rest and replenishment, our way of life may seem heroic, but there is a frenetic quality to our work that lacks true effectiveness because we have lost the ability to be present to God, to be present to other people and to discern what is really needed in our situation.”

**RUTH HALEY BARTON**

The Hebrew word for ‘sabbath’ is the word ‘Shabbat’ which means to ‘stop’ and to ‘delight’. Sabbath is actually following God’s example of taking time to stop and delight. We can be tempted to think ‘surely I don’t have time to stop, I have too much to do’.

But what we need to understand is that God did not design us to go 24/7. If we do, we feel the effects of it on our physical, mental, and emotional well-being. This is why Jesus said “The Sabbath was made to meet the needs of people” (Mark 2:27).

Let’s be honest: we don’t have to sabbath, we NEED to sabbath. If you don’t find a sabbath, a sabbath will find you, meaning your body will eventually give in, in the form of breakdown, burnout or sickness. We need to sabbath!

## Find a day that works for you

This can vary based on your stage of life (kids, jobs, etc.). However your life is arranged, find a day in your seven-day week. Try to make a 24-hour period, from sunset one day to sunset the next day (note: you may have a few trial and errors in finding a day, but don’t give up. This discipline will radically change your life).

## Stop (switch off)

The key to really resting is to switch off. This may mean literally switching off devices that are causing you to think about work or distract you from being present in the moment.

## Delight

The Sabbath isn’t just about resting, it’s also about delighting or enjoying. Sometimes we are so quick to think about the next week or next thing, but one of the greatest things to do is to reflect on the week you just had and look for moments to be grateful for. Spend a moment on your Sabbath to thank God and cultivate an attitude of gratitude in your life.

## PAUSE AND REFLECT:

- Q. What day could work for you to engage in Sabbath in your seven-day week?**
- Q. What is on your list to say ‘no’ to on your Sabbath day? The key to resting is switching off.**
- Q. What is on your list to say ‘yes’ to on your Sabbath day (what brings you rest and joy)?**

