



## Meeting Notes: Truth (May 1, 2013)

These notes capture our May 1, 2013 meeting. We opened our meeting in prayer and then began our evening. Topic notes may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed. Documents used or created during this meeting are attached

### TOPICS DISCUSSED:

#### Closing the Loop:

- **Meaning of Psalm 33:4.** In closing the loop on what Psalm 33:4 means, one of our sisters shared her journal entry from the week before. Prior to the meeting, she and I discussed her notes and concluded "forward" needed to be put in parenthesis, because "forward" was not in the definition, but it was something that helped us understand what "straight" looks like (more or less). We also related "forward" to the strait (different spelling) and narrow path discussed in **John 13:14** (KJV) and how that corresponds to the soils and the stop sign T-Time.<sup>1</sup> Moreover, since God is not the author of confusion, we considered Him to be "straightforward" in what He says. For your convenience, the journal entry is attached. The only content change is "forward" was placed in parenthesis.
- **Taking up our cross.** We also took a closer look at **Matthew 10:38** and **Matthew 16:24** when it comes to what it means to take up our Cross and follow Jesus. In essence, both Scriptures point out the importance of denying self to follow Jesus.

#### Memory Verse:

- **Psalm 33:4.** We again recited our current memory verse to make it a part of who we are! We will continue to cite this verse each week until it comes naturally!

#### Discussion Topic – Truth:

- **Varying aspects of truth.** We looked at several aspects of truth: truth about healing; correlation between the belt of truth and Jesus is the truth; and truth about life. We highlighted the same words in various Scriptures to show how they are related to each other. These correlations can be seen on the attached Teaching Notes. The numbers in parenthesis represent where the same word is

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<sup>1</sup> T-Time is something we do during small group where we break down a spiritual principle or various Scriptures to clearly identify what choices we are faced with. *A Collection of T-Times* can be found on the website.

used in each verse. In addition to what's contained in the Teaching Notes, we also looked at several other verses: **Psalm 139:4** – God knows what we're going to say before we say it! **Romans 8:28** – If our mistakes were a surprise to God, we would not need this verse! **Psalm 119:105** – Thy word is a lamp unto my feet (allowing God to direct our steps). We also discussed the need to remove our own perception and rely on God's Word. Our **takeaway** is captured in the teaching notes; however, for convenience sake, here it is: "if we want healing, we need truth. If we want truth, we have to go to Jesus. How? Through the Word. In Jesus we will find life 'and the life was the light of men. And the light shines in the darkness and the darkness did not comprehend it' (**John 1:4-5**). In the beginning, the Spirit of God illuminated the darkness. Let us now allow God's Spirit to illuminate our darkness!

### Renewing Our Minds Exercise:

- **Identifying the behavior.** The Scripture references are in the Teaching Notes, but at the end of it all, we each made sure we identified the specific behavior we wanted to change. While not a psychologically sound definition, for this exercise, behavior can be a **physical act** you do (i.e. outbursts of anger), a **mental act** you do (i.e. judging others), or a **state of mind** you want to change (i.e. your perspective). As we identified our behavior, we discussed some of them and some of the problems we were encountering. In one instance, there were many behaviors tied together, so we suggested just focusing on one specific behavior.
- **The initial change.** We also discussed how the initial change is not a heart change, rather a submission change. We likened the initial phase of renewing our mind to being in the rocky ground. We're not as focused on heart change at this point as we are on just learning to submit to God's Word. This helps to remove the behavior as a distraction, so when we get to the thorny ground, we can focus more on pulling up the root of the behavior. However, we noted anger is like a bomb. You can't just let it sit there; you have to diffuse it, so we discussed the importance of asking the Lord to give us an alternative behavior we can engage in when we feel the anger rising. For me, it was doing something nice, but for others, it could be something very different!
- **A sample prayer.** For those working on their prayer, I shared my prayer to overcoming judging (attached) as an example. However, *it's important to note, everyone's prayer is unique to them. It can be as long or as short as the Holy Spirit dictates!* Therefore, it's vital that we each ask the Holy Spirit what God wants us to pray! For instance, in completing my prayer, I went through a few renditions, and actually ended up using verses I was familiar with along with some of the ones I looked up. Once I completed my prayer, I felt the Holy Spirit's presence confirming, "This is it!" So rest assured, you'll know when you have the prayer specifically designed for you!
- **Takeaway.** We also talked about **Ephesians 1:6** – how He made us accepted in the beloved. But, probably THE MOST important **takeaway** from this exercise is

learning how to recognize the lie of the enemy that is causing our behavior and then replacing that lie with God's truth so we can be transformed into the image of Christ Jesus!

### **Next Week's Assignments:**

- **Exercise.** Continue working on the **Renewing Our Minds** exercise until you have completed your prayer. This is a practical exercise to help us actually put on the belt of truth! As we ground ourselves in the truth of God's Word, we cooperate with the Spirit of God as He fashions a sturdy belt to hold the rest of our armor!
- **Memory verse.** Continue working on implanting **Psalm 33:4** in the spirit of your mind and in your heart. This verse will help hold all the other truths we learn together!
- **Preparing for group.** Our next discussion topic is "Truth About Love." Two foundational verses are **John 3:16** and **Romans 8:31-38**. If you get a chance, please look at those two verses inserting your name to make them personal!
- **Stay encouraged.** One last thought, we've covered a lot of Scripture lately, but if we **keep up with our notes**, we'll have easy reference to the verses. Or, we may choose to right each of the verses down in our journal from the version of the Bible we read. Because without the Word as our belt, we cannot walk in ANY of our armor! So, hang in there and let's each ask the Holy Spirit to make the Word come alive in our heart!

### **Closing:**

- We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led

*If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at [wow2@wow2women.com](mailto:wow2@wow2women.com) or complete a Contact Form on our site, [www.wow2women.com](http://www.wow2women.com).*



## ATTACHMENT: TEACHING NOTES FOR MAY 1, 2013

### Taking Up Our Cross Scriptures:

- **Matthew 10:38:** And he who does not take his cross and follow Me is not worthy of Me.
- **Matthew 16:24:** Then Jesus said to His disciples, “If anyone desires to come after Me, let Him, deny himself, and take up his cross and follow me.

### Discussion Topic: Truth

- **Belt of Truth and Jesus is the Truth:**
  - **Ephesians 6:14:** Stand therefore, having your loins girt about with **truth** (G225).
  - **John 14:6:** Jesus said, I am the way, the **truth** (G225), and the life. No one comes to the Father except through Me.
  - **John 1:14:** <sup>14</sup>And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and **truth** (G225).
- **Truth about life:**
  - **John 14:6:** Jesus said, I am the way, the truth, and the **life** (G2222). No one comes to the Father except through Me.
  - **John 1:1-5,14:** In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was in the beginning with God. <sup>3</sup>All things were made through Him, and without Him nothing was made that was made. <sup>4</sup>In Him was **life** (G2222) and the life was the light of man. <sup>5</sup>And, the light shines in the darkness, and the darkness did not comprehend it. ... <sup>14</sup>And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.
- **Truth about healing:**
  - **Genesis 1:1-3:** <sup>1</sup>In the beginning God created the heavens and the earth. <sup>2</sup>The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. <sup>3</sup>Then God said, “Let there be light”; and there was light. <sup>4</sup>And God saw the light, that it was good; and God divided the light from the darkness.

- **Psalm 107:20:** He sent His word and healed them, And, delivered them from their destruction.

### **Exercise: Renewing Our Minds**

- **Romans 12:2:** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.
- **Ephesians 4:22-24:** ...<sup>22</sup>that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, <sup>23</sup>and be renewed in the spirit of your mind, <sup>24</sup>and that you put on the new man which was created according to God, in true righteousness and holiness.
- **Psalm 51:6:** Behold, You desire truth in the inward parts, And in the hidden *part* You will make me to know wisdom.
- **Philippians 4:8:** Finally, brethren, whatever things *are* true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.
- **2 Corinthians 10:3-6:** <sup>3</sup>For though we walk in the flesh, we do not war according to the flesh. <sup>4</sup>For the weapons of our warfare are not carnal, but mighty through God for pulling down strongholds, <sup>5</sup>casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ; <sup>6</sup>and being ready to punish all disobedience when your obedience is fulfilled.



**ATTACHMENT: JOURNAL NOTES: G.T.  
re: Psalm 33:4 as discussed in May 1, 2013 Group**

“For the Word of the Lord is right, and all HIS work is done in truth.” (NKJV)

- During bible study we broke down key words in this scripture to get a deeper understanding
  - Right = straight (forward)
  - Work = actions
  - Truth = firmness
- To make sure I not only understand something, but am able to hold onto it in my mind, I find it useful to put it in my own words (yet still, the given phrasing is also important, lest my mind play tricks on me)
  - (My rewording) The words of The Lord are straight (forward) and all of HIS actions are done in firmness.
    - I find this interesting because I reworded it last night but got it wrong and didn't catch it until now. I said that the word of the Lord is straight forward and firm. And while that may be true, it's not a completely accurate translation of this scripture. This scripture says that **His words are straight (forward) and His actions are firm.**
    - The correct wording is important because it means that God doesn't waiver once HE has acted. [I learned] there are examples of the Lord changing his mind before HE has taken action but this tells us that once HE has acted there is no doubt, second guessing, or confusion. His actions are firm. So there is room for indecisiveness in the decision making process, but once we have acted, if acting of HIS will, there should be firmness of the spirit, an unwavering peace. If we do not feel that peace, it signifies one of two things: Either we have acted in accordance with His word and a lack of trust withholds the accompanying peace from us or we have indeed acted outside of His will. So the breakdown looks like this. Either:
      - We do not completely trust HIM (which means we are not fully submitted to His word and because of this are open to acting outside of His will, which leaves room for doubt), or
      - We do not trust our relation with HIM, (and therefore doubt our ability to have taken action that aligns with His word), or
      - We simply have not acted in accordance with HIS word, point blank.
    - So, if we still feel a lack of peace once we have acted, that is definitely something to pay attention to, as it signifies something pretty big.



## **ATTACHMENT: PRAYER ON OVERCOMING JUDGING**

**Vision:** To overcome judging by walking in humility

**Verse:** James 4:6, But He gives more grace. Therefore He says:  
“God resists the proud, But gives grace to the humble.”

**JUDGING:** Matthew 7:1-2; Galatians 6:1-5; 2 Timothy 2:19-21; Proverbs 18:17

**Prayer:** Father, I will not judge others, so I will not be judged. I will, however, judge sin, because You tell me if I see my sister overtaken with a fault, I am to restore her gently, considering myself, so I do not become tempted to sin against her or others in any way. Though I will seek to help her carry her burden, I also understand only she can carry her load. Therefore, I will not place expectations on others of where I feel like they should be spiritually or what I feel they should do, but I will depart from the iniquity of judgment so I may be a vessel of honor for Your grace to freely flow to me and through me. I will also recognize the first one to plead their cause will seem right until what they say is more closely examined; therefore, rather than take sides and become angry with my brother (or whomever my sister is in conflict with), I will seek to help my sister examine herself, so that she will rejoice in herself alone.

**HUMILITY:** James 4:6; Romans 12:3, Colossians 3:12; Proverbs 14:12, 2 Timothy 2:24; Psalm 33:4; 2 Corinthians 2:2; John 14:6.

**Prayer:** Father, I know You resist the proud, but give grace to the humble. Therefore, help me to humble myself by not thinking more highly of myself than I ought to think, rather help me to have a compassionate heart, walking in kindness, humility, meekness, and patience. Since there is a way we think is right, but the end thereof is death, Father, help me to always seek Your wisdom. And, in those times when it appears one of Your daughters is in opposition to Your Word, help me to not be quarrelsome, but to pray for Your truth to be revealed to both of us, because we know Your Word is right and all Your work is done in truth. Father, help me to keep my heart, my mind, and my eyes focused on Christ Jesus and the cross at Calvary, that I may be like Paul—determined not to know anything among Your daughters except Jesus Christ and Him crucified—because Jesus alone is the way, the truth, and the life, and no one can come to You except through Him. May I always point Your daughters to You through Jesus Christ—the living Word!

Father, I thank You and I praise You for this vision You have given me. I ask that I will be blessed to have eyes to see, ears to hear, and a heart to receive Your Word. I pray I will be renewed in the spirit of my mind that I may have the mind of Christ: moved by compassion and walking in love and humility towards others. In Jesus' name. Amen.