

A 40-DAY FAITH EXPERIENCE

LIGHT

WHERE IT ALL BEGINS

40 Days in the Bible

Jesus fasted for 40 days in the wilderness while being tempted by the devil (Matthew 4:1-11)

40 Days of LIGHT Schedule

Week 1	Where it all begins
Week 2	Learn
Week 3	Initiate
Week 4	Gather
Week 5	H
Week 6	T

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Where it all begins

Genesis 1

Then God said, “Let there be **light**”; and there was **light**. Genesis 1:3


וַיֹּאמֶר אֱלֹהִים יְהִי אוֹר וַיְהִי-אוֹר

First recorded words spoken by the Creator God are “Yehi Ohr” יְהִי אוֹר .

Last week...

Gather

1 John 1



***Why does our culture
need to gather in
“authentic connections”
right now?***



January
22,
2021

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**



Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances



January
22,
2021

Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#)  .
 - [Try to eat healthy, well-balanced meals.](#)
 - [Exercise regularly.](#)
 - [Get plenty of sleep.](#)
 - Avoid [excessive alcohol, tobacco, and substance use.](#)
 - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
 - Get vaccinated with a COVID-19 vaccine when available.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** [Talk with people](#)  you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Even the CDC
says you
should
connect with
your church!

Gather

but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. 1 John 1:7

Independently and simultaneously, followers of Jesus are called to walk (live) in the Light of God. When this happens, hearts and minds and spirits and families and priorities and passions are GATHERED together and guided by the Holy Spirit.

40 Days of LIGHT Schedule

Week 1 Where it all begins

Week 2 Learn

Week 3 Initiate

Week 4 Gather

Week 5 Help 

Week 6 T

First Melissa's passion is to make disciples of Jesus who:

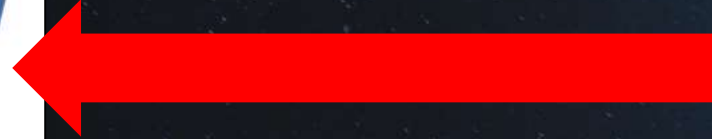
REACH INTENTIONALLY

CONNECT AUTHENTICALLY

EQUIP

CONTINUOUSLY

LIVE PASSIONATELY



Help

Build relationships
that encourage real
faith in real life

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A Model of Helping

Luke 10

And a lawyer stood up and put Him [Jesus] to the test, saying, “Teacher, what shall I do to inherit eternal life?” And He said to him, “What is written in the Law? How does it read to you?” Luke 10:25-26

- The first 5 books of the Old Testament [Tanakh], written by Moses, were considered the “Law” or “Torah”
- All other Old Testament books were categorized as “Prophets”

And he answered, “You shall love [ἀγάπη *agape*] the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”

Luke 10:27

All = completeness, every area of life

Heart = the core of one’s personal being, one’s spirit

Soul = one’s emotions

Mind = mental endeavor and energy, also encompassing one’s strength; learn to think critically and biblically

- This answer comes from the “Shema” prayer. Shema is the Hebrew word for “hear” or “obey”.
- “Hear, O Israel! The LORD is our God, the LORD is one! You shall love (Hebrew אהב “aheb”) the LORD your God with all your heart and with all your soul and with all your might.” Deuteronomy 6:4-5

• שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Deuteronomy 6:4

“Love the Lord your God”

Ask:

- What would my life look like if I was totally, completely, unashamedly committed to following Jesus?
- How would my thoughts change?
- How would my words change?
- How would my actions change?
- How would my daily routine change?
- How would my heart change?

What is the heart?

- The word “Heart” (Hebrew *leb*, Greek *kardia*) occurs 1,000+ times in the Bible, making it the most common anthropological term in Scripture.
- The heart is the center of emotions, feelings, moods, and passions.
- Equated with the heart are joy (Deut. 28:47; Acts 2:26), grief (Ps. 13:2; Lam. 2:11), ill-temper (Deut. 15:10), love (Phil. 1:7), courage (2 Sam. 17:10; Ps. 27:14), and fear (Gen. 42:28).
- The heart’s function as the source of thought and reflection highlights its intellectual capacities (Isa. 6:10; Mark 7:21-23). The heart understands (Deut. 8:5; Isa. 42:25), provides wisdom to rule justly and wisely (1 Kings 3:12; 10:24), and discerns good and evil (1 Kings 2:44).
- The heart represents volition and conscience (1 Sam. 24:5; 2 Sam. 24:10).

***Why does God care about my heart?
Why should I care about my heart?***

“Watch over your heart with all diligence,
for from it flow the springs of life.” Proverbs 4:23

“As a man thinks in his heart, so is he.”
Proverbs 23:7

Love Your Neighbor

“You shall not take vengeance, nor bear any grudge against the sons of your people, but you shall love your neighbor as yourself; I am the Lord.” Leviticus 19:18

“Love your neighbor as yourself”

Ask:

- Does my love for God affect my treatment of other people?
- How does my love for God affect my treatment of other people?

“Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. The one who does not love does not know God, for God is love.”

1 John 4:7-8

And a lawyer stood up and put Him [Jesus] to the test, saying, "Teacher, what shall I do to inherit eternal life?" And He said to him, "What is written in the Law? How does it read to you?" And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

Luke 10:25-27

And He [Jesus] said to him, “You have answered correctly; do this and you will live.” Luke 10:28

- First step of faith is to know God’s commands
- Second step of faith is to obey God’s commands

But wishing to justify himself, he said to Jesus, “And who is my neighbor?”

Luke 10:29

- What person, or kind of person, has God called us to love?
- Who is my neighbor?
- Do I really have to love that person?

Jesus replied and said, "A man was going down from Jerusalem to Jericho, and fell among robbers, and they stripped him and beat him, and went away leaving him half dead."

Luke 10:30



Jericho

Samaria

• Apollonia

• Antipatris

• Joppa

Jericho

Jerusalem

Bethlehem

Judea

Gaza

Hebron

Masada

Beersheba

Zoar

Jordan River

Jabbok River

Mount Nebo

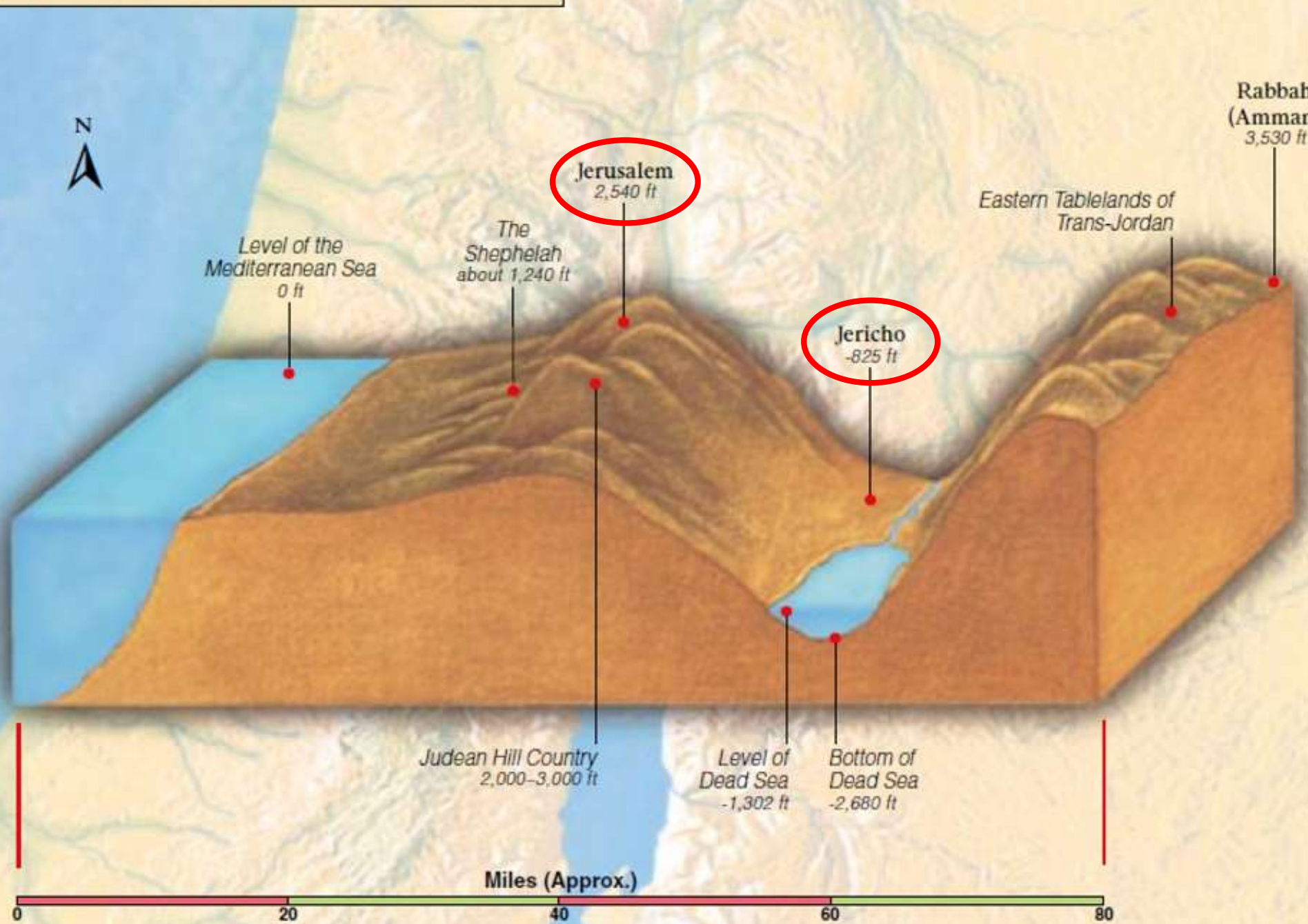
Dead Sea

Arnon River

Raphia

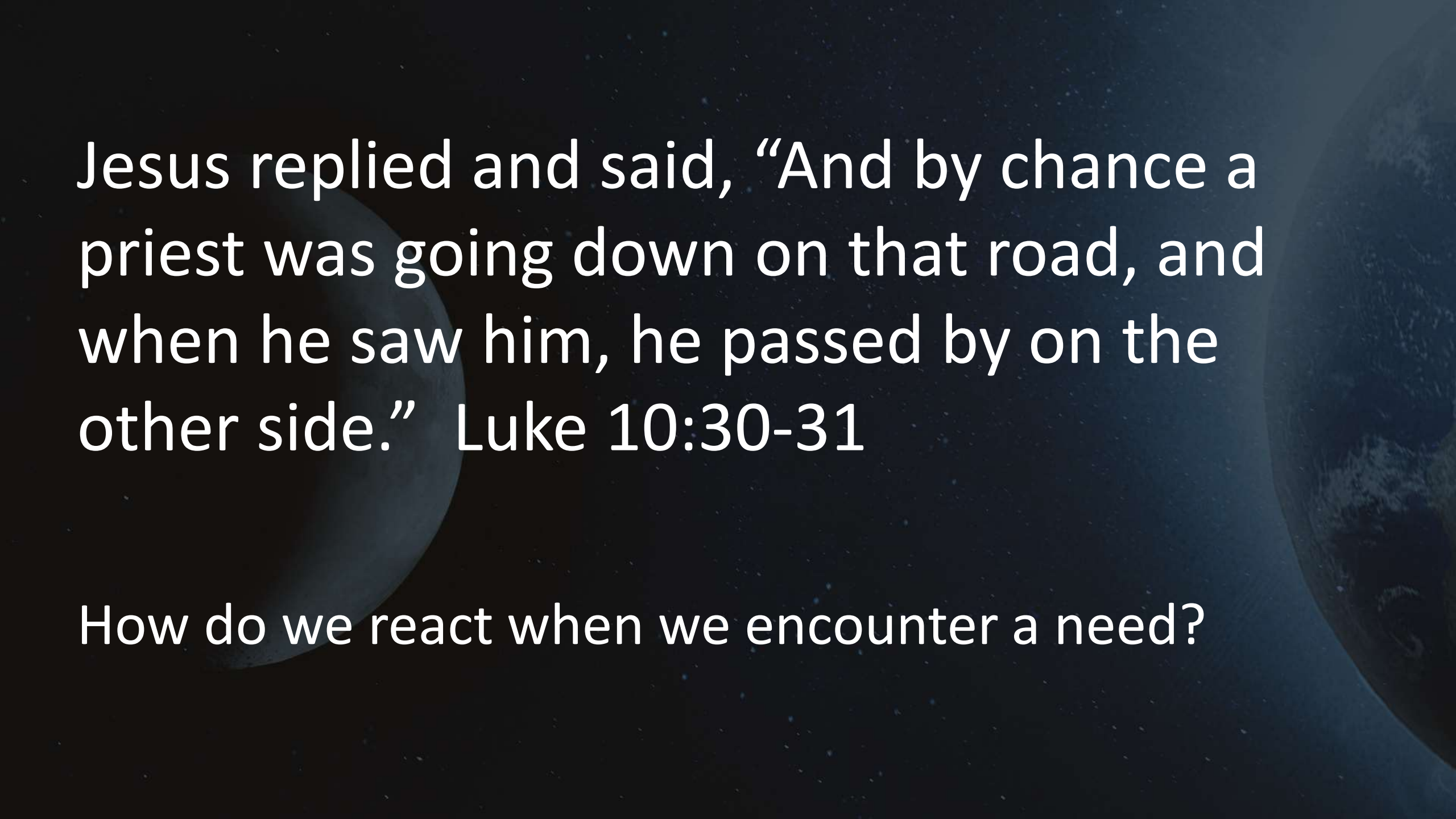
A steep road, 17 miles long, descended the 3,300 feet drop in elevation from Jerusalem to Jericho, a country dwelling of priests when not on temple duty. -New Bible Commentary

SOUTH TO NORTH ORIENTATION*



“As many as 12,000 priests resided in Jericho and would have traveled regularly on this road.”

– Steve Moore

A dark blue space background with a starry field. On the left, a large, dimly lit planet is partially visible. On the right, a larger, more detailed planet, resembling Earth, is partially visible. The text is centered in the upper half of the image.

Jesus replied and said, “And by chance a priest was going down on that road, and when he saw him, he passed by on the other side.” Luke 10:30-31

How do we react when we encounter a need?

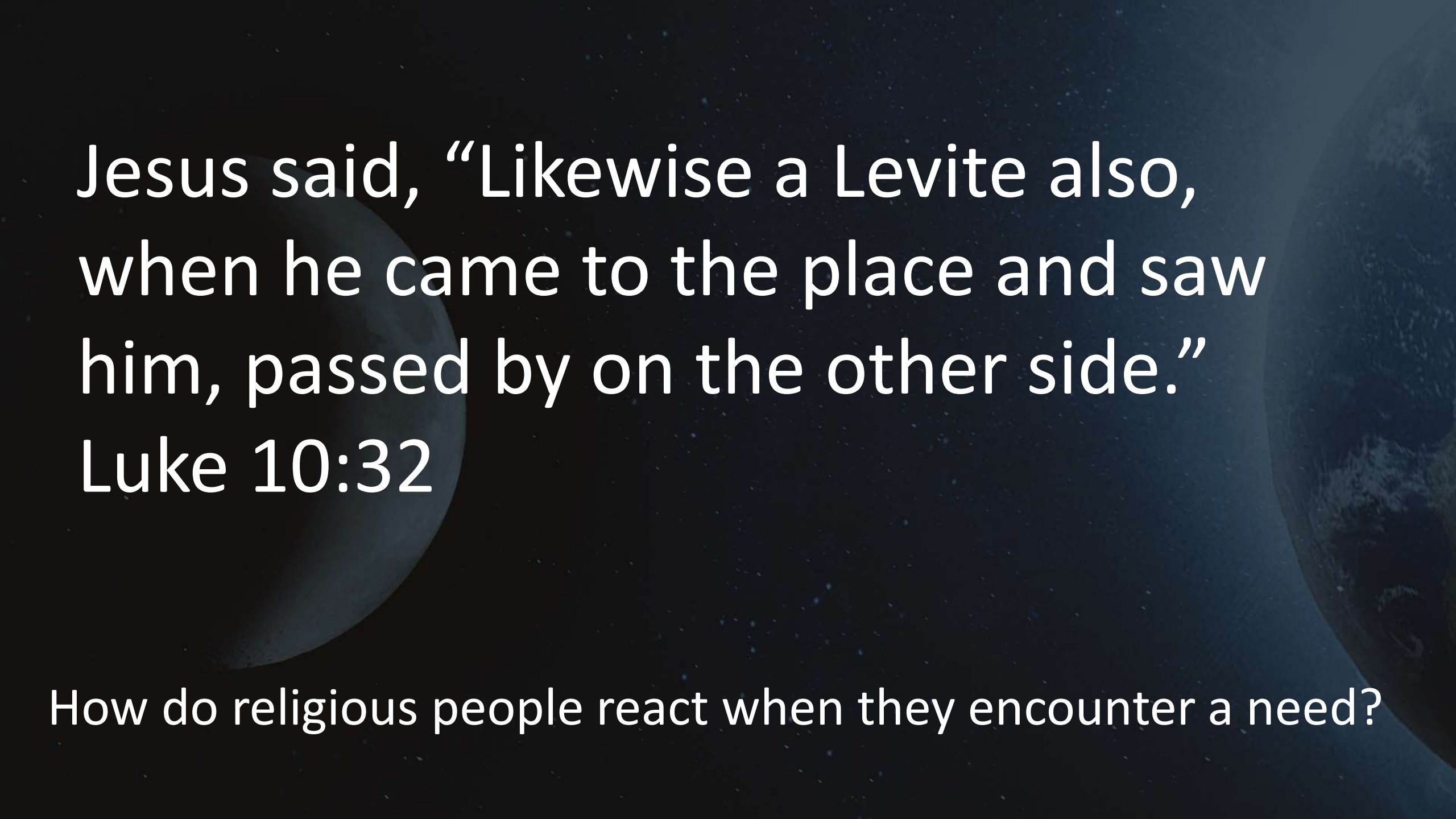
Priests

They represented the people before God, and offered the various sacrifices prescribed in the law... The priests were not distributed over the country, but lived together in certain cities [forty-eight in number], which had been assigned to their use. From thence they went up by turns to minister in the Temple at Jerusalem.

- Easton's Bible Dictionary

There were 24 groups of Jewish priests, drawn up in David's time (1 Chronicles 24:7–18). The priests in each division were on duty in the Temple in Jerusalem twice a year for a week at a time.

- Bible Knowledge Commentary

A dark blue space background with a large planet on the left and a smaller one on the right, both partially visible. The background is filled with numerous small white stars.

Jesus said, “Likewise a Levite also,
when he came to the place and saw
him, passed by on the other side.”

Luke 10:32

How do religious people react when they encounter a need?

Levites

A descendant of the tribe of Levi (Ex. 6:25; Lev. 25:32). This is the title of that portion of the tribe which was set apart for the subordinate offices of the sanctuary service (1 Kings 8:4), as assistants to the priests. When the Israelites left Egypt, the ancient manner of worship was still observed by them, the eldest son of each house inheriting the priest's office. A hereditary priesthood in the family of Aaron was instituted at Sinai (Ex. 28:1). But it was not till that terrible scene in connection with the sin of the golden calf that the tribe of Levi stood apart and began to occupy a distinct position (Ex. 32). The religious primogeniture was then conferred on this tribe, which henceforth was devoted to the service of the sanctuary (Num. 3:11–13). They were selected for this purpose because of their zeal for the glory of God (Ex. 32:26), and because, as the tribe to which Moses and Aaron belonged, they would naturally stand by the lawgiver in his work... As being wholly consecrated to the service of the Lord, they had no territorial possessions. Yahweh was their inheritance (Num. 18:20; 26:62), and for their support it was ordained that they should receive from the other tribes the tithes of the produce of the land... The Levites were scattered among the tribes to keep alive among them the knowledge and service of God.

Source: Easton's Bible Dictionary

“But a Samaritan...”
Luke 10:33



Samaritans

The new and mixed inhabitants whom King Esarhaddon (677 BC) of Assyria brought from Babylon and other places and settled in the cities of Samaria, instead of the original inhabitants whom Sargon (721 BC) had removed into captivity (2 Kings 17:24). These strangers amalgamated with the Jews still remaining in the land, and gradually abandoned their old idolatry and adopted partly the Jewish religion. After the return from the Captivity, Jews in Jerusalem refused to allow them to take part with them in rebuilding the temple, and hence sprang up an open enmity between them. They erected a rival temple on Mount Gerizim which was destroyed by a Jewish king (130 BC). They built another at Shechem. The bitter enmity between the Jews and Samaritans continued in the time of Jesus: the Jews had “no dealings with the Samaritans” (John 4:9; Luke 9:52-53). Our Lord was in contempt called “a Samaritan” (John 8:48). Many of the Samaritans early embraced the gospel (John 4:5–42; Acts 8:25). - Source: Easton's Bible Dictionary

“But a Samaritan, who was on a journey, came upon him; and when he saw him, he felt compassion, and came to him and bandaged up his wounds, pouring oil and wine on them; and he put him on his own beast, and brought him to an inn and took care of him. On the next day he took out two denarii and gave them to the innkeeper and said, ‘Take care of him; and whatever more you spend, when I return I will repay you.’” Luke 10:33-35

The Actions of a Helpful Person

“But a Samaritan, who was on a journey, (1) came upon him; and when he (2) saw him, he (3) felt compassion, and (4) came to him and (5) bandaged up his wounds, pouring oil and wine on them; and (6) he put him on his own beast, and (7) brought him to an inn and (8) took care of him. On the next day (9) he took out two denarii and gave them to the innkeeper and said, ‘Take care of him; and whatever more you spend, when I return I will repay you.’” Luke 10:33-35

- Helping = Compassion = together suffering

Ingredients For Helping Others

Person #1 is hurting

Person #2 cares

Person #2 acts

LOVE YOUR NEIGHBOR AS YOURSELF

Who is my neighbor?

Being a Good Samaritan in a Connected World

WHO IS MY NEIGHBOR?



Foreword by George Verwer

STEVE MOORE

“God expects us to take the initiative, crossing boundaries, and overcoming barriers, to show His mercy by serving others.”

– Steve Moore

proximity +
urgency +
capacity =
responsibility

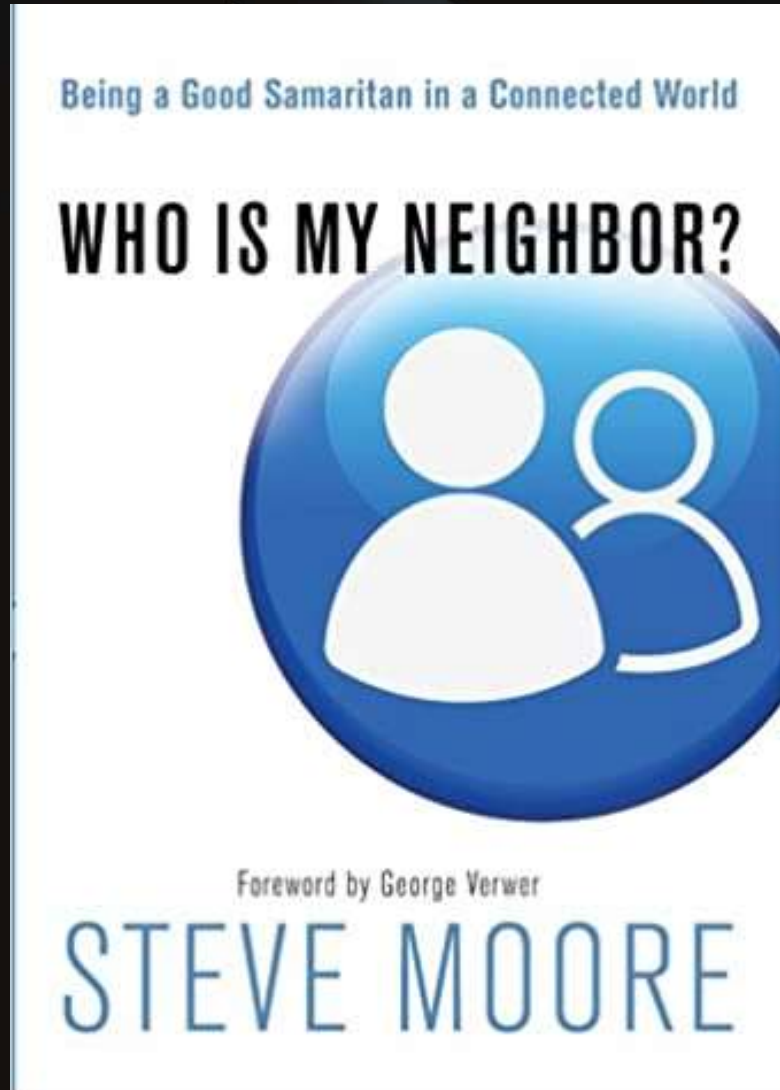
A Helper's "To Do" List

- Be aware
- Be sensitive
- Refuse to judge
- Do not pass the buck
- Take helpful action
- Do not ask for something in return
- Do not brag
- Love even the unlovable

Jesus Gives An Assignment

“Which of these three do you think proved to be a neighbor to the man who fell into the robbers’ hands?” And he said, “The one who showed mercy toward him.” Then Jesus said to him, “Go and do the same.” Luke 10:36-37

LOVE YOUR NEIGHBOR AS YOURSELF ***Who is my neighbor?***



“The ‘go and do likewise’ exhortation in the sequel of the Good Samaritan redefined the neighborhood to include people who aren’t like you (Samaritans), don’t like you, can’t repay you, and wouldn’t thank you to do so.” – Steve Moore

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***How do I love my
neighbor?***

How do I love my neighbor?

Study the “One Anothers” in the New Testament

Formula: (action verb) + “one another”

Love (John 13:34)

Greet (1 Cor. 16:20)

Pray for (James 5:16)

Honor (Rom. 12:10)

Accept (Rom. 15:7)

Admonish (Col. 3:16)

Comfort (1 Thess. 4:18)

Live in harmony with (Rom. 12:16)

Encourage (Heb. 3:13)

Prefer (Rom. 12:10)

Be at peace with (Mark 9:50)

Be devoted to (Rom. 12:10)

Wait for (1 Cor. 11:33)

Forgive (Eph. 4:32)

How do I love my neighbor?

Ernest Southcott, founder of home church movement in England, said:

"The holiest moment of the church service is the moment when God's people — strengthened by preaching and sacrament — go out of the church door into the world to be the church. **We don't go to church; we are the church.**"

How do I love my neighbor?



*Your daily encounters with people

How do I love my neighbor?

Jesus said, “Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.” Matthew 5:16

- Go public with your faith in Jesus.
- Are there hurting people around you?
- In what ways can you minister to others?
- How can you use your gifts and resources to bless others?
- What “good works” has God called you to?

Has Jesus Helped You?

“Go and do the same.”

Luke 10:37