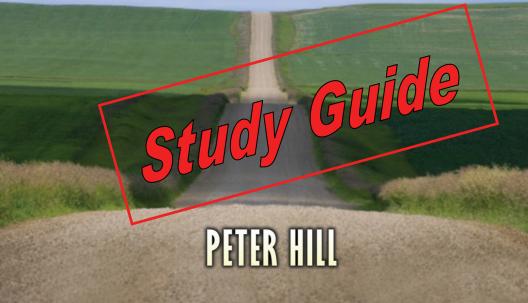
Living Our Lives as a Reasonable Act of Worship



The Process of Purity

Living Our Lives as a Reasonable Act of Worship

Study Guide

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In quoting Scripture, the letter "a" has been used to denote the first portion of a cited reference, while the letter "b" has been used to denote a quote from the last portion.

Author's Note: Some of the anecdotal illustrations, although true to life, have been altered to protect the privacy of the persons involved. Other illustrations are fictional, and any resemblance to people living or dead is coincidental.

Welcome!

We are so glad that you have chosen to download this free study guide to accompany your copy of *The Process of Purity*. We pray you will find this a useful tool as you read through the book, one that is meant to both challenge and bless you in your own walk. This guide is also ideal for a small group session.

For every chapter, we have divided this guide into three sections. The first is entitled, **"Where are we Going"** and is meant to give you an idea of some of the key concepts the chapter talks about, as well as some probing opening questions to get your mind directed to these concepts.

The second section is entitled, **"Front & Centre."** The questions in this section are meant to be reflected upon during your reading of the chapter, or directly after. They are broken down into the specific headings in the book for easy reference.

The last second is entitled, **"Now What?"** and is filled with application questions to help you put into practice what you have read throughout the chapter. There is also a spot here for your own personal reflections and journaling.

As a warning, these questions are pretty 'in your face'. They are meant to really force you to look deeper than you ever have before. I want to encourage you to commit yourself to answering these questions honestly and wholeheartedly. That is really where this process begins.

In a small group setting, you'll undoubtedly want to tailor this guide to your own group needs. Perhaps you'll simply discuss your answers, or perhaps you can read sections of the book together. We hope that the "Now What?" part of this guide will provide you with a springboard of thought provoking discussion and real life applications as you "experience a shared life with one another" (1 John 1:6-7, MSG).

This guide is not meant to be set in stone, and we encourage your feedback and suggestions as to how we can improve it. Updated versions of the guide will always be available for download from our website, cpm-e.com.

Be Blessed!

Part 1: A Startíng Ground

Chapter 1:

Our Reasonable Act of Worship

Where are We Going?

- God calls us to offer ourselves as a reasonable act of worship (Romans 12:1, 2)
- There are three main purity issues that we struggle with (1 John 2:15-17)
- 1. In your own words, describe what it means to be reasonable.

2. What does worship mean to you?

3. When you hear the word purity, what sort of pictures or thoughts come to your mind?

4. When it comes to issues of purity, what areas do you struggle with the most?

Front & Center

INTRODUCTION (pg 5):

1. We often grapple with the notion of why we have been left on this earth. Page 6 lists some of our purposes here on this earth. Which of these purposes do you think is the most important? 2. What does it mean to present ourselves to present ourselves to God in spiritual worship? What does that look like in the course of a regular day?

THE THREE PURITIES (pg 7):

3. What are the three areas of purity that John outlines in 1 John 2:15-17?

4. Give some everyday examples of how we can struggle with each of the three areas of purity listed above.

5. Read the account of the fall in Genesis 3:1-6. Describe the three purity areas that show up in this account.

Now What?

1. Pick one area from the threefold list in 1 John. List five different situations in the last week where you have struggled with this area of purity.

2. What steps can you take to counteract those struggles the next time you encounter them?

3. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 2:

Looking in the Mirror

Where are We Going?

- One of the first steps in our walk of purity is to take a honest assessment of where we are at
- Our spiritual vision is closely connected to our current state of purity
- We need to begin to see ourselves as God sees us if we want to walk this road successfully
- 1. Take a look at yourself in the mirror. What do you notice?

2. If you could change one thing about your appearance, what would it be?

3. When you hear the phrase 'pure in heart', name ten characteristics that come to mind.

Front & Center

INTRODUCTION (pg 13):

1. When you look in the mirror and beyond the features, what things do you see that you are proud of?

2. What things do you see that you are not so proud of?

IF YOU COULD SEE (pg 14):

3. James 1:6-7 encourages us to live a life that is undivided. What are the barriers in your life that cause this to be a struggle?

4. What does living an undivided life look like for you?

5. What is it in your past, whether sin or accomplishment, that is holding you back from what God has in your future?

6. What does God see when he looks at you? Find ten scripture references that talk about your identity in Christ.

OPEN EYES AND PURE HEARTS (pg 18):

7. Why do you think King David is remembered for his heart after God rather than the list posted on page 19?

8. Psalm 119:9-11 suggests that purity comes through reading God's word. In the busy lives that we lead, how much time are we devoting to the study of scripture? Why?

9. Peterson's paraphrase of this verse prays that we would not miss the road signs that have been posted (pg 20). What 'signs' have been in your life recently that perhaps you have chosen to ignore?

Now What?

1. What steps can you make today to help you live an undivided life?

2. What practical changes can you make in your routine to ensure you have undivided time for scripture reading & prayer?

3. Have another look in that mirror. What are you seeing? What is God seeing?

4. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 3:

Sincerity of Approach

Where are We Going?

- God is calling for people who are willing to be sincere with him and with others
- 1. What does sincerity mean to you?

Front & Center

INTRODUCTION (pg 25):

1. What does it mean to practice playing second fiddle?

2. What areas of your life do you seem to be trying to break open a door instead of finding a key?

SINCERELY YOURS (pg 26):

3. What areas of your relationship with God do you struggle to be sincere with?

4. In what ways have you allowed your regular worship and times of devotion to become insincere?

5. Sincerity is to approach God without a mask. What 'masks' are you wearing right now that God is longing for you remove?

BOGOTÁ OR BUST (pg 29):

6. Give an example of an interaction between you and someone else over the last six months where they acted with a heart of sincerity toward you.

7. Give an example of an interaction between you and someone else over the last six months where you acted with a heart of sincerity toward them.

8. What makes it hard for you to be sincere?

9. Pg 32 makes the suggestion that offering ourselves up to live a life of purity occurs when we are willing to let go of our own plans and allow God to work. What plans is God asking you to let go of today?

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Now What?

1. How can you bring sincerity back into your worship?

2. What hypocrisy in your relationship with God or with others do you need to repent of?

3. Name one person that you want to show a sincere heart to this coming week. What practical things can you do to show them this sincerity?

4. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 4:

Understanding Devotion

Where are We Going?

- Fostering a heart of devotion toward God is a key to the inner change that is required to live out our process of purity
- 1. What does it mean to be devoted to something or someone?

2. Give some examples of persons/things in your life that you are devoted to.

Front & Center

INTRODUCTION (pg 37):

1. Devotion is fostered through time spent with an object or person. Who or what gets the majority of your time?

2. Give an example of a situation where you trusted God without having all the 'behind the scenes' knowledge of what he was doing.

YOUR ALABASTER JAR (pg 39):

3. Pick one person that is in the scene described in this section. Rewrite the story from his or her perspective.

4. Name three alabaster jars that God is nudging you to break open before him.

5. Where does God sit in the hierarchy of priorities in your heart right now?

FROM INNER DEVOTION COMES INNER CHANGE (pg 42):

6. What is something in your life right now that God is asking you to admit that you are not able to handle on your own?

7. Give an example of a time in your life where you have tried to accomplish something on your own strength. How did it work out?

8. In the quote on pg 43, C.S. Lewis suggests that we must be ploughed up and re-sown if we truly want to see deep change in our life. What specific things are in your life that may need to be ploughed up?

Now What?

1. What steps can you take today to rekindle that devotion with the Pure and Holy One?

2. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Part 2: A Battleground

Chapter 5:

A Confusing Situation

Where are We Going?

- It is important to understand the conflict between our sinful and spiritual natures
- We must always be careful of letting the pendulum swing too far between fear and grace
- The change that is required of us must go deeper than superficial rites and motions
- 1. What is the difference between a legalistic mindset and one of licentiousness?

2. What, to you, characterizes a true Christian?

Front & Center

INTRODUCTION (pg 51):

1. Give an example of a time in your life where you felt a disconnect between living on this earth and longing for your new home to come.

2. What outward manifestation do you struggle with that is a mirror to your inward struggle?

THE GOSPEL ACCORDING TO SAINT PAUL (pg 53):

3. Read through Romans 7:14-25. What sort of thoughts come to your mind?

4. In what ways can you relate to Paul? Where is there common ground? Where might there be differences?

5. On pg 55, it is suggested that "this lifelong battle is really what worship is all about." How does that make you feel? How does it shift your understanding of worship?

6. Your friend asks you what this 'Christian life' is all about. Based on pgs 56 & 57, how would you relay an answer to your friend in a way they would understand?

A HEALTHY DOSE OF FEAR AND GRACE (pg 57):

7. Give an example in your own life where you did not have a healthy dose of fear. Describe what happened as a result.

8. Give an example in your own life where you did not have a healthy dose of grace. Describe what happened as a result.

9. How does the combination of both fear and grace help us live out our process of purity?

- BE WILLING TO GO DEEPER THAN THE SKIN (pg 60):
- 10. What is at your 'core' right now?

11. Name a situation that you encountered in the last week where your motives where not right.

12. Name a situation that you encountered in the last week where your motives were good.

13. What does it mean to live out our lives in the light of this paid transaction (pg 61)?

Now What?

1. In what ways is God calling you to dig a little deeper today?

2. What steps can you take in your daily life to avoid your pendulum swinging too far between legalism and licentiousness, or between fear and grace?

3. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 6:

Living Sacrifice

Where are We Going?

- Offering our entire beings as living sacrifices is really what worship is all about
- God calls us to be this sacrifice despite our questions or our feelings
- 1. What does the word sacrifice mean to you?

2. In Romans 12:1, Paul encourages us to be living sacrifices. What does this look like in your world?

Front & Center

INTRODUCTION (pg 65):

1. What sacrifices have you made in your life in the last week?

2. What made you decide to make them?

3. What 'dollar store junk' is God asking you to let go of today? Why do you think it's so hard to do that?

MOUNTING YOUR ALTAR (pg 67):

4. Read the story of Abraham and Isaac, found in Genesis 22. Rewrite the story from one of the men's perspective.

5. Give an example in your life where you chose God's plan and reaped the benefits, like Isaac.

6. Give an example in your life where you did not choose God's plans, and reaped the consequences.

7. What altars is God asking you to mount today? What is holding you back from extending that hand?

WHEN DESIRE IS ABSENT FROM THE EQUATION (pg 72):

8. Why is it so easy to life a life based on our feelings?

9. Give an example in your own life where you felt you were completely alone and forsaken, and yet still obeyed.

10. We are promised that God will be with us every step of the way in our journey. Where do you need to take him right now? Where might he need to take you?

11. Read through the quote on pg 75. What area of your life do you tend to avoid total commitment? Why?

Now What?

1. What practical things can you do this week to help you line your will up to God's will?

2. What is the label of the altar that God is asking you to mount? What steps can you take over the next few days to willingly mount that altar?

3. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 7:

Captive Thoughts

Where are We Going?

- We have the ability to create actions out of our thoughts, and it is therefore important to see the end result before we allow a thought to take root in our lives
- Taking every thought captive is the front line of battle when it comes to living out our process of purity
- 1. Describe a situation in life, be it a game or a project of some sort, where you were not able to accomplish your goal because of things you had or didn't have with you.

2. Read Philippians 4:8 in as many different translations as you can find. What does this verse mean to you?

Front & Center

INTRODUCTION (pg 77):

1. Describe a situation in your past, be it good or bad, where you felt like you were a captive.

2. Pg 81 warns us that if we let certain thoughts come into battle with us, we will lose. What thoughts over the last couple of weeks have you let come into battle with you?

CREATING THAT WHICH CONSUMES US (pg 81):

3. We all have habits in our lives, and sometimes it is beneficial to retrace our steps. Using the flow chart on page 83, describe three areas where you have seen that flow chart in action.

4. Describe a situation where you can see Ford's quote on pg 84 being played out in your life.

5. What 'bones' are you playing with today?

WHO'S CAPTIVATING WHO? (pg 85):

6. What would you consider to be the cornerstones of your spiritual life?

7. In your life, what sort of thoughts are you actively guarding yourself against?

8. What thoughts are you having a hard time with right now in your walk? What captivities do you need to bring to God today?

Now What?

1. What steps can you take to be more diligent in taking every thought captive?

2. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 8:

Exterior Battle Lines

Where are We Going?

- If we want to live our life of purity successfully, we need to be willing to get to some of the roots of the issues
- We need to understand what makes us more susceptible to failure within the battle
- We must not have even a hint of immorality in our lives
- 1. What's the difference between an interior battle line and an exterior one?

2. On a scale of 1-10, choose and comment on your current commitment level to pure living, with 1 being the lowest and 10 being the highest.

3. What does 100% commitment to Christ look like for you?

Front & Center

INTRODUCTION (pg 93):

1. Why do you think we have a hard time talking about some of these exterior battle lines?

2. What part is God asking you to play in the shaping and moulding of your life?

3. What outward actions are currently a struggle in your life?

GETTING TO THE ROOT (pg 96):

4. In what areas of your life do you struggle to trust? Why do you think this is so?

5. Other than the three Biblical stories mentioned on pg 98, find three more narratives in the Bible that show an issue with lack of trust. What was the result of the character's lack of trust?

6. What areas of your life show a spirit of demanding within you? Describe a situation from the last week where you can see how this spirit played itself out in your life.

KNOWING YOUR TRIGGERS (pg 101):

7. Describe a situation in your life where you see how fatigue made you more vulnerable to attack with issues of purity.

8. Describe a situation in your life where you see how a period of transition made you more vulnerable to attack with issues of purity.

9. Describe a situation in your life where you see how something that was outside of your control made you more vulnerable to attack with issues of purity.

10. What other triggers have appeared in your life, but are not mentioned here?

NOT EVEN A HINT (pg 104):

11. Read through the account in Daniel 3. Rewrite the story from the point of view of one of the three Hebrew men, or from the point of view of King Nebuchadnezzar.

12. What 'hints' of impurity reside in your life right now?

Now What?

1. What is one thing you can put into practice this week to help you trust God more?

2. What is one step you can take this week to help curb the spirit of demanding within you?

3. What active steps can you take to be on guard against the triggers that make you more susceptible to attack?

4. What can you do this week to help purge yourself of the hints of impurity that exist within your life?

5. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 9:

The Battle Continues

Where are We Going?

- Sometimes we need to be honest about just where our motivation for pure living lies
- A life of purity is only gained through the starving of a life of impurity
- We need to change our mindsets on 'drawing a line'
- We need to deal with the duality of fear in our lives
- 1. What's the difference between a battle and a war?

2. In your own life, describe a battle you have won recently.

3. Read Revelations 21:6-7. In light of the battles we face while we are on this earth, what does this verse mean to you?

Front & Center

INTRODUCTION (pg III):

1. Whether won or lost, describe how God can shape you through the battles that are in your life.

2. Comment on the hope we have when we can come to the realization that the war has already been won. How does this help us in the individual battles we are called to fight?

How BAD Do You WANT IT? (pg 113):

3. What is living a life of purity worth to you?

4. Read through Philippians 3:12-14. Describe a situation you have faced where you put into practice the active vocabulary that Paul talks about.

5. Describe a situation in your past where you needed to physically walk away from a temptation and you did not.

6. We only get one kick at this can called life. What direction do you want your kick to go? Explain.

LIFE THROUGH STARVATION (pg 116):

7. Describe a time in your life where your sinful nature was fed at the expense of your godly nature.

8. Describe a time in your life where your godly nature was fed at the expense of your sinful nature.

9. What steps do you need to implement to make sure your sinful nature does not get fed?

LINE IN THE SAND (pg 120):

10. Where does your personal 'line in the sand' lie? How close do you find yourself living to it?

11. What grey areas exist in your life?

12. Describe a time in your life where you realized you were beginning to be far from where you intended to be in your spiritual walk. What helped you get back on the right path? DEALING WITH THE DUALITY OF FEAR (pg 124):

13. In what areas of your life do you fear failure?

14. In what areas of your life do you fear success?

15. What questions do you need to let go of?

Now What?

1. What steps do you need to implement immediately in your life to ensure you stay on the winning side?

2. What 'dietary changes' is God asking you to make to your current lifestyle?

3. If 'perfect love has no fear', how can you grow in your understanding of the love of God?

4. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Part 3: Standing on Firm Ground

Chapter 10:

Heart Transplant

Where are We Going?

- In order to stay on the course when it comes to a life of purity, we need to be willing to have our hearts changed
- The change within us needs to be deep if we want it to be lasting
- 1. Our heart is the absolute centre of who we are. Take a moment of reflection before you begin this chapter. What do you see in your heart?

Front & Center

INTRODUCTION (pg 131):

1. Psalm 119:13 tells us that God took the time to *create* us. We are individually wired up. How does this knowledge help you in your personal walk of purity?

2. What areas of your heart have lost their malleability? Why?

3. What spiritual heart signs have you been ignoring lately?

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LEAVE ME ALONE (pg 135):

4. In what ways have you asked God to leave you alone?

5. Describe a situation in your past where you chose reject the heart transformation that God was asking you to accept. Why did you make this choice? What was the result?

6. What choices are in front of you today?

THIS LITTLE LIGHT OF MINE (pg 139):

7. Into what room is God asking you to give him entrance?

8. What is holding you back from allowing him that entrance?

9. What 'high places' are in your life right now?

Now What?

1. Given the current state of your heart, where do you envision yourself five years from now?

2. What changes are you willing to make today to keep your heart soft and malleable?

3. What warning signs do you need to watch out for in the coming weeks as you implement these changes?

4. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 11:

Ponderings for the Passage

Where are We Going?

- If we want to stop the roller coaster of success and failure, we need to combat complacency, be accountable, and rely on the strength we have in Christ.
- 1. Take a moment to reflect on your own journey of purity. Describe one time of success in your walk, and one time of failure.

2. Compare the two situations you have just described in the previous question. What similarities do you see? What differences do you see?

Front & Center

INTRODUCTION (pg 147):

1. What lows moments have existed in your past that you now see have helped to build strength in your current walk?

2. What things are in your life that you are thankful for? Take a moment and use your list below as a prayer of thanks to God.

COMPLACENCY COMBAT (pg 150):

3. Describe a time in your life where you had to face the complacency of believing you will never be free.

4. Describe a time in your life where you had to face the complacency of believing you will always have success.

5. In the quote on pg 151, Screwtape talks about 'Nothing' being very strong. What 'Nothings' are in your life that are vying for your attention?

THE POWER OF A PARTNER (pg 152):

6. What does living a shared life look like to you?

7. When it comes to accountability partners, what is your greatest fear?

8. Who are your current accountability partners? How honest and vulnerable are you being with them?

9. Describe a time in your past where you chose to walk in the light. How did this choice affect your daily walk?

USING ALL THE STRENGTH YOU HAVE (pg 155):

10. What 'boulders' have you been trying to move on your own strength?

Now What?

1. What steps can you take today so that you do not get overwhelmed in your low moments or prideful in your high moments?

2. What things do you need to 'bring into the light' this week?

3. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.

Chapter 12:

Are we There Yet?

Where are We Going?

- We are on the road trip of a lifetime. True worship is living through this process of purity on a daily basis. The end of our journey together is really just the beginning of a life of authentic worship.
- 1. When you think about a road trip, what sort of things come to your mind?

2. This book opened up with the notion that the process is more important than the product. In light of our journey together, comment on what you think this means.

Front & Center

INTRODUCTION (pg 161):

1. We are all on this road trip of a life time. What are you doing with your trip? What is your current state of mind? What is your current view of the journey?

2. Read through the quote on pgs 163-164. How have you looked at life like an optional question? How have you viewed it as compulsory?

3. What are you learning through your journey?

TIME TO ANSWER THE QUESTION (pg 165):

4. We have already talked about how bad habits are learned through repetition and decision making. Describe a time in your life where you learned a good habit through the same method?

5. What habits is God asking you to begin to foster today?

6. In what ways have you allowed God to walk this journey with you?

7. In what ways have you not allowed God to walk this journey with you?

THE REST IS WAITING TO BE WRITTEN (pg 167):

8. What section of this book spoke the most to you? Why?

9. What section of this book did you find the hardest to deal with? Why?

10. What are you longing to write on your own blank page?

Now What?

1. What situations of life do you currently find yourself in? What are you doing with what you have been given?

2. What choices is God calling you to make when it comes to your reasonable act of worship?

3. How has your view of worship changed through this journey?

4. What is God saying to you? What do you need to say to him? Take some time to journal and reflect below.