

## ***“Loosening”***

- **Day One. Loosening ourselves from sin**

Read Hebrews 12:1

The writer of Hebrews uses the analogy of running a marathon to help us understand life. Just as a runner tries to remove every weight that will slow him down, so we are to remove the sins that hold us back. What are some of the persistent sins that keep you from experiencing God's best in your life? How could you “set them aside” or “loosen” yourself from them?

**Pray.** Ask God to show you specific ways to overcome persistent sins.

- **Day Two. Loosening ourselves from cares**

Read Matthew 13:1-23, especially vs. 7, 22

In his parable of the soils, Jesus compared the cares of the world to thorns that choke out the growth of fruit in our lives. What are some of the cares that draw your attention away from spiritual things, or that cause you worry? Does money play a role? How could you “loosen” yourself from these concerns?

**Pray.** Ask God to show you ways to free yourself from the concerns of the world

- **Day Three. Loosening ourselves from the unhelpful**

Read 1Corinthians 6:12

Paul argues that not everything that is permissible for me is profitable for me. Particularly those things that seem to take control of my life. Are there good, permissible things in your life that are keeping you from what is best, most profitable? “Loosen” up!

**Pray.** Ask God to show you the good things in your life that are keeping you back from the best things in your life.

### **New Life Lessons**

December 31, 2016 – January 1, 2017

Pastor Dave Vasquez

## ***Four Resolutions***

2Chronicles 20:3; Psalm 17:3; Daniel 1:8; 1Corinthians 2:2

### ***Meaning of “Resolve”***

Latin: *sol/v* | “loosen” | dissolve, solvent, absolute, resolution

Resolution: The promise to “loosen” ourselves from anything that keeps us from accomplishing our goal.

## ***Four Resolutions***

### ***1. Resolve to inquire of the Lord***

#### **Jehoshaphat's response to the Moabite invasion**

**2Chronicles 20:3** (NIV) <sup>3</sup> Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. And people came to Jerusalem from every town in Judah to seek the Lord.

OT methods of inquiry: Urim and thumim (Numbers 27:21); Seer (1Samuel 9:9); Casting lots (1Samuel 10:22); Prayer and fasting (2Chronicles 20:3)

**2Chronicles 20:22-25** (NIV) <sup>22</sup> As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated. <sup>23</sup> The men of Ammon and Moab rose up against the men from Mount Seir to destroy and annihilate them. After they finished slaughtering the men from Seir, they helped to destroy one another. <sup>24</sup> When the men of Judah came to the place that overlooks the desert and looked toward the vast army, they saw only dead bodies lying on the ground; no one had escaped. <sup>25</sup> So Jehoshaphat and his men went to carry off their plunder, and they found among them a great amount of equipment and clothing and also articles of value — more than they could take away. There was so much plunder that it took three days to collect it. Joshua 9:14; 2Samuel 21

## 2. Resolve that your mouth will not sin

### David's restraint during Saul's pursuit

**Psalms 17:1-3** (NIV) <sup>1</sup> Hear, O LORD, my righteous plea; listen to my cry. Give ear to my prayer—it does not rise from deceitful lips. <sup>2</sup> May my vindication come from you; may your eyes see what is right. <sup>3</sup> Though you probe my heart and examine me at night, though you test me, you will find nothing, I have resolved that my mouth will not sin."

**1Peter 2:22-23** (NIV) <sup>22</sup> He committed no sin, and no deceit was found in his mouth. <sup>23</sup> When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

Value of restraint:

Proverbs 10:19; 11:12; 17:28; 21:23; Psalm 139:4; 19:14; 141:3

Words: Cut (Psalm 55:21); Pierce (Proverbs 12:18; Psalm 64:3);  
Poison (Psalm 140:3; James 3:8); Burn (James 3:6)

## 3. Resolve not to defile yourself

### Daniel's reply to the king's provision

**Daniel 1:8** (NIV) <sup>8</sup> But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way."

**Leviticus 11:47** (NIV) <sup>47</sup> You must distinguish between the unclean and the clean, between living creatures that may be eaten and those that may not be eaten.

**1Corinthians 10:18-21** (NIV) <sup>18</sup> Consider the people of Israel: Do not those who eat the sacrifices participate in the altar? <sup>19</sup> Do I mean then that a sacrifice offered to an idol is anything, or that an idol is anything? <sup>20</sup> No, but the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons. <sup>21</sup> You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord's table and the table of demons.

Five kinds of defilement: Physical (Song of Songs 5:3); Sexual (Leviticus 18:20; 15:24); Ethical (Isaiah 59:3; Ezekiel 37:23); Ceremonial (Leviticus 11:24; 15:19; 22:6); Religious (Numbers 35:33; Jeremiah 3:1; Malachi 1:7)

**Matthew 15:11, 17-18** (NIV) <sup>11</sup> ...what goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth makes him 'unclean'... <sup>17</sup> Don't you see that whatever enters the mouth goes into the stomach and then out of the body? <sup>18</sup> But the things that come out of the mouth come from the heart, and these make a man 'unclean.'"

**Hebrews 12:15** (NIV) <sup>15</sup> See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

**James 1:27** (NIV) <sup>27</sup> Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

## 4. Resolve to know Christ

### Paul's focus in his Christian ministry

**1Corinthians 2:2** (NIV) <sup>2</sup> For I resolved to know nothing while I was with you except Jesus Christ and him crucified.

**1Corinthians 1:10** (NIV) <sup>27</sup> I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought.

**1Corinthians 1:14-15** (NIV) <sup>14</sup> I am thankful that I did not baptize any of you except Crispus and Gaius, <sup>15</sup> so no one can say that you were baptized into my name.

**1Corinthians 2:1** (NIV) <sup>1</sup> When I came to you, brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God.