

# RECHARGE

DISCIPLINES FOR SPIRITUAL GROWTH

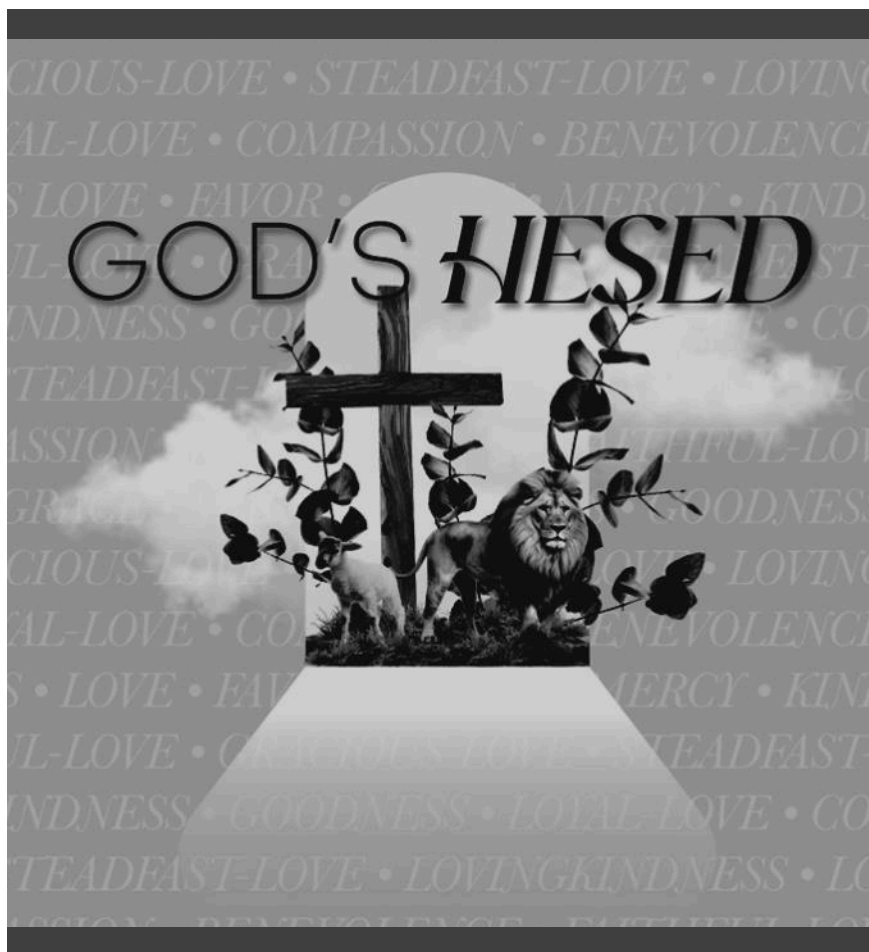
## GOD'S WISDOM



WADE ALLEN

# RECHARGE

DISCIPLINES FOR SPIRITUAL GROWTH



Temple  
Baptist  
Church



TEMPLEROGERS.ORG

# INTRODUCTION

**“Open my mind and let me discover  
the wonders of Your Law .”**

Psalm 119:18 (CEV)

Welcome to Spring! At least that’s what the calendar says, even if the thermometer doesn’t! Our Spring Session for Community Groups and *Recharge* books is here. For the next six weeks, we’re going to focus our attention in **Psalm 107**, a call to the members of the community to give thanks to the Lord for His steadfast, enduring love. This booklet will be your guide to diving deeper into this idea of *HESED*, God’s steadfast love. Each week, you will have a place for notes from the Sunday morning message and a place for notes/prayer requests from your community groups. We will also provide you with three opportunities to spend time alone with God and His Word. There is a passage for you to read and SOAP journal, plus two inductive studies that will correlate with the Sunday morning message.

We try to be very strategic in the developmental process for all these studies. What is preached on Sunday mornings is expounded on in the *Recharge* books and community group studies. It is true that we learn through repetition, but that’s not exactly the goal in doing this. When each of these reinforce the other, it allows us to experience different levels of comprehension, which increases our overall understanding of Scripture and deepens our spiritual growth!

It is God’s plan for your life to be transformed into the likeness of His Son—Jesus Christ. In **Ephesians 4**, Paul told us to “grow up in every way into him who is the head, into Christ” (**4:15**). The combined efforts of listening to the weekly message, participating in the weekly community groups and working through the studies in this booklet will help you do just that—mature in your faith in Jesus Christ!

# INTRODUCTION TO *HESED*

I hope that the title of this book intrigued you rather than making you not want to pick it up! That is always a risk when spending time exegeting a word from the original languages of Scripture. I know that word studies and analyzing sentence structure in an unfamiliar language can become tedious (and maybe even boring), but I believe that this is a word that you need to know and understand.

Recently, I read a book called *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* written by Dr. Jim Wilder (PhD in Clinical Psychology, M.A. Theology, Fuller Theological Seminary) and Michel Hendricks (author, engineer, inventor and frustrated pastor). This book seeks to answer the question: “Could brain science be the key to spiritual formation?”

By using brain science, Dr. Jim Wilder—a neurotheologian—identified that there are two halves of the church: the rational half and the relational half. This book asserts that too many churches members are only functioning with half a brain when it comes to church—the rational half—which can cause churches to become unhealthy places where transformation doesn’t last and narcissistic leaders flourish. I don’t think that any of us want a church like that!

So, why *HESED*? What does any of this have to do with *HESED*? I’m so glad you asked! Michel Hendricks explains the concepts behind Dr. Wilder’s research: “Our brains draw life from our strongest attachments to grow our character and develop our identity. **Who we love shapes who we are.** Character formation is the central task of the church. Our brains are designed to use our attachments to form our character... Attachments are so indispensable to brain development that Jim set out to find them in the Bible. He found what he was seeking in the Hebrew word *hesed*.” (emphasis mine) There is much more to unpack when it comes to this word—just take a look at the cover of this book and you will see some of the ways *HESED* is translated!

## **NEW SERMON SERIES IN PSALM 107**

Our focus for the next six weeks will be the text of **Psalm 107**. The word *HESED* occurs 251 times in 241 verses in the Hebrew Old Testament—six of those occurrences are found in **Psalm 107**. This word is found throughout the Old Testament because it is the fundamental description of who God is and how He interacts with us.

The sermon series will follow the division of the psalm itself. It is a psalm of restoration, a psalm of hope, a psalm of testimony. It contains testimonies of people who are in despair, in bondage, in rebellion and in crisis. For each group of people, the psalmist ponders the *HESED* of God—His steadfast, faithful, kind, gracious and merciful love.

## **SPRING 2024 RECHARGE STUDIES**

In this issue of *Recharge*, we will be studying and SOAPing through various psalms. For our inductive studies, we'll be exploring some of the historical context to Psalm 107, as well as, studying through some related Old Testament narratives. As you work through this book, you will notice that each week of study contains:

- TWO pages to take notes from each Sunday's sermons.
- A QR code link to the YouVersion study notes for each week.
- A page for notes/prayer concerns from your Community group.
- A Bible reading plan to SOAP Journal through the passages that parallel the passage from our weekly sermon text. Instructions for SOAP Journaling and a Table of Contents for your journal entries are located on pages 42-43.
- And two inductive studies each week from the Old Testament which have been developed to coordinate with the Sunday morning sermons.

If you have any questions or concerns, please contact me or one of our pastors. Our prayer is that these studies will provide you with a daily *Recharge* for your life!

Pastor Wade Allen

Sermon Title: **God's *HESED* to Those He Restores**

Sermon Text: Psalm 107:1-3

Speaker: Wade Allen

Sermon Notes:

Interactive Study Notes on the  
YouVersion Bible App



## COMMUNITY GROUP

Location:

Date:

Prayer Concerns:

**Study Title:**



Bible Reading: **Psalm 85**

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## QUESTIONS FOR REFLECTION

This week, we started a new sermon series from **Psalm 107**. This psalm begins with a reminder to be grateful to the Lord for His never-ending kindness and compassion. The historical context for this psalm is the return of the Jews from Babylonian captivity. Let's explore this further.

The southern kingdom of Judah was taken into captivity as a result of their disobedience to God. According to the prophecy in **Jeremiah 25:8-14**, how long would God's people be punished?

Near the end of their captivity, the Babylonian Empire was overthrown by the Medo-Persians. Read **Daniel 9:1-19**. After realizing that this time was almost complete, what was the first thing that Daniel did?

What was the essence of his prayer? What was he confessing? (**9:3-15**)

What requests did he make of the Lord? (**9:16-19**)

## QUESTIONS FOR REFLECTION

In the previous study, we learned about Darius the Mede (**Daniel 9:1**). He is also mentioned in **Daniel 6** as the ruler who set up 120 governors to rule over the kingdom. But at the end of that chapter, it refers to the “reign of Darius and the reign of Cyrus the Persian.” There is much debate over the identity of each of these men is; however, there is a lot of evidence that suggests that they are the same person—Darius is his Median name and Cyrus is his Persian name.

Understanding this, the prayer of Daniel (**9:3-19**) was lifted up to God in the time when Darius was made king. Read **Ezra 1:1—2:1**. How did God answer Daniel’s prayer of confession and repentance? In what ways did God use King Cyrus/Darius to bring about His will for His children?

Read **Romans 13:1-2**. The Bible clearly states that ALL governing authorities have been instituted by God. Verse four goes on to refer to a ruler as “God’s servant for your good.” How should this affect the way we look at governing authorities?

Is it really possible that God uses ungodly, pagan leaders to bring about His will in this world? Can you think of other biblical examples of when He did?

Sermon Title: **God's *HESED* to Those in Despair**

Sermon Text: Psalm 107:4-9

Speaker: Wade Allen

Sermon Notes:

Interactive Study Notes on the  
YouVersion Bible App



**COMMUNITY GROUP**

Location:

Date:

Prayer Concerns:

**Study Title:**

Bible Reading: **Psalm 56**

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## QUESTIONS FOR REFLECTION

The *Bible Knowledge Commentary* explains that “Apparently Psalms 42 and 43 belonged together at one time, many Hebrew manuscripts having them as one psalm. This is evident from the fact that the refrain is repeated twice in Psalm 42 (vv. 5,11) and at the end of Psalm 43 (v. 5).”

Read **Psalm 42:1—43:5**. These psalms are divided into three stanzas with a refrain after each. How would you describe each of the stanzas? What is the emotion of the psalmist in each stanza?

**42:1-4**

**42:6-10**

**43:1-4**

What does the psalmist say in the recurring chorus (**42:5, 11** and **43:5**) as a way to reassure and encourage the reader to not be overwhelmed by his/her circumstances?

In what ways do you identify with some of the things written in these psalms? How do these words speak to you personally?



## QUESTIONS FOR REFLECTION

In the message this week, Pastor Wade spoke of God's *HESED* to those who are facing desperate situations in their lives. The psalms we looked at in the previous lesson express an intense desire to be in the presence of God. **Psalm 84** is a companion to those psalms because it expresses a yearning for worship. Read **Psalm 84**.

The concept of God's *HESED* is difficult to translate because it has so many layers of meanings depending on the situation. Pastor Wade has described it as being similar to what neuroscientists call "attachment."

*"Attachment is the strongest force in the human brain. It is not an emotion, although we feel it strongly... Attachment is the best word scientists could find for what glues people together and little creatures to their parents..."*

***Attachment is a life-giving forever bond with no mechanism in the brain to unglue us.*** (Jim Wilder, PhD) (emphasis mine)

Read **Psalm 84** again, but this time read it aloud. How does the psalmist describe his desire for being in the presence of the Lord?

**Verses 1-2**

**Verses 3-4**

**Verses 5-7**

**Verses 8-9**

**Verse 10**

**Verses 11-12**

On a scale of 1 to 10, what is your level of "attachment" with God? What will you do to increase this desire in your heart?

Sermon Title: **God's *HESED* to Those in Bondage**

Sermon Text: Psalm 107:10-16

Speaker: Wade Allen

Sermon Notes:

Interactive Study Notes on the  
YouVersion Bible App



## COMMUNITY GROUP

Location:

Date:

Prayer Concerns:

**Study Title:**

Bible Reading: **Psalm 130**

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## QUESTIONS FOR REFLECTION

**Psalm 107:10-14** describes some people who are living in bondage as a result of their disobedience against God. **Verses 15** and **16** celebrate the release of those who were living as captives and forced laborers. While this remains a problem in our world today, the more common issue among believers in the US is that we need to tear down spiritual strongholds in our lives.

Read **James 1:13-15**. Describe the process by which a temptation in your life becomes something that seems irresistible.

Read **2 Corinthians 10:3-6**. What is the Apostle Paul describing here in these verses?

In **verse 4**, Paul refers to our weapons of warfare. What does he say about those weapons? What are they capable of doing?

What are the necessary steps—according to **verses 5** and **6**—that we need to be willing to take in order to destroy the strongholds of sin in our lives? Which of these steps is most difficult for you to do?

What will you do to address these strongholds in your life?

## QUESTIONS FOR REFLECTION

In the previous lesson, we learned that the war against sin in our lives is a spiritual battle. The Apostle Paul discusses this further in his letter to the church at Ephesus.

Read **Ephesians 6:10-20**. How do **verses 11-12** describe this battle?

We are told to “take up the whole armor of God” to be able to have a chance in this spiritual battle. List all the pieces of God’s armor and briefly describe what each piece represents.

- Belt of \_\_\_\_\_:
- Breastplate of \_\_\_\_\_:
- Shoes:
- Shield of \_\_\_\_\_:
- Helmet of \_\_\_\_\_:
- Sword of the \_\_\_\_\_:

Every piece of armor, except the sword, is designed to defend us. Why is it important to remember that the sword is our only offensive weapon?

Reread **Ephesians 6:18-20**. These verses are often left out of discussions concerning the armor of God. Why is that wrong? What do these verses teach us, especially in regard to spiritual warfare?

Sermon Title: **God's *HESED* to Those in Rebellion**

Sermon Text: Psalm 107:17-22

Speaker: Wade Allen

Sermon Notes:



Interactive Study Notes on the  
YouVersion Bible App



**COMMUNITY GROUP**

Location:

Date:

Prayer Concerns:

**Study Title:**

Bible Reading: **Psalm 51**

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## QUESTIONS FOR REFLECTION

Read **1 Corinthians 10:1-11**. The *ESV Study Bible* explains:

*“Because of their disobedience and grumbling against God, the Israelite generation that experienced God’s miraculous deliverance from Egypt and his provision of bread and water did not see the Promised Land. (See Num. 14:22-23, 29, 37; 26:64-65) Though they had seen many of God’s miracles, only a few had genuine faith. (See Heb. 3:16-19; 4:2)”*

Ultimately, what was the reason that God was not pleased with so many of the wandering Israelites? (Consider **Hebrews 3:16—4:2**)

In his sermon this past Sunday, Pastor Wade spoke about those returning exiles who were so foolish that they continued to live in sin despite experiencing pain and suffering. Do you know someone who resembles that? Are you that person?

According to **1 Corinthians 10:1-11**, what were the consequences that the Israelites endured as a result of their sin?

Read **1 Corinthians 10:6** again. Why did God allow these things to happen? How should this affect our understanding of *HESED*?

## QUESTIONS FOR REFLECTION

In the previous study, we considered the consequences of rebellion as found in **1 Corinthians 10**. In that same passage, we also discover some safeguards against rebellion. Read **1 Corinthians 10:1-13**.

Starting in **verse 7**, this passage lays out some precautionary steps that every believer can take to safeguard their spiritual walk. For each verse below, identify the precautionary step and explain why it's important.

**Verse 7****Verse 8****Verse 9****Verse 10**

What does **verse 11** say concerning the purpose for allowing those people to do all the things that they did?

What warning is offered in **verse 12** concerning one's ability to stand in the face of temptation?

What promise is given in **verse 13** that simultaneously brings joy and peace to a believer's heart while giving them no excuse for failing to withstand temptations?

Have you been in a situation where you were facing temptation when God provided a "way of escape" from your temptation? How did it make you feel when to watch God's hand at work in that?

Sermon Title: **God's *HESED* to Those in Crisis**

Sermon Text: Psalm 107:23-32

Speaker: Wade Allen

Sermon Notes:

Interactive Study Notes on the  
YouVersion Bible App



## COMMUNITY GROUP

Location:

Date:

Prayer Concerns:

**Study Title:**



Bible Reading: **Psalm 46**

Title:

Date:

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## QUESTIONS FOR REFLECTION

Have you ever been on a boat that was being violently tossed by the wind and waves? If not, be thankful! It can be an agonizing experience! In our message this week, the psalmist described a group of people who were being tossed about by the unwavering power of the ocean. That may have reminded you of an instance where the disciples found themselves in a similar circumstance. Read **Mark 4:35-41**.

What happened that caused the disciples—some who were formerly professional fishermen—to become afraid for their lives? (**verse 37**)

What was Jesus doing while all of this was happening? How did the disciples react to what Jesus was doing? (**verse 38**)

Have you ever been in the midst of a crisis—watching aspects of your life falling apart—and wondered if God was asleep on the job? Have you ever cried out to God with the same question as the disciples asked in **verse 38**? “Don’t you care what’s happening to me?”

Choose **ONE** of these passages to write in the space below, and spend time throughout your day meditating on this truth.

(**Genesis 28:15; Deuteronomy 31:6, 8; Joshua 1:9; Psalm 73:23-26; Isaiah 41:10**)

## QUESTIONS FOR REFLECTION

Not all crises come as powerful storms or natural disasters—sometimes the circumstances of daily living will be elevated to crisis mode. Take this story from **1 Kings 17** as an example. Read **1 Kings 17:1-16**.

What was happening in that region of the world at that time that brought about a crisis in this widow's home? (consider **17:1**)

How had this time of drought affected the widow and her son?

If you were in this situation, how would you feel?

What did the Prophet Elijah ask her to do? What promise did he make to her if she did what he asked?

This could be described as a "leap of faith" for this desperate woman. Is there something in your life that God has been urging you to do but you have been afraid to do it because it's a leap of faith? Will you do it?

Sermon Title: **God's *HESED* to Each of Us Individually**

Sermon Text: Psalm 107:33-43

Speaker: Wade Allen

Sermon Notes:

**Community Groups dismissed for Mother's Day.**

Bible Reading:

**Psalm 143**

Title:

Date:

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**LIFE-MAPPING EXERCISE**

I love how the NIV translates **Psalm 107:2**,

“Let the redeemed of the Lord tell their story...”

Have you ever set aside some time to deliberately think through the story of God’s *HESED* in your life—how in His gracious-love He has used various people, places, experiences and influences to conform you into the image of Christ.

**Each of us has a story to tell!**

To tell your story, you must know your story! You need to know how the **people, places, experiences** and **influences** in your life impact the way we feel, how we relate to others and how we interpret the ways others relate to us. The process of pulling all of this together in one place is called a life-map.

There’s not enough space here to guide you through the full process of making a life-map, but for now, I would like you to begin to identify your attachments—people, places, experiences and influences—that have impacted your life in significant ways.

In the space on the back of this page, **make a list of the things in your life that have affected you in a significant way.**

- Please note that this list of impactful things will have items on it that will be positive, but there will also be some that have had a negative impact on you.
- It is important to remember that sometimes the most influential impact comes from extremely difficult, negative circumstances.
- Do not rush through this process! It’s important to think and pray through this process carefully.

**Optional:** You might consider using Post-it notes to help you organize your thoughts. Use one Post-it for each item from your list. It can also be very helpful to use different colors of Post-it notes to differentiate between positive and negative experiences. This will make the next section a little easier to complete.



**LIFE-MAPPING EXERCISE**

In the previous study, you started the process of making a list of attachments (of people, places, experiences and influences) that have impacted your life. As we reflect on our pasts and our stories, we should gain a stronger understanding of the things that have shaped us and the way we ought to live in light of them.

To expand your list of attachments, I want to encourage you to think about a few other influences. What successes and failures have you experienced? What joys and sorrows have you known? Take a moment to add these impactful things to your list of attachments.

Once you have completed your list, arrange these things in a logical sequence. Most people arrange them in chronological order, but you can do it in whatever order feels right to you. You are building YOUR story, so let your story flow out naturally.

How will you arrange your story? (i.e., stages of life or school, locations you lived in, etc.) Use this space to determine the stages of your life-map sequence, and then use the back of this page to lay out your sequence.

Once you have arranged the elements of your story, I would encourage you to reflect on the lessons that were learned during each section of your life, and write those at the bottom of your life-map. (Please look at the illustration on page 43). Having all of this in one place and in a proper sequence enables you to easily see how God—in His steadfast love—has been writing your story all along. Then, you will be ready to join the redeemed in telling your story!

## MY LIFE-MAP



# Instructions for **SOAP Journaling**

As we read God's Word, we begin to see how God responds to things. Doing **daily devotions** re-patterns the way we think and transforms the spirit of the mind. Then, when we face similar situations as Jesus did, we begin to respond in the same way.

**Journaling is an excellent way to both record and process what God has spoken to us.** It's also a useful tool to use at a later time to reflect on and review some of the "gems" that you have received. Without writing these down, you may forget those blessings and some very important lessons!

**S for Scripture**  
Open your Bible to today's reading on your Bible Reading Plan. Take time reading and allow God to speak to you. When you are done, look for a verse that spoke to you that day, and write it in your journal.

**O for Observation**  
What is God saying in this scripture? Ask the Holy Spirit to teach you and reveal the truth of this verse to you. Now write a one or two sentence observation about that verse. What does the verse say? What does it mean?

**A for Application**  
Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Now write how this Scripture can apply to you today.

**P for Prayer**  
This can be as simple as asking God to help you apply this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say!

Don't forget to give your journal entry a title and put it in the Table of Contents. This will help you find it when you want to read it again.

