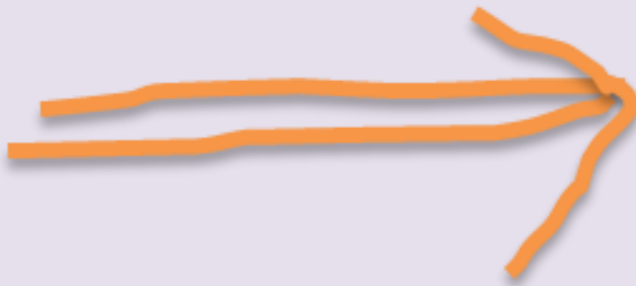




BUILT TO LIVE!  
together we transform





# WELCOME

Welcome to **BUILT to LIVE!** This is no ordinary Bible study. This is not just another interesting Christian book to read. This is not another series of sermons or lectures to teach you about God.

This is an invitation to go on a journey of deep spiritual discovery. No matter where you are on your “exodus” from this life to the next, you have the freedom to **CHOOSE** how far you want to go in your faith journey, how hard you want to train in building your spiritual core, and how much clarity you want in discovering and knowing your Creator. The apostle Paul thought he knew who God was and what God expected of him before realizing he couldn’t have been more blind to the truth.

When Peter, James and John followed Jesus up the mountain where He was transfigured into a picture of His glory, they heard the voice of the Heavenly Father saying through the clouds, “This is my beloved Son in whom I am well-pleased – **LISTEN** to Him!” (Luke 9:35, NASB)

Today there are many voices competing for your attention and your focus, including a negative inner voice which has been holding you back from living the life and finding the significance Jesus intended for you. The rest of your spiritual builder’s journey awaits. Whose voice will you listen to? Whose voice will you follow? God has given you the freedom to choose. Your choices have consequences.

Jesus said “He who has ears, to hear, let him **HEAR.**”

Why are you here?

“Everybody has a hungry heart.”

Bruce Springsteen



**PRACTICE**

Listen to your facilitator describe WHY and HOW we [write](#) at BUILT to LIVE!. Then in light of the Boss's quote about everyone having a hungry heart, prayerfully contemplate and write about where you are on your life's journey and why you are here.

Take a few minutes and let your pen flow on paper.

Next, learn to practice [speaking and listening](#) at your tables BUILT to LIVE! style with your fellow builders about what you each wrote.

Have a volunteer from each table broadcast to the whole group the melody line and nuances about what you wrote and discussed.

What did you learn?

Where do you want to apply your learning? Why?

Done So.





## NOTES

Welcome to **BUILT TO LIVE!** You have just tasted what we call practice. Consider it your first among many. Let's review why and how we practice.

We believe the world is full of mediocre, transactional individuals, groups and leaders – including men & women who believe in God and go to some form of church. We also believe most individuals, groups, and leaders WANT so much more. They want to live richer, more fulfilling lives where work and ministry is far more than labor.

They want a life that matters. They are on a search for significance, and even if they have achieved some measure of success in the world, they wonder why their heart is still hungry for something missing. They wonder what God wants from them, and have settled into a spiritual life of duty and routine, where faith is compartmentalized from the rest of everyday work & life. They have become compliant but not committed, like sheep still without a shepherd, and as the years go by, they feel more and more disillusioned and more and more numb.

According to an annual Gallup survey, the average organization is comprised of people who are 28% actively engaged, 55% disengaged, and 17% actively disengaged. Sadly, as Albert Winseman reported in his book *Growing an Engaged Church*, the average American church is no different. Even if churchgoers believe, they do not feel they belong. And 'active' in church does NOT translate into faithfulness in the rest of life. Few share their faith or invite others to spiritual gatherings. Most are burnt out and don't give of their time & money any differently from non-churchgoers. Perhaps saddest of all, their life satisfaction is NO higher than people outside the church.

So, just going to church is not enough. This is the conviction shared by dozens of men who engage each other at **BUILT TO LIVE!** every Wednesday from 7-8:30am in Columbus, Ohio. Most are marketplace leaders or doctors or lawyers – some are recent college graduates, some are over 80. Most report our time together as the highlight of their week. Why? They like being challenged to engage together deeply about the three big questions of life, striving for increased clarity and alignment in answering "Why do I live? Who am I? How shall I then live?"

Tell me, I may listen. Teach me, I may learn. Involve me, I will do it. Engage me, I will COMMIT.





## PRACTICE

Take a minute and WRITE about something which hit you from what you just read. Re-read the quote in the purple box in the lower corner and write some more.

Practice speaking and listening again at your tables BUILT to *LIVE!* style with your fellow builders about what you each wrote.

Does this re-inforce why you are here? Why or why not?





What's missing in most churches is an interactive, intentional form of learning we call **BUILT TO LIVE!** practice. To be truly engaged, you must be challenged to THINK, WRITE and TALK deeply about what you believe and why, and be jolted out of going through the motions. Are you spiritually asleep? If so, the good news is Jesus is still waking up those who are dead or asleep.

People are hungry to be a part of something bigger than themselves – something which makes an eternal difference in our world long after we're gone. God MADE us this way. In the world, most teams depend upon practice to get better. Sports teams, drama troupes, bands, orchestras, and military units only get better because they practice. Unfortunately, churches, ministries and work teams are among the few who seek to perform at the highest level WITHOUT the benefit of practice. **BUILT TO LIVE!** is a timeless framework for discovering, deepening and deploying your faith – i.e. what you BELIEVE – through the discipline of practice. And the heart of our tagline is the heart of Biblical discipleship – *together we transform.*

The discipline of **BUILT TO LIVE!** practice is not about finding the latest quick fix or curriculum. There is, however, REAL, HARD, WORK ahead –AND a ton of fun! Why? Because practice is something we do together with God, and with one another:

*"Where two or three have gathered together in My name, I am there in their midst."*

- Jesus (*Matthew 18:20, NASB*)

**BUILT TO LIVE!** practice sessions are designed to transform your fulfillment AND fruitfulness in work and life by building your spiritual CORE. What is required of you? Come to every practice session ready to speak and listen with gentleness and respect. Leave "fixing others" and super-spirituality at the door. Come ready to ["hit and hug"](#) and BE hit and hugged with truth in love. Come prepared to practice with courage and humility. Bring an open mind, an open mouth, open ears, open eyes, and an open, receptive heart. You will never be the same. You will become **BUILT TO LIVE!** – AND your transformational influence will grow as you put into practice what we practice as a builder of others in your family, your work, your church, and your community.

Ready for more practice? Let's go. Your spiritual Builder's Journey awaits.

## NOTES

**BUILT TO LIVE!** is a framework for discovering, deepening and deploying your faith – i.e. what you BELIEVE – through the discipline of practice. Together we Transform.





**PRACTICE**

WRITE your first impressions of why PRACTICE is important. Then discuss at your tables practicing speaking and listening **BUILT TO LIVE!** style with your fellow builders.

What did you learn? What do you think of the quote about the marketplace and how it relates to why we practice at **BUILT TO LIVE!**

How would applying this make your life more full?

Done So.

"Billy Graham has said the marketplace in this century will be for the spread of the gospel what the medical profession was last century."

- Bob Doll, NYC Movement Day 2013



# THE ESSENTIAL OF THE POWER OF ONE



## Our Search for LIFE



“What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace?”

This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself.”

Blaise Pascal, Pensees #425



## PRACTICE

Have everyone at your tables draw a circle. Compare your drawings. Look for something which is true of ALL of them and something which is true of NONE of them. Have some fun with it. What did you come up with? Discuss.

Next, consider your circle in light of the famous quote by Pascal on the opposite page. Write your interpretation of what Pascal meant. What has this “craving” or “infinite abyss” led to in your life? How has it affected your fulfillment? Your relationships? Why? Make it personal. Make it real.

Discuss at your tables.

## Post Practice Review

What did we learn?

“He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”  
- King Solomon (*Ecclesiastes 3:11, NASB*)





## NOTES

What's true of ALL humanly drawn circles is they are all *unique*, and what's also true is NONE of them is perfect. The same is true of human souls. Moreover, every soul is profoundly empty – a spiritual “black hole.” God help us!

As Pascal so aptly described, the human spirit grows restless apart from God, and the heart will look everywhere and anywhere in the world to fill it, sucking any form of life and love we can find. The list is long – romance, wealth, success, children, fine wine, achievement, titles, knowledge, power, material comfort, good works, even ministry.



Solomon tried them all, which just convinced him all the more a man's soul was not designed by God to be full or perfected apart from Him. Everything else is vanity – striving after the wind – and there is nothing new under the sun. This search includes all the WRONG places – which just leads to further heart “dis-ease” and ultimately despair. The promises of the world to provide meaning, significance and fulfillment always end up broken, leading to further emptiness. When the soul of a man is empty, it defaults to a SELF-centered, OTHERS-controlling focus in life. And as mid-life approaches, low-grade anxiety escalates into crisis with two realizations, i.e. “life is not working” and “the clock is ticking.” Today, America is wealthier than ever in a material sense, but also more addicted and more relationally impoverished than ever. At the root is an increasing spiritual bankruptcy in our society.

The problem is, non-spiritual stuff won't fill a spiritual void. For many, this confusing brokenness is the awakening of the “Seeker's Journey” toward finding God – or more accurately, being FOUND by God, who has set eternity on the human heart. This explains the sometimes fleeting but recurring sense something is *missing*, even in the best of times. And then, in the worst of times, after the acute pain of tragic loss leaves its own hole, the God-shaped vacuum becomes fully exposed, and hope for eternity is all that remains. For all who are ultimately found by God, it's the end of a tiresome journey of trying to do life on their own.

When the soul of a man is empty, he is consumed by a SELF-centered, OTHERS-controlling focus in life.



PRACTICE

Look at your circle again. Instead of seeing it as an infinite abyss or "black hole" which you try to fill with from the outside-in with things external, read the passage below. What does Jesus say about man's emptiness? How does Jesus see it utterly differently? How could this change how you view it? Take 5 minutes and write how you could apply this. Then PRACTICE and discuss at your tables. Make it personal. Make it real.

What did we learn about the human dilemma?

How would applying this make your life fuller?

What affect could it have on your relationships?

Why?

"On the last and greatest day of the festival, Jesus stood and said in a loud voice, 'Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.' By this he meant the Spirit, whom those who believed in him were later to receive."  
- Jesus (John 7:37-39 NIV)





## NOTES

The human heart is literally a pump, but spiritually it's a BROKEN pump with a switch stuck in reverse. In its search for love, it can't help but suck life from others and everything else in the world around it. It blinds, enslaves, and consumes. The prophet Jeremiah wrote "it's so deceitful and so desperately sick, who can understand it?" (17:9)

Well, thankfully, Jesus does. When he began his public ministry in the power of the Spirit (Luke 4:17), he read from the scroll of Isaiah:

*"The Spirit of the Lord GOD is upon me, Because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the broken-hearted, to proclaim liberty to captives and freedom to prisoners" (Isaiah 61:1, NASB)*

Jesus doesn't just repair your old heart, he gives you a NEW one (Ezekiel 36:26). And its switch pumps correctly, from within, just like his. Your innermost being does not have to remain a black hole -- your soul can become the spiritual OPENING to a fountain filled by the Holy Spirit and its overflowing torrents of living water deep within (John 7:37-39). The new heart draws life -- i.e. *spiritual* life ("zoe") from the Spirit -- quenching your own inner spiritual thirst and then pouring out to refresh the lives of others.



Wow. You can't give away what you don't have, and this isn't something you can do on your own. YOU can't do it, but you CAN become a "conduit" for the One who can! You must humbly come to Jesus and ask him to do what you cannot. Believers are RECEIVERS. You must have the Spirit to have life, and you must receive the good news through receiving Jesus himself to have the Spirit. As we shall learn, Jesus literally IS the good news.

This is the Essential of the Power of One, and it changes EVERYthing. Instead of self-centered/others-controlling you will be freed to become Christ-centered, self-controlling through the power of His Spirit. You will become transformed from a transactional taker into a receiver and a giver. And, as we will see as we continue our Builder's Journey, so much more!

"Then I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your filthiness and from all your idols. Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh."

*(Ezekiel 36:25-26, NASB)*



PRACTICE

BEFORE



From a life-sucking *black hole* with a *broken* heart pumping in reverse... to a life-giving *fountain* and *new* heart which can pump forth living waters from deep within? Wow!

AFTER



Contrast the emptiness in the world Pascal described with the “zoe” life Jesus offers, and write about what is resonating with you most and why.

Discuss at your tables with your fellow builders.

What did you learn? What do you want to learn about more?

What Productive Actions do you want to take? Why? Write them down.

What relationships would be most transformed? Tell me more.

Done so.







## NOTES

*“Zoe” life is ETERNAL life..*

“I came that you might have life, and that you might have it abundantly.” John 10:10

Jesus came to give us life. What is life?

Life is living with God in a relationship with him. It is knowing him, knowing his love, walking and talking with him, and enjoying him forever. This life is no ordinary life. It is abundant, full, and overflowing. It is totally satisfying, totally fulfilling, and totally refreshing.

This life is in Jesus. When Jesus says that he came to give us life, he is telling us that he came to give us the kind of life that only he can give.

This life is with Jesus. We live this life by coming to Jesus and staying with Jesus. As we get to know him, he keeps pouring out his life and his love into us.

Jesus calls this life that he gives “eternal life.” Sometimes he calls it “life” for short, but he always means “eternal life.” Eternal life differs from our own present lives in both quantity and quality.

Eternal life differs from our own lives in quantity. When we talk about our own “life,” we usually mean our lifetime in this world. “How is life treating you?” “Life is good.” “Life is hard.” “Have a nice life.” This life starts with our birth and ends with our death. Eternal life is different. It starts when we first meet Jesus and confess him as our savior and Lord for the forgiveness of our sins. At that time we experience a second “birth,” a new birth into a new life. Jesus calls it “being born again.” Eternal life starts when we are born again, sometime during our lifetime between our birth and our death. And, unlike our present lives, eternal life with Jesus lasts forever.

Eternal life also differs from our own lives in quality. It’s not a makeover of your present life. It’s a whole new life in him. As we noted above, it’s living with Jesus, living the kind of life that only he can give. It’s getting to know Jesus, and getting to his love, joy, and peace.



The difference between eternal life and our own lives is all the difference in the world. That's because eternal life is not even of this world. It's from heaven. Jesus came from heaven to give us this life. The root of the Greek word for "eternal" is similar to our word "aeon," or "age," an indefinite but very long period of time. Jesus came from heaven to give us "a new life for a new age." It is "life for the ages."

Jesus gives us eternal life as a free gift. You can begin living it today. Just as your present life started with your birth on your birthday, your new life with Jesus starts with your new birth. Jesus said, "You must be born again." (John 3:3, 7) God loves you so much that he sent his Son Jesus from heaven to die for your sins and to give you eternal life. (John 3:16) If you believe him and receive him as your savior and Lord for the forgiveness of your sins, you will be born again to begin living your new life with him today. He invites you to do so. What are you waiting for?

NOTES





## PRACTICE

What do you think of this “eternal” life? Is it the same or different than what you have heard or imagined it to be? What do you think of the statements “this life is in Jesus”, and “only Jesus can give it”? From how it read to you, how do you go about getting this life? What does “free” mean?

Take a few minutes and write. Then discuss at your tables with your fellow builders.

Have a person from each table connect the rest of the group to something which was new for you or a nuance you hadn't thought of this way before.

What are you curious to learn more about? Why?

“But to all who did receive him (Jesus), who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.”

- The Apostle John (*John 1:12-13, ESV*)



*“Zoe” life is ABUNDANT life..* Living life abundantly means living always and everywhere in God’s love.

Jesus tells us that real life, eternal life, is knowing God the Father, the only true God, and Jesus Christ, whom the Father has sent. (John 17:3) It is living in a deep, personal, intimate relationship with God in Jesus, in which he continuously pours out his life and his love into us forever.

Jesus gives us this eternal life.

In John 10:10, he tells us that he came that we would “keep living” that life, and that we would “keep living” it “abundantly.” (John 10:10)

Living life abundantly means living it always and everywhere with God in his love.

The Greek verbs are present tense verbs. The idea in John 10:10 is not merely that we would “live,” but that we would always “keep living.”

Eternal life is an ongoing relationship with Jesus that lasts forever. It doesn’t start and stop. We don’t clock in and clock out. The idea in John 10:10 is not that we “live” with Jesus, but that we “keep living” with him always, at all times.

The Greek word for “abundantly” derives from the Greek word “peri.” This root word has the sense of “all around.” We see that same root in our words “perimeter,” the boundary line that goes “all around” the outside of a circle, and “periscope,” a spyglass for use in a submerged submarine that lets us look “all around.” In John 10:10, the Greek word “peri” brings the sense of “all around” to the meaning of the word that we translate as “abundantly.”

In that case, the idea in John 10:10 is that we always keep living with Jesus “all around,” everywhere, in all places.

The life that Jesus gives is like water in an ever-running fountain with layers of fluted basins. Once the water fills up the first layer to overflowing, it splashes over out of the first layer into the second layer, and then into the third, the fourth, the fifth, and so on. But in our case, the water overflows the entire fountain, flooding the yard, soaking the ground all around.

## NOTES

*“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”*  
- Jesus (John 10:10 NIV)





## NOTES

Jesus said, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" (John 7:37-38) Jesus is telling us that the life that he gives us, like water, keeps flowing into us, keeps splashing up inside of us, keeps filling us up to overflowing, and then keeps splashing over out of us to flow all around us.

In Romans 8, Paul tries to imagine any circumstance that could possibly keep us from knowing Jesus, his life, and his love. For a moment he wonders about tribulation, or affliction, or persecution, or famine, or nakedness, or danger, or the sword, and decides that we can live abundantly in God's love in all of them. Then he really tries to contemplate the whole vast array of all possible circumstances. He comes up with six categories that cover all circumstance from one extreme to the other, and everything else in between, and decides that we can live abundantly in God's love in each and every one of them. None of them, not one, can separate us from Jesus' love. Paul says,

"Neither life nor death." Nothing that life throws at you. None of its surprises. None of its twists and turns. None of its tragedy, loss, sadness, sorrow, or suffering. None of it. And not even death. David said, "Yea, though I walk through the valley of the shadow of death, I will fear no evil. For thou art with me. Thy rod and thy staff, they comfort me." For Paul, death is better than life because death ushers us into the very presence of God.

"Nor angels nor rulers." None of the authorities of this present world, earthly or heavenly, who oppose God and the people of God. Again, David: "Thou preparest a table before me in the presence of my enemies. My cup runneth over."

"Nor things present nor things to come." In terms of time that pretty much covers everything!

"Nor powers." None of life's explosions. Earthquakes or tsunamis. Divorce, violence, or abuse. Cancer, aneurysm, or job loss. All that threatens to blow us up or to blow up around us, to knock us down or to knock us off course.





“Nor heights nor depths.” From the highest heights to the lowest depths, and everything in between. In terms of space, that pretty much covers everything!

“Nor any other thing in all of creation.” That should pretty much covers whatever is left, but nothing is left!

Nothing can keep us from knowing Jesus, his life, and his love. Jesus is with us in each and every one of life’s circumstances, continuously pouring out his life and his love into us, and filling us with his Holy Spirit.

Living life abundantly means knowing that Jesus is with you in all circumstances. It also means knowing, in your own special circumstance, that Jesus is with you, right here and right now. That’s why Jesus came, for us to keep living life always and everywhere with him.

Let’s summarize:

1. The life that Jesus gives is eternal, abundant life.
2. Jesus came for us to live that life abundantly.
3. Living life abundantly means living it always and everywhere with God in his love.
4. It means none of life’s circumstances can separate us from knowing Jesus, his life, his love, and his Holy Spirit.
5. The world’s mentality is one of scarcity, deficit, and shortage.
6. The mentality of the kingdom of God is abundance.
7. We must recognize God’s abundance and receive out of it.
8. We must recognize our abundance and give out of it.
9. Here’s how kingdom math works: In the kingdom of God, the more we receive, and the more we give, the more we have. That’s living abundantly.



**PRACTICE**

We just learned about two very kinds of life. Life in the world operates out of a scarcity mentality called *deficit-thinking*. “Zoe” life operates out of abundance-thinking. Review the summary points again and reflect. Then write about where you are on your Builder’s Journey (see next page):

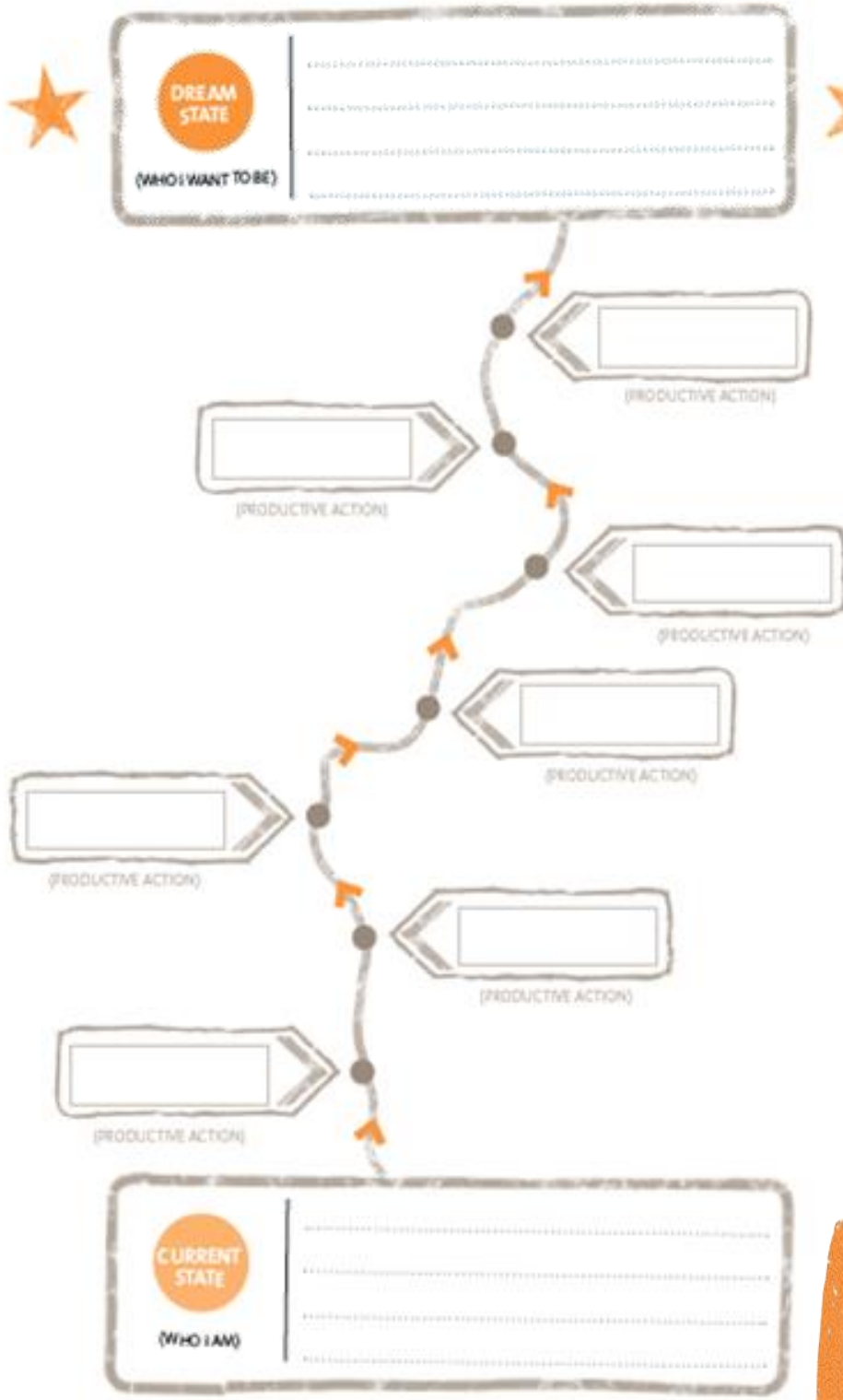
What is your Current State?

What is your Dream State?

Discuss at your tables with your fellow builders.

What Productive Action would be a good first baby step? Why? Tell a fellow builder.





### INSTRUCTIONS:

## STEP 2 | DREAM STATE

This is where you want to be. Reflect through what you learned thus far about this essential. Where do you want to be? What is your “dream state?”

## STEP 3 | PRODUCTIVE ACTION

These are the steps you will travel along the trail taking you from your current state to your dream state. What specific steps or productive actions must you take for your dream state to become reality?

## STEP 1 | CURRENT STATE

This is where you are right now relative to what we have covered during this practice. It’s important to capture “where you are” so you know what you to take with you and what you will “be-leaving” behind.

“When telling stories about himself, Carson’s favorite phrase was ‘done so’; the words popped off with the clarity of a clean, neutral fact.”  
Taken from Blood And Thunder, By Hampton Sides

