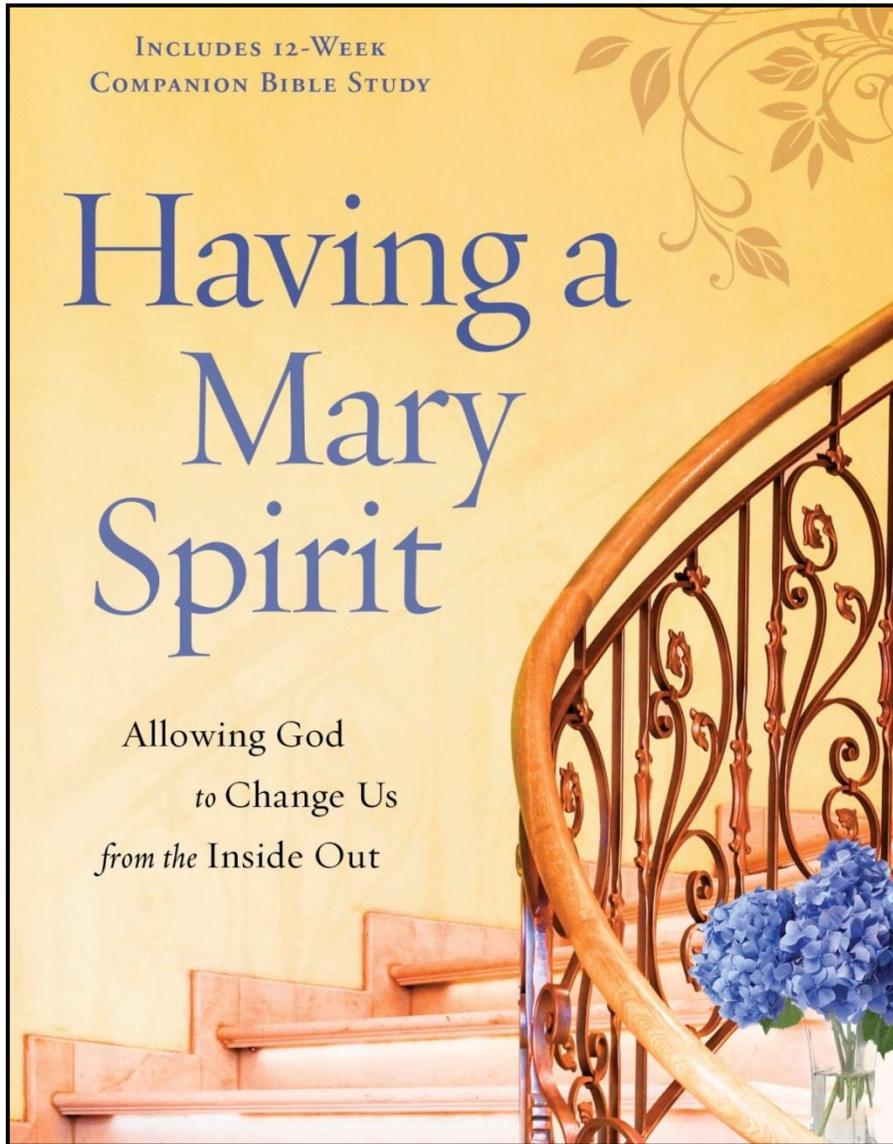


INCLUDES 12-WEEK
COMPANION BIBLE STUDY

Having a Mary Spirit

Allowing God
to Change Us
from the Inside Out



RETREAT

JOURNAL

TOOL TIME: MEMORIZING GOD’S WORD

Memorizing scripture doesn’t come easily for most of us. But if we will make the investment required to hide God’s Word in our hearts, it will begin to transform our minds. And as it transforms our minds, the living, active Word of God will inevitably begin to change our lives.

Here’s a memorization method that has helped me:¹

- ~ Say the reference of the verse and its first phrase together.
- ~ Repeat three times.
- ~ Learn the second phrase by saying it three times.
- ~ Now, say the reference and phrases together three times.
- ~ Continue to add additional phrases as needed.
- ~ After reciting the passage, add the reference once again.
- ~ Repeat the whole thing three times using this pattern:

REFERENCE—VERSE—REFERENCE

The secret to retaining the scripture you’ve memorized is review, review, review! Here are some additional tips:

1. Carry a copy of the verse(s) you are memorizing. Use spare moments to practice saying them aloud.
2. Ask someone to help you review. The goal is to say the verse correctly, word for word.
3. Keep reviewing. Quote your verses daily for the first couple of months. It is crucial to being able to recall them later.

Though scripture memorization is hard work, it provides great reward.

When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you.

PROVERBS 6:22

¹ Adapted from *Growing Strong in God’s Family: A Course in Personal Discipleship to Introduce New Life to Your Church*, The 2:7 Series (Colorado Springs: NavPress, 1987), 13, 19–20.

RETREAT SESSION ONE VIDEO

A Holy Makeover

For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

TITUS 2: 11–12

The Beautiful Evidence

After receiving Jesus's rebuke in Luke 10:38–42, we see a different woman in John 11:

1. Martha "sent _____," not demands (verse 3).
2. Martha left her duties and ran to meet Jesus (verse 20).
3. Martha declared her faith over her fear (verse 22).
4. Martha pointed Mary to Jesus (verse 28).

The High Price of Change

We know we need the same kind of transformation, so why do we resist it so much?

- ~ We secretly believe that we are _____ the way we are.
- ~ We secretly believe that change is impossible.

The Incredible Power of Grace, Titus 2:11–12 and Philippians 2:13

Grace is the _____ and the desire to do God's will. To access it,

1. Receive rebuke and admit your need.
2. Believe that God will do what only _____ can do.
3. Be willing to do what only _____ can do.

The same grace that saves us is the grace that _____ us.

CLOSING TIME

I sense the Lord saying....

TOOL TIME: MEDITATING ON SCRIPTURE

Scripture holds enormous power to transform our hearts from the inside out. For God intended His Word to be “living and active” in us (Hebrews 4:12), using it as a tool to transform us into His image.

Here’s the method I use to meditate on Scripture:

- ~ First, I ask the Holy Spirit to lead and guide me into all truth, removing any preconceived ideas I might have.
- ~ Rather than reading multiple chapters, I read only one.
- ~ Reading slowly, I think about what the scripture is saying. Then I look for a verse or two from that chapter to meditate on before the Lord.
- ~ When I find a verse(s) that captures my attention, I write it down in my journal word for word, including the reference.
- ~ Then I respond to that scripture, writing down ways I want to apply the truth to my life.

Here’s what it looks like in my journal:

February 2

2 Timothy 3

“All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.”

2 Timothy 3:16

Lord, thank You for Your Word! I’m so glad that You haven’t left me to figure out how to live this life on my own. You’ve spelled it out in scripture and placed it in my hands....

I hope you’ll try using this method using the “Bible Reading Highlights” pages provided in the back. Or use the template above to write your responses in a journal or notebook.

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

HEBREWS 4:12

TOOL TIME EXERCISE: PSALM 139

Using the tips offered in "Meditating on Scripture" sidebar, read the following passage slowly and prayerfully, marking what speaks to you. Then use the "Bible Reading Highlights" form to record what God spoke to you. (More forms are available in the back.)

PSALM 139

0 Lord, you have searched me
and you know me.

2 You know when I sit and when I rise;
you perceive my thoughts from afar.

3 You discern my going out and my lying down;
you are familiar with all my ways.

4 Before a word is on my tongue
you know it completely, O Lord.

5 You hem me in — behind and before;
you have laid your hand upon me.

6 Such knowledge is too wonderful for me,
too lofty for me to attain.

7 Where can I go from your Spirit?
Where can I flee from your presence?

8 If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,

10 even there your hand will guide me,
your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me
and the light become night around me,"

12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

13 For you created my inmost being;
you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

15 My frame was not hidden from you
when I was made in the secret place.
When I was woven together in the depths of the earth,

16 your eyes saw my unformed body.
All the days ordained for me
were written in your book
before one of them came to be.

17 How precious to me are your thoughts, O God!
How vast is the sum of them!
18 Were I to count them,
they would outnumber the grains of sand.
When I awake,
I am still with you.

19 If only you would slay the wicked, O God!
Away from me, you bloodthirsty men!
20 They speak of you with evil intent;
your adversaries misuse your name.
21 Do I not hate those who hate you, O Lord,
and abhor those who rise up against you?
22 I have nothing but hatred for them;
I count them my enemies.

23 Search me, O God, and know my heart;
test me and know my anxious thoughts.
24 See if there is any offensive way in me,
and lead me in the way everlasting.

BIBLE READING HIGHLIGHTS

Date: _____ Portion I read today: _____

Best thing I marked today: Reference: _____

Verse: _____

How it impressed me: _____

DOING THE 27 FLING (SPIRITUAL) BOOGIE

Here are some ideas for cleaning up your heart. Ask the Lord to help you, then start tackling one item at a time.

1. **Jealousy.** (You are all you get to be—enjoy it!)
2. **Perfectionism.** (Desire to do your best but then accept the best you can do.)
3. **Regrets.** (You can't undo mistakes, but you can learn from them.)
4. **Shame.** (If you've asked God for forgiveness, accept that you've been forgiven!)
5. **Blame.** (Stop pointing the finger at everyone else.)
6. **Coarse joking.** (Crude humor rarely uplifts; it only demeans.)
7. **Self-hatred.** (Forgive yourself and move on. God has!)
8. **Gossip.** (If it can't be said in front of the person, don't say it.)
9. **Fear.** (Stop and pray before fear takes hold.)
10. **Short temper.** (Count to ten or give yourself a time out.)
11. **Fantasies.** (Don't miss life by habitually checking out.)
12. **Envy.** (Learn to want what you have.)
13. **Lies.** (Discard the habit of half truths, exaggerations, and full-fledged deception.)
14. **Swearing.** (Eliminate even sugarcoated words like *gosh* and *heck!*)
15. **Complaining.** (Don't nurse it or rehearse it...disperse it.)
16. **Guilt trips.** (Don't book travel for yourself and don't send others.)
17. **Ingratitude.** (Look for things to be thankful for—tell someone about it!)
18. **Comparison.** (Accept yourself and appreciate others.)
19. **Impatience.** (Develop long-suffering without the whine.)
20. **Careless words.** (Ask, "Does this really need to be said?")
21. **Passivity.** (Tie up loose ends by taking action.)
22. **Laziness.** (Do one thing today you don't want to do.)
23. **Worry.** (Add "Dear Jesus" to your fear and turn it into prayer.)
24. **Greed.** (Give away something you love.)
25. **Negativity.** (Train yourself to look for the good in situations.)
26. **Self-pity.** (Cry for five minutes if you must, then blow your nose and move on!)
27. **Lust.** (Eliminate the I-must-have-it-now desire for people and things.)

Let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God. {JW: was NLT 96. Change to 04/07 or keep as is? Once again, I think it's best to leave as is to match the book}

2 CORINTHIANS 7:1, NLT

RETREAT SESSION TWO VIDEO

A Heart Made New

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

EZEKIEL 36:26, NLT

Problem of the Heart

Though we love Jesus, so often our hearts betray us:

- ~ Divided (Psalm 86:11)
- ~ Hardened (Hebrews 3:13, 15)

Good News: Part of the new covenant is a _____ heart!

Heart Transplant, Ezekiel 36:25–27

1. A _____ heart (verse 25)

2. A _____ heart (verse 26)

3. An _____ heart (verse 27)

4. A _____ heart (Ezekiel 11:19–20)

“...I will take away their stony, stubborn heart and give them a tender, responsive heart, so they will obey my decrees and regulations. Then they will truly be my people, and I will be their God” (Ezekiel 11:19–20, NLT).

CLOSING TIME

I sense the Lord saying....

BIBLE READING HIGHLIGHTS

Where to Begin

If the concept of Bible Reading Highlights (described in the “Meditating on Scripture” Tool Time) is new to you, you may be wondering where to begin. All Scripture is inspired by God, but I’ve found some portions (Leviticus or Revelation, for instance) to be more overwhelming than others. When it comes to Bible meditation and personal application, here are some places you might start:

Proverbs—one chapter for each day of the month

Gospel of Mark—a great introduction to the life of Jesus

Galatians—a concise overview of the gospel message

Philippians—inspiration for victory in the midst of difficulty

James—practical advice for Christian living

1 John—an uplifting exploration of God’s love

On the following pages you’ll find Bible Reading Highlights templates to get you started. Please feel free to photocopy these templates or go to www.havingamaryspirit.com to download additional pages in this format.

Date: _____ Portion I read today: _____

Best thing I marked today: Reference: _____

Verse: _____

How it impressed me: _____

Other Quiet Time thoughts: _____

TOOL TIME: JOURNALING TRANSFORMATION

For most of my young-adult Christian life, I resisted the idea of journaling. But when I began journaling my journey with God, I started to understand just how much He wanted to communicate with me in the midst of my ordinary days.

During this study, I want you to experience the sweet intimacy of being open and honest before God. Here are a few tips to get you started:

1. *Don't worry about being perfect or profound.* Just put your pen to the paper and see what happens. This conversation is meant for you and God alone.
2. *Don't worry if it's slow in the beginning.* When you begin to write, you may not know what to say, but if you persevere, the words will come.
3. *Ask God what He might want to say to you.* You may not sense Him saying anything at first. But as you quiet your heart and invite Him to speak, He will—through His Word as well as unexpected ways.
4. *Record those insights in your journal.* Express what you sense God saying and the ways you want to apply the truth to your heart and your life.
5. *Don't ignore the God's prompting.* If He puts His finger on an area of sin in your life, with His help, explore it. Then prayerfully give it to Him.

Journaling helps us humble our hearts, agree with God's diagnosis, and access His help to change. May you experience His richest blessings in your life as you journal *your* journey with God!

For more thoughts on journaling, see *Appendix D* in *Having a Mary Spirit*.

*Trust in him at all times, O people;
pour out your hearts to him, for God is our refuge.*

PSALM 62:8

PROFILING FLESH WOMAN

The first rule of warfare is to know your enemy. E. E. Shelhamer's famous "Traits of the Carnal Mind" can help you identify the Flesh Woman inside you so you can begin to put an end to her evil designs. Here are some of the telltale signs:

1. **A prideful spirit.** Do you have an exalted feeling because of success or position, good training or appearance, or natural gifts and abilities? Do you show an important, independent spirit? Do you tend to be married to your own opinion?
2. **A love of praise.** Do you have a secret fondness to be noticed? Do you draw attention to yourself in conversation? Does your ego swell when you have the opportunity to speak or pray before others?
3. **A touchy temper.** Do you cover up irritability or impatience by calling it nervousness or holy indignation? Do you have a touchy spirit, a tendency to resent and retaliate when reprovved or contradicted? Do you throw sharp words at others?
4. **A willful attitude.** Do you show a stubborn, unteachable spirit? Do you like to argue? Are you harsh, sarcastic, driving, or demanding? Do you come across as unyielding or headstrong? Do you tend to criticize and pick flaws when you are ignored or decisions don't go your way? Do you love to be coaxed and humored?
5. **A fearful heart.** Does fear of what others think cause you to shrink from duty or compromise your principles? Are you afraid your commitment to righteousness will cause some prominent person to think less of you?
6. **A jealous mind.** Do you hide a spirit of envy in your heart? Do you harbor an unpleasant sensation in view of the prosperity and success of another? When someone is more talented or appreciated than you, are you tempted to speak of his faults rather than his virtues?
7. **A dishonest disposition.** Do you evade or cover the truth? Do you hide or minimize your real faults and attempt to leave a better impression of yourself than is strictly true? Do you show false humility or exaggerate, straining the truth? Do you show one face to one person and the opposite to another?
8. **A lack of faith.** Are you easily discouraged in times of pressure and opposition? Do you lack quiet confidence and settled trust in God? Do you worry and complain in the midst of pain, poverty, or trials that God allows? Are you overly anxious about whether situations will turn out all right?
9. **A wandering eye.** Do you entertain lustful stirrings, showing undue affection and familiarity to those of the opposite sex? Do you act out sexually and dwell on romantic fantasies?

10. **A spiritual deadness.** Are you complacent about the lost? Is your relationship with God characterized by dryness and indifference? Does your life lack spiritual power? Do you regularly meet God?
11. **A love of self.** Do you cater to your appetites and hanker repeatedly for short-lived pleasure? Do your joys and sorrows fluctuate around your personal interests? Do you yearn for money and earthly possessions?⁴

Search me, O God, and know my heart... See if there is any wicked way in me, and lead me in the way everlasting.

PSALM 139:23–24, NKJV

RESPONSE TIME:

Read the descriptions above, and put a check by those “Flesh Woman” traits that often apply in your life:

- | | |
|---|--|
| <input type="checkbox"/> A prideful spirit
<input type="checkbox"/> A love of praise
<input type="checkbox"/> A touchy temper
<input type="checkbox"/> A willful attitude
<input type="checkbox"/> A fearful heart
<input type="checkbox"/> A jealous mind | <input type="checkbox"/> A dishonest disposition
<input type="checkbox"/> A lack of faith
<input type="checkbox"/> A wandering eye
<input type="checkbox"/> A spiritual deadness
<input type="checkbox"/> A love of self |
|---|--|

Select one of the traits you checked, and describe how it shows up in your life. Be specific and honest about your attitudes, behaviors, and choices.

RETREAT SESSION THREE VIDEO

Whose Side Are You On?

For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind.

ROMANS 7:22–23

There's a War Going On, Romans 7:15–25

I'm so grateful that Paul put into words the weary wrestling I sometimes feel inside. I believe we are three-part creatures (1 Thessalonians 5:23):

1. Spirit
2. _____
3. Body

The Problem: Though Jesus has made us alive in our spirits (2 Corinthians 5:17), there is still a “_____” in the members of our body (Romans 7:23).

The Promise: “There is therefore now _____ condemnation to those who are in Christ Jesus” (Romans 8:1, NKJV).

Overcoming Flesh Woman

1. _____ your spirit (Colossians 2:6-7).
2. Keep in _____ with the Spirit (Galatians 5:25).
3. Count yourself _____ to sin (Romans 6:11).

“Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do...But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live” (Romans 8:12 NLT).

CLOSING TIME

I sense the Lord saying....

TOOL TIME: RECEIVING CORRECTION

No one enjoys being corrected. Even when we know we're wrong, there's something inside each of us that wants to justify our actions or deflect blame. But such responses will not bring the life change we need. That's why we need to cultivate a healthy conscience, one that is tender and responsive to the Holy Spirit's work.

But be warned: an overdeveloped conscience can be as dangerous as an underactive sense of right and wrong. The former constantly points out our flaws and exaggerates our failures, condemning us even when we've taken those flaws and failures to God.

So how do we cultivate the kind of conscience we need?

- ~ *Respond with repentance.* Don't dismiss your sin as unimportant. Confess it to God.
- ~ *Practice consistent obedience.* Do your best to follow God's commands, but when you don't, quickly repent.
- ~ *Call sin what God calls it.* Don't excuse it, but don't obsess about it. Turn to Jesus as you turn away from your sin.
- ~ *Embrace conviction but refuse condemnation.* Don't allow the enemy or your flesh to hijack the Holy Spirit's work in your life.
- ~ *Walk in the forgiveness Jesus provides.* Keep your eyes on the Lord and allow Him to teach you new patterns of behavior.
- ~ *Go to God daily for a clean heart and a right spirit.* For as you do, He will give you the healthy conscience each one of us needs.

My child, don't reject the LORD's discipline, and don't be upset when he corrects you. For the LORD corrects those he loves, just as a father corrects a child in whom he delights.

PROVERBS 3: 1 1–12, NLT

RETREAT SESSION FOUR VIDEO

Fault Lines of the Soul

Have mercy on me, O God...; according to your great compassion blot out my transgressions.

PSALM 51:1

A Fault Line Exploited, 2 Samuel 11:1–27

David was a shepherd boy chosen to be king, called by God “a man after my own heart” (Acts 13:22). However, like us, David had fault lines:

1. An apathetic _____ (2 Samuel 11:1)
2. An undisciplined _____ (verse 2)
3. A compromising situation (verse 4)
4. An unexpected consequence (verse 5)
5. A calculated _____ (verses 15, 27)

A Fault Line Exposed, 2 Samuel 12:1–14

God loves us enough to call us out on our sin.

- Nathan’s rebuke: “You are the man!” (verse 7)
- David’s response: “I have sinned against the _____” (verse 13).

A Fault Line Healed, Psalm 51:10–12

When we receive rebuke and repent, God heals our fault lines and uses them as well.

- David’s confessional prayer became a worship _____.
- God’s viewpoint of David’s life (1 Kings 15:5).

CLOSING TIME

I sense the Lord saying....

TOOL TIME: ACCESSING GOD'S GRACE

Have you ever experienced a breakthrough in an area you've prayed about for years? A sudden surge of enabling power to do what you couldn't do before?

I believe God wants to give each of us a "space of grace" if we'll just look to Him. Here are a few ways to do that:

1. *Look for a space of grace.* Where is strength to obey currently available? Don't become so fixated on what you can't do that you miss the grace available for smaller victories that often lead to larger breakthroughs.
2. *Look for ways to cooperate with the grace provided.* Make the choices God asks you to make, both the big ones and the small ones. Then do what you can do, trusting that God will do what you cannot.
3. *Nurture and protect the space of grace.* {JW: Did you intend an expansion of idea here as above? The subpoints below are intended to do that – if there is a way to indent and marry them close to this point, that would be great. Thanks.}
~*Don't ignore it.* Thank God for it daily and walk carefully in its provision.
~*Don't misinterpret it.* We often attribute God's gift of freedom to willpower, and as a result, we tend to step out of grace and into self-sufficiency.
~*Don't abuse it.* Willfully returning to sin after being set free is a blatant misuse of the grace God provides.
4. *Refuse to give up.* If you fall back into sin, repent and keep seeking God for the grace you need. Your heavenly Father *wants* you to be free!

Jesus was right when He said, "Apart from me you can do nothing" (John 15:5). So let's run to His embrace. For that's where we'll find the space of grace we need.

*But by the grace of God I am what I am,
and his grace to me was not without effect.*

1 CORINTHIANS 15:10

RETREAT SESSION FIVE VIDEO

Spiritual Fitness 101

Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

1 TIMOTHY 4:7–8, NKJV

Working Out Our Salvation

If you haven't noticed, physical fitness requires work. The same is true of spiritual fitness (1 Timothy 4:7–8).

- The _____ is the strength.
- Until we master our _____, we will be its slave.

The Goal: Godly character and conduct (Ephesians 4:22, 24).

Paul's Example, 1 Corinthians 9:24–27

The Method: Strict training

1. _____ to win the prize (verse 24)
2. _____ purposefully (verse 26)
3. Master your body (verse 27)

The Prize: A _____ that will last forever!

“I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness...” (2 Timothy 4:7–8).

CLOSING TIME

I sense the Lord saying....