



How to Use This Study

Having a Mary Spirit—The Book

While you'll learn a great deal from watching the video sessions and completing the study guide homework, please be sure to read your assigned chapters in *Having a Mary Spirit* prior to each week's discussion. The book provides the framework of this study and is necessary to your getting the most out of our time together.

As early in the study week as possible, you'll want to complete your assigned reading with a pen or highlighter in hand. I encourage you to mark or underline things that really speak to you—verses, quotes, stories, or analogies. Make notes in the book margins of any thoughts, questions, or revelations you'd like to discuss or share in class. In order to finish the book in twelve weeks, at times you'll be asked to read two chapters instead of one. Be sure to plan enough time so that you get the most out of your reading.

The Study Guide

After you've read the assigned portion in the book, begin to work through the questions and exercises in this guide. They are designed to help you reflect on God's Word and apply it. (Please note that I quote primarily from the 1984 edition of the New International Version, and most questions are shaped around that translation.)

Each week's lesson also includes:

- a "*Tool Time*" sidebar. These tips are designed to help you apply the principles of God's Word as well as learn how to access the grace of God available to help us change. Corresponding videos will be shown in class if there is time. (Videos can be accessed at www.havingamaryspirit.com.)

- a *“Make a Plan” assignment*. Each week, you’ll be encouraged to come up with action steps to apply the truths you’ve learned as you follow through on that plan during the upcoming week.
- a *“Search Me, O God” journal prompt*. Part of transformation requires honesty before the Lord. You’ll be asked to respond prayerfully on paper as you allow the Holy Spirit to search your soul.
- a *memory verse*. Over the course of the study, you’ll be asked to memorize eleven verses. If that seems too overwhelming, choose two or three verses to focus on. Don’t worry; I’ll share some memorizing techniques that have helped me!
- a *video guide*. With fill-in-the-blank prompts, these pages help capture key points from the DVD session so that you can refer to them later.
- a *“Closing Time” reflection*. At the end of each lesson you’ll have a chance to respond to what the Lord has impressed on your heart throughout the week and in the teaching session.

Week Two



Change Me, Lord!

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

PHILIPPIANS 1:6

READ: Chapters 1 and 2 in *Having a Mary Spirit*

A holy makeover—changed from the inside out. Do those words awaken a hunger in you as they do in me? I believe there is a restlessness in every person, a longing for something more. We instinctively know that we were made for something beyond what we are currently experiencing. And that is as it should be. For we were made for the Garden. For perfection and delight. We were created to enjoy an abundant life lived out in sweet, deep communion with our God.

Unfortunately, the enemy of our souls does his best to sidetrack those longings and lead us away from the only One we need. So that we strive after man's approval instead—affirmation, acceptance, power, prestige, and success. Or we give up completely, believing the lie that we are insignificant, worthless, unlovable, and powerless to change.

I'm so glad we have a Savior who meets us where we are but doesn't leave us there. Instead, Jesus takes the broken pieces that we offer Him, and He does what only Jesus can do.

He makes "all things new" (Revelation 21:5, NKJV).



Memory Verse

Create in me a clean heart, O God; and renew a right spirit within me.

PSALM 51:10, KJV

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:

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.
5. *Don't ignore 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

“Search Me, O God” Journal Prompts

While students at Oxford University in 1729, Charles and John Wesley started a small group that met regularly for prayer, Bible study, and discipleship. They developed a list of questions for use in private devotions to help the members examine their spiritual lives and commitment to Christ. John Wesley recorded his responses in a journal.³ I’d like us to do the same.

Each week you’ll be given two of Wesley’s “Twenty-Two Questions for Self-Examination.” Choose one to reflect on with the Holy Spirit’s help. Then write out your honest response in the form of a prayer.

If for some reason the questions listed on a given week don’t resonate with you personally, choose another from the complete list found on pages 141–42 or write a question of your own. Though you won’t be asked to share your answers in class, you may want to discuss them with a trusted friend as the Wesley brothers did.

Don’t be afraid to reflect on things you may not have considered before. For God reveals so that He can heal!

Search Me, O God...

Choose one of the following questions to meditate on (or turn to page 141 and choose one of the questions listed there). Use the space below to write a prayerful response to the Lord.

- Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
- Do I grumble or complain constantly?

THIS WEEK'S STUDY

1. Read the opening section of chapter 1 on pages 1–2 in *Having a Mary Spirit*. In what areas would you like to be “much more” than you currently are?
2. Read Luke 10:38–42. Martha was “distracted” by all the preparations that had to be made. What tends to distract you from the intimate life-changing friendship Jesus longs to have with you?
3. Like the Pharisees, we often fall prey to the lie that holiness is all up to us. To which of the types of Pharisees listed on pages 11–12 in *Having a Mary Spirit* do you most relate? Why?
4. The following scriptures describe some of the “Pharisee tendencies” we humans tend to default to. Describe them in your own words.

Matthew 23:25–26

1 John 1:8

Revelation 3:17

5. David wrote a prayer in Psalm 139:23–24 that captures the heart of this study. Rewrite it in your own words as a personal prayer to God.

6. According to the following verses, when it comes to being cleansed of sin, what is our part and what is God's part?

Psalm 32:5

OUR PART:

GOD'S PART:

1 John 1:9

OUR PART:

GOD'S PART:

7. Read Brother Lawrence's story on page 16 in *Having a Mary Spirit*. How would your life be different if, after confessing your sin to God, you gave yourself "no further uneasiness about it"?

8. Read Philippians 3:12–14. Circle or underline key words and phrases as you think deeply about what is being said. What stands out most to you, and why?

9. In light of Philippians 3:12–14, what might you do to better "take hold" of everything God has for you?

What things would you need to leave "behind" so that you could "press on toward the goal to win the prize"?

10. Consider the prayer for transformation found on page 3 of this guide. Which phrases do you long to be true in your life?

Which phrases cause a sense of resistance in you?

Take what you discover to the Lord in prayer.



Make a Plan

When it comes to transformation, personal time alone with God is one of the most powerful catalysts for change. I hope you'll make a daily quiet time part of your life as we do this study.

Take a moment to read Appendix C, "Developing a Quiet Time," on pages 263–64 in *Having a Mary Spirit*. Mark two or three of the following tips that you'd like to implement this coming week. (Consider adding more as you continue this important discipline.)

- Find a consistent place and time when you can be relatively undisturbed.
- Get a translation of the Bible that you enjoy and understand.
- Read smaller portions, going back and forth between the Old and New Testaments.
- Ask the Holy Spirit to increase your understanding.
- Meditate on Scripture.
- Make use of devotionals and other aids.
- Keep a journal.
- Pray.

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 new 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).

Notes

Closing Time

I sense the Lord saying...

Prayer Requests

This Week's Assignment

- Follow through with your week 2 “Make a Plan” homework.
- Read chapter 3 in *Having a Mary Spirit*.
- Answer week 3 study questions.
- Continue to review Psalm 51:10. Memorize **2 Corinthians 5:17**:
“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”