

# **“4-D Living”**

## *The Four Dimensions of a Fantastic Life*

Pastor Bob Reeve

### **Introduction:**

So be very careful how you live, not being like those with no understanding, but live honorably with true wisdom, for we are living in evil times. Take full advantage of every day as you spend your life for his purposes.

Ephesians 5:15-16 (The Passion Translation)

Your life is and will continue to be what **you allow** it to be. If you live strategically and purposefully, it is because somewhere along the line you decided to take responsibility for your life.

If you feel as if you're just along for the ride, that your choices have little or no impact, or that your destiny is in the hands of others, then you have given up one of the most wonderful gifts offered to us—living with purpose and design.

In this series, *4 D Living*, you will learn a sound, time-tested, biblically-principled approach to establishing Godly priorities for your life. If you invest yourself in this experience, you will have the tools necessary to assume responsibility of what God has trusted to you, and you'll be able to partner closely with Him in discovering and then living out His very best plans for your life.

The challenge is to consider your life, your time on this planet, and make the necessary adjustments to get your life in focus. Then you can and will live in the full spectrum of His of passion, love, purpose, and fulfillment. Life can be Amazing!

#### **Session #1**

**Live Passionately**

#### **Session #2**

**Love completely**

#### **Session #3**

**Discover Your Purpose**

#### **Session #4**

**Bring Your Future into Focus**

### **Session #1: Group Study and Discussion Guide** ***Live Passionately***

1. How would you complete the following phrase? *Life is* \_\_\_\_\_.
2. Read John 3:1-9. What does “born again” mean?

Here is a list of things to consider that happen at “new birth”:

- *It's a spiritual experience.*  
The new birth is the work of the Holy Spirit in our lives. He convicts us of sin and helps us understand that our good works are insufficient in His eyes and will never make us fit for heaven. But He also assures us of God's love and leads us to confess and repent of our sins and trust Jesus Christ as our Savior.
- *It's a definite experience.*  
Like physical birth, there's a specific point at which a person is born again. It starts with conviction of sin and the realization that Jesus Christ died on the cross as payment for the penalty for our sin. We call out to Him for forgiveness, turn away from our old sinful lifestyle, and in faith accept Jesus Christ as our Savior and Lord. It's not a slow process, but a radical change. There must be a transformation within our hearts that is so clear that we will know, beyond a shadow of doubt, that we have been born again. For some people, this moment may have occurred in childhood and they may no longer have a specific memory of it. Or, they may have been born again as an adult, but may not have understood what was happening at the time. But as long as there is full faith in Jesus, they have been born again.
- *Jesus is the only one who can make us fit for heaven with a new birth.*  
All other religions rely on good works, but no one can be good enough for God because we've all sinned against Him. We may seem righteous in our own eyes, but when measured against the perfection of God's standards as found in His Word, we have no hope of heaven.
- *We are not saved by our righteous acts, but by God's mercy and the regeneration of the Spirit.*  
If we could be good enough, then the cross was a horrible mistake because it would have been unnecessary. However, only the shed blood of God's Son could make forgiveness possible. This is the evidence of God's awesome love and power—that He would reach down and save sinners.
- *It's a lasting experience.*  
Being born again changes us forever, but this doesn't mean that we will be perfect. Our old sinful nature is still present in us, but as we confess our sins, Jesus' blood continually cleanses us. We are now called to a life of holiness, obedience, surrender, and love for God. There must be external evidence that proves there's been an inner transformation.
- *There's a change in our relationship with God.*  
Until Jesus becomes our Savior, we are enemies of God. Although we may be quick to deny that we are against Him, there is no neutral ground. We have either been reconciled to God through His Son, or we are at odds with Him.

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- *There is a change in our position.*  
The separation and enmity between God and us has been removed. Now we're a part of His kingdom and members of His family. Our names are written in the Lamb's Book of Life, and we will never lose our salvation.
  - *There's a change in attitude.*  
The Holy Spirit works in us, sealing us as God's children, transforming our hearts, and living out Christ's life through us. He gives us wisdom, reveals truth, and guides us throughout our lives.
  - *There is a change in our destination.*  
Jesus said, "He who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life" The Holy Spirit's presence in us is our guarantee that we are forever children of God, and our eternal destiny in heaven is secure.
3. Read John 10:10, and discuss the strategies and tactics of the enemy against you, and then consider how Jesus came to cancel and change those dynamics.
  4. In the lesson, it is declared that living passionately will affect every dimension of your life—mental, physical, spiritual, and social.  
Luke 2:52 **And Jesus increased in wisdom (mental) and stature (physical), and in favor with God (spiritual) and men (social).**

### ***How would you rate your life on the passionate scale in these areas?***

(Note: 1 is low in *passionate living* and 5 is high in *passionate living*)

Dimension	Rating (1 to 5)
Mental	
Physical	
Spiritual	
Social	

Read out loud together this verse:

John 10:10 **The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.**

Close with prayer

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### **Session #2: Group Discussion Guide** ***Love Completely***

1. How does the thought, “Do for one what you wish you could do for everyone” resonate with you?
2. Can you share of story of a person who helped you in a time of need?
3. Can you share a story of someone you have helped?
4. Read again the following verse and consider its truths:

Galatians 6:9-10 **And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. <sup>10</sup> Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.**

5. Review these verses:

1 John 4:20 **If someone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?**

John 13:35 **By this all will know that you are My disciples, if you have love for one another.**

Eph 5:33 **Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.**

Titus 2:4 **that they [older women] admonish the young women to love their husbands, to love their children,**

Luke 6:27 **But I say to you who hear: Love your enemies, do good to those who hate you,**

Please pray and ask the Lord to help you see the “one” in your life.

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### **Session #3: Group Discussion Guide** ***Discover Your Purpose***

1. Do you believe that we are all created uniquely by God, with a specific design? If so, what are some of the unique attributes He has given to you?
2. The teaching suggested the following biblical principles, please consider each one:

The following are non-negotiable biblical realities:

- If you are able-bodied, work is not optional, it's expected. You must make a living.  
2 Thess. 3:10-12 **For even when we were with you, we commanded you this: If anyone will not work, neither shall he eat. <sup>11</sup> For we hear that there are some who walk among you in a disorderly manner, not working at all, but are busybodies. <sup>12</sup> Now those who are such we command and exhort through our Lord Jesus Christ that they work in quietness and eat their own bread.**
- Your first ministry is to your family, and taking care of the needs of the home.  
1 Tim 5:8 **But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.**
- Whatever you do, do it as unto the Lord.  
Colossians 3:23 **And whatever you do, do it heartily, as to the Lord and not to men,**
- Hard work honors the Lord, and the Lord honors hard work.  
Prov. 13:4 **The soul of a lazy man desires, and has nothing; But the soul of the diligent shall be made rich.**  
  
*Prov. 21:5 The plans of the diligent lead surely to plenty,  
But those of everyone who is hasty, surely to poverty.*  
  
See also--1 Corinthians 10:31; Eccl. 9:10; Prov. 6:10-12; Prov. 14:23
- Embrace the Sabbath principle—one day each week is for rest and celebrating the Lord's goodness to us. No one can or should work 24/7. Even God “rested” from all His creative acts.  
Ex 20:8-10a **“Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is the Sabbath of the LORD your God. In it you shall do no work:”**  
  
Mark 2:27 **And He said to them, “The Sabbath was made for man, and not man for the Sabbath.**
- Make God your first choice, not your last desperate plea.  
Matt 6:33 **But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

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- Life has no guarantees, so make good use of the time you have.  
 Ps. 90:12 *So teach us to number our days,  
 That we may gain a heart of wisdom.*  
  
 Col 4: 5 *Walk in wisdom toward those who are outside, redeeming the time.*  
  
 Ps. 39:4-5 *“LORD, make me to know my end,  
 And what is the measure of my days,  
 That I may know how frail I am.  
<sup>5</sup> Indeed, You have made my days as handbreadths,  
 And my age is as nothing before You;  
 Certainly every man at his best state is but vapor. Selah*
- Understand the seasons of life and what the times call for. See Ecclesiastes 3:1-8

3. To the best of your ability, complete the following (share as you so desire with the group):

Category	Your personal evaluation
Spiritual gifts...what might yours be?	
Heart...what moves you?	
Abilities...what natural talents do you have?	
Personality...what is your approach to life?	
Experience...what are three of your proudest personal achievements?	

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And finally, for your consideration:

In the writings on destiny, there seems to be seven critical questions that are most helpful in discovering one’s God-given destiny. Pastor Casey Treat of Christian Faith Center in Seattle uses this definition of destiny:

*“A course of path in life that includes both the God-given destination you are seeking at life’s end and your own faith-filled journey toward that destination.”*

### **7 Questions about My Unique Destiny**

1. What is the deepest desire of my heart?

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2. What characteristics are natural to me?

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3. What area(s) do I produce in?

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4. What do others tell me that I do well?

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5. What career or ministry do I feel God’s peace about?

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6. What thoughts, visions, or dreams are impossible to put out of my mind?

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7. To what can I give 100% of myself for my whole life?

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### **Session #4: Group Discussion Guide** ***Bringing Your Life into Focus***

1. We have one life in this world, before eternity...read the following verse and consider the implications:

Eph 5:15-16 **Live life, then, with a due sense of responsibility, not as men who do not know the meaning and purpose of life but as those who do. Make the best use of your time, despite all the difficulties of these days. (JB Phillips)**

2. In the most practical terms, what does it mean to “sharpen the ax”? How do you do this in your own life?

Ecclesiastes 10:10 **If the ax is dull, And one does not sharpen the edge, Then he must use more strength; But wisdom brings success. (NKJV)**

(See next page...)



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3. Here’s a powerful tool to get your future into focus, begin with a vision of the “end”:

*Jesus lived the life-approach, “begin with the end in mind.” In declaring the commitment to His journey and calling, He said about his impending death, “...but for this cause, I came to this hour...” (John 12:27). His entire life was encapsulated in the awareness that His cause was to sacrifice Himself for all mankind.*

### How to F.O.C.U.S. Your Life

1. **Evaluate**—an honest, maybe brutal reality check.
2. **Set your goal**—How would you like things to be in one year?
3. **Make a plan**—dreams without action are just pipe dreams.

	Current evaluation	1 Year Goal
<b>F--amily</b> -marriage -kids -vital relationships		
<b>O--thers</b> -social		
<b>C—areer</b> -education -finances		
<b>U –“you”</b> -health -hobbies -recreation -balance		
<b>S—piritual</b> -devotions -church -ministries		

4. Here’s a way to put your goal into a weekly plan. I call it managing your life a week at time

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### The Weekly Schedule

(The secret to accomplishing the important items in your life.)

How to Plan a Week at a Time:

1. Enter the “immovables.”
  - a. Work
  - b. Church
  - c. Your “Sabbath” day
  - d. Sleep / rest
  - e. \_\_\_\_\_
  
2. Review your Personal Mission Statement and decide which priorities need to be scheduled.
  - a. Time with \_\_\_\_\_
  - b. Sharpening the saw
  - c. \_\_\_\_\_
  
3. Look at your “free time” and decide what you want to do.
  - a. Unique family or friend time
  - b. Volunteer opportunities
  - c. Refreshing or renewing activities
  - d. \_\_\_\_\_
  
4. Review your week and look for slack/flexibility/spontaneity opportunities.

### The Weekly Schedule Worksheet

Time Block	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>6-12 am</b>							
<b>12-5 pm</b>							
<b>5-10 pm</b>							

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