



Beyond Time and Space

OmniInfinity™
begin - return - continue

Journey Three
M.A. Helland

"OMNIALINFINITY™ builds a bridge on which my head and my heart can shake hands. It combines deep principles with ancient practices, and is a pathway to knowing God in order to love Him. I encourage you to walk the path; cross the bridge."

*Dr. Jim Altizer
Azusa Pacific University*

Beyond Time and Space

journey elements

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what comes to your mind?

Beyond Time and Space

We occupy space as we travel through time, we can't imagine any other existence.
Counting the minutes and watching the clock
We lose track of it, try to beat it, and sometimes have too much of it on our hands.
We remember a time - and promise this will be the last time.
We have good times, and bad times, and buy watches, calendars and timers to keep track of it.

As children, it passed so slowly,
As adults, we wonder where it's gone.

In sports, we seek the fastest time or watch as the time runs out.
In life, we want everything in no time, we mark time, try to redeem the time.
We look forward to celebrating certain passages of time....
We ask, How much longer?
How fast can it be done?
When will we get there?

Time flies, and then, time is up. it waits for no man and marches on.
We dream of stopping it or building machines to travel through it.
It brings the beauty of the seasons, and the wisdom of life experience,
But the only time we really have is now.
We scheme to know the future in order to change the present, but only one thing is certain -
Change, aging and physical death will all come because of it - whether we like it or not.

Until then, we believe in Once Upon a Time, while hoping for a better time.
It gives us memories, wisdom, patience and anticipation as we live out our lives, in our places,
exploring our space.

Inner space and outer space are the new frontiers; but most of the time we're just hoping for a
parking space, or a little more breathing space.
We fill it up, protect it and decorate it, leaving our mark on our space, making it our place.

It's everywhere - or at least as far as the eye can see - space just keeps on going,
Black holes and warp speed, it looks so empty - yet it's completely full - of space.

Sometimes we space out or act like a space case...most of us never really even think about it.
it's invisible - here, there, everywhere, and yet we feel it when the wind blows
It confines us, defines us - we can't escape it.

The Universe is all the Space ever made traveling through all the Time since the beginning.
So huge, so fast- yet here we are traveling with it - stuck in time, confined by space - by the
ultimate When and Where.

But God is not like us - He sees ALL time, at ONE time,
as He is everywhere in space and beyond.
Time and Space are His creation -
While determining our Where and When, HE is everywhere, in all time, at the same time.
And Beyond!

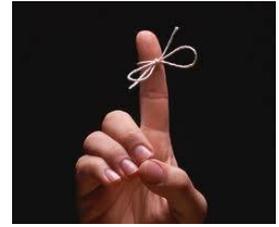
Your turn:

What comes to your mind when you think of Beyond Time and Space?

remember

Revelation 1:8

"I am the Alpha and Omega," says the Lord, "who is, and who was, and who is to come, the Almighty." NIV



Use the space below to help you memorize the verse above.

For additional background on the *remember* element, see the [appendix](#).

Now write out the verses from:

Journey 1: **Psalm 145:3**

Journey 2: **Exodus 3: 14a**

read

Job 38-42, Isaiah 40



Read through each chapter completely on three separate days, the first day in a **modern translation** such as the *NIV* or *NAS*, the second in a **modern paraphrase** such as *The New Living* (NLT) or *The Message*, and then the third **with a pad and pencil** by your side as you record your thoughts and observations. It is also helpful to **read the selections aloud**. As you read, underline words that describe who God is or names He is called.

This element is about **reading what it says** – try to put aside any preconceived ideas about what you think it says, or what you may have concluded based on other studies or classes. We are not saying those ideas are not correct, but for this Element, we just want to read it as if for the first time. **Read for the storyline** – and see if you can then faithfully retell it in your own words.

First Reading: Modern Translation – which one did you use?

Second Reading: Modern Paraphrase – which one did you use?

Third Reading: Reading Notes

Job 38:

Job 39:

Job 40:

Job 41:

Job 42:

Isaiah 40:

journal

3.1 Don't Stop, Keep Moving On.....

Because **God is transcendent** - there is much about Him we can't know or understand. He knows this and provides **us Proof of Life** - through creation and it's physical and moral laws, our own soul cravings, math, music, and so much more.

As we investigate this Proof of Life - God's general revelation about Himself, we are forced to **make choices** about if we believe in God and what kind of God He is. We go God Shopping. Some of us actually create our own gods, gods in our images, ones that look like bigger and better versions of ourselves.

This results in our **Worldview**, the framework through which we each make sense of life and the world around us. Based on the **general revelation God provides** it is **possible to grasp the Truth that there is One and Only One God**. Truth excludes and this exclusivity rubs many of us the wrong way. Our own limited human perspective is uncomfortable with a God who excludes, why can't we all just celebrate each other's differences, agree on principle and get along?

The danger is to stop here, to dwell on this, to make ourselves judge and jury while we have only a portion of the evidence.

God is so much more. We need to finish the journey and come to an understanding of all His attributes, the totality of all the Proof of Life He has provided....yet even at this point we will need something more. **We need more information.** And God already knew that.

So He provided what is called Special Revelation, two very extraordinary means of communication to man about His most marvelous and glorious self.

He wrote us a book, and He came on a visit.



Your turn:

In your journey to and with God, what additional evidence would you like about the truth of His Being and Existence?

How has your view of God changed during this journey?

analyze

The Big Picture

Part of your reading assignment this week was Isaiah 40. Please reread verses 21-31 in the two different versions below and then summarize in a couple of sentences what you think is going on.

Isaiah 40: 21-31 – New International Version (NIV)

21 Do you not know? Have you not heard? Has it not been told you from the beginning? Have you not understood since the earth was founded? 22 He sits enthroned above the circle of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in. 23 He brings princes to naught and reduces the rulers of this world to nothing. 24 No sooner are they planted, no sooner are they sown, no sooner do they take root in the ground, than he blows on them and they wither, and a whirlwind sweeps them away like chaff. 25 "To whom will you compare me? Or who is my equal?" says the Holy One. 26 Lift your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one, and calls them each by name. Because of his great power and mighty strength, not one of them is missing. 27 Why do you say, O Jacob, and complain, O Israel, "My way is hidden from the LORD; my cause is disregarded by my God"? 28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:21- 31 – The Message

21 Have you not been paying attention? Have you not been listening? Haven't you heard these stories all your life? Don't you understand the foundation of all things? 22 God sits high above the round ball of earth. The people look like mere ants. He stretches out the skies like a canvas — yes, like a tent canvas to live under. 23 He ignores what all the princes say and do. The rulers of the earth count for nothing. 24 Princes and rulers don't amount to much. Like seeds barely rooted, just sprouted, They shrivel when God blows on them. Like flecks of chaff, they're gone with the wind. 25 "So — who is like me? Who holds a candle to me?" says The Holy. 26 Look at the night skies: Who do you think made all this? Who marches this army of stars out each night, counts them off, calls each by name— so magnificent! so powerful! — and never overlooks a single one? 27 Why would you ever complain, O Jacob, or, whine, Israel, saying, "GOD has lost track of me. He doesn't care what happens to me"? 28 Don't you know anything? Haven't you been listening? GOD doesn't come and go. God lasts. He's Creator of all you can see or imagine. He doesn't get tired out, doesn't pause to catch his breath. And he knows everything, inside and out. 29 He energizes those who get tired, gives fresh strength to dropouts. 30 For even young people tire and drop out, young folk in their prime stumble and fall. 31 But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.

(from THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

Summarize what you think is going on in these verses. What is Isaiah talking about?

Putting things in context:

Part of analyzing a portion of scripture is putting it in historical perspective and knowing a little bit about the author.

Isaiah was a prophet appointed by God to the Southern Kingdom, Judah, from about 745 – 695 B.C. At this time the Northern Kingdom, Israel, had already been destroyed and carried off into captivity by the Assyrians, who were now threatening to do the same to Judah.

Prophets were never sent when Israel was walking with God. True to form Isaiah brought a message of rebuke and judgment on the then current climate of idolatry, corruption, wickedness and rebellion that was widespread in the moral and religious life of Judah. They were prime targets for the doom and affliction that was promised through captivity.

But, that is not where the story ends. As the Assyrians picked off one city after another, they eventually camped outside the walls of Jerusalem. And that is where they were stopped by God with a grand stroke from heaven. The Assyrians never came back against Jerusalem. Unfortunately in 586 BC, well after Isaiah's death, the Babylonians fulfilled Isaiah's prophecy and Judah fell and was carried off to captivity.

There are many prophecies in Isaiah not just about the immediate situation in Judah, but also about the future restoration of Judah when the Messiah King comes to set up His kingdom on earth.

Chapter 40 begins the second part of the book, where the author moves from rebuke, punishment, and affliction, to a message of hope and redemption. The people needed a fresh reminder of the truth about God. There was hope, and it would come in the form of the Messiah King.

How does this information help you understand what is going on?

Pick one verse from this section that either rebukes you or encourages you. What is it and what's your next step?

journal

3.2 I Don't Believe It!

To many of us, that is our first reaction to news or information that doesn't line up with what we already think we know, expect, are comfortable with, hope for, enjoy, desire, etc. If we don't want it to be true, it can't be true. But how do we really know? How do we sift through all the noise?

In the era of the internet and 24 hour news, we are overwhelmed with data and information, as well as propaganda, ads and gossip, all coming at us at the speed of light through our TV's, computers, and phones.

Can you believe everything you read or hear?

- How do you know if something contains the truth or not?
- Are we being brainwashed, being fed propaganda, only getting half the story?
- How do we know history is correct?
- Things that happened, not yesterday or last week or even last year – but 100's and 1000's of years ago?
- Is there reliable evidence or proof?
- Did it really happen?
- Can we trust the sources – were they biased, with hidden agendas?
- Was there a conspiracy?
- Did the story change over time?
- Are we being messed with?



Did you ever play the telephone game? You know where you whisper something in one person's ear and then they pass it on to another, and so on. Here's an example of an actual game we played with 40 people. The initial information to be passed on was the following:

The last time I saw Barry, he was sharing the bread and money he'd stolen with crazy Larry, pretty Mary, and hairy Terry.

After 40 people listened and passed it on – this was what the last person heard.

Last time I saw Larry, he was thinking about Larry.

What got lost in the transfer or changed over time? Any ideas why?

Your turn:

How do you determine what information to believe when you are watching or reading or listening to something or someone?

Explain how the passage of time could corrupt or clarify the accuracy of information.



investigate

Eternal and Infinite

Define: Write a brief definition next to each of the above words using a regular dictionary, not a Bible dictionary. (Click on any word to link to dictionary.com)

- ∞ [Infinite](#)
- ∞ [Eternal](#)
- ∞ [Immutable](#)
- ∞ [Omnipresent](#)
- ∞ [Spirit](#)
- ∞ [Time](#)
- ∞ [Space](#)
- ∞ [Everlasting](#)
- ∞ [Change](#)
- ∞ [Same](#)
- ∞ [Always](#)
- ∞ [Everywhere](#)
- ∞ [Immortal](#)
- ∞ [Ubiquitous](#)
- ∞ [Consistent](#)

Now write your own definition for **Beyond Time and Space** below:

Review: Read the verses and fill out the chart below. Decide whether each verse is describing God's :

Immutability – unchanging, consistent, immortal
Eternity – Beyond time, no before or afters, always at once
Omnipresence – infinite space, everywhere at once

Then describe what each verse says about how this impacts you.

<i>Verse</i>	<i>I, E, O</i>	<i>Impact on you</i>
Joshua 1: 9	<i>O</i>	Because God is always with me I can be strong and courageous instead of afraid and hopeless.
I Samuel 15: 29		
Psalms 33: 11		
Psalms 48:14		
Psalms 100: 4-5		
Psalms 103: 17		
Psalms 119: 89-91, 151-152		
Psalms 139: 7-10		
Psalms 145: 13-20		
Eccl. 3: 11		
Isaiah 40: 28-29		
Isaiah 57: 15		
Jeremiah 23: 23-24		
Malachi 3: 6-7		

Matthew 1: 23		
Matthew 24: 35		
Matthew 28: 18-20		
I Timothy 6: 16		
Hebrews 4:13		
Hebrews 13: 5-6		
Hebrews 13: 8		
Hebrew 6:17-18		
James 1: 17		
Revelation 22: 12-13		

I = Immutable, unchanging, the same, immortal

E = Eternal, infinitely present in all time at the same time, no before or afters, endless

O = Omnipresent, infinitely filling all space, everywhere at once

Infinity is freedom from all limits and a descriptor of all the other attributes.

Conclude:

10 things

Beyond Time and Space

1. **El Olan** is the Hebrew name for God translated, the Eternal or Everlasting God. It refers to the fullness of the experience of time and space. This is the God whose son is the Alpha and the Omega, and whose plans, covenants, purposes and love endure forever.¹
2. **Yahweh Shammah** is the Hebrew name for God translated, the Lord is There. It originally was the name of a city in **Ezekiel 48:35**, but now is usually associated with Immanuel or "God with Us", the name given to Jesus. This affirms the promise that God is always with us, all the time and everywhere we go, for each of us, individually.²
3. **A.W.Tozer** – "Time marks the beginning of created existence and because God never began to exist it can have no application to him...God lives in the everlasting now. He has no past and no future."³
4. **David Hocking** – "At this very moment God exists, and at the same time He exists at the time of Abraham and at the time of His future Kingdom on earth. His presence fills it all, and His nature transcends its dimensions."⁴
5. **Arthur W. Pink** – "He cannot change for the better, for he is already perfect; and being perfect he cannot change for the worse. Altogether unaffected by anything outside himself, improvement or deterioration is impossible."⁵
6. **J. I. Packer** – "What God does in time, he planned from eternity. And all that he planned in eternity, he carries out in time. And all that he has in His Word committed Himself to do, will be infallibly done."⁶
7. **Stephen Charnock** – "As eternity is the perfection where He has neither beginning nor end, immutability is the perfection where he has neither increase or decrease, so immensity or omnipresence is that where he has neither bounds nor limitation. As He is in all time, yet so as to be above time; so He is in all places, yet so as to be above limitation by any place."⁷
8. **Eternity is more than** just an elongation of time. Time implies a moment by moment successive state of being that involves change. Eternity is changeless. It is now, forever. Time involves now and then, past, present and future. Eternity has no beginning and end.
9. **God cannot change**, improve or grow, since that would imply that at some point He was less than perfection. Everything else is composed of what changes and what does not change.
10. **God is separate from** the universe He has created and in which He chooses to dwell. Nature is not God. God is above nature and uses it to accomplish His purposes.

Your turn:

Pick one or two of the above quotes or statements and share any insights or challenges it presents to you.

journal

3.3 The Big Jump

So how do we move from Theism (a belief in the one and only transcendent god who interacts with his creation) to the belief in the **Triune God, God Almighty, The One and Only Yahweh God** of Christianity?



God is not a triplex, but a triunity. Instead of $1+1+1=3$, think $1 \times 1 \times 1 = 1$. The trinity cannot be proved by human reason, but just because it goes beyond human reason does not mean it goes against human reason. God has one essence (What) and three persons (Who). The three Who's each share the same What, all the while remaining ONE.

This **sounds crazy**, we can't really understand it, we would have never created a God like this. It is one of many truths about our transcendent God that remain just out of our mental reach.



So God provided **more information** – and that comes through what is known as Special Revelation – found in the Book called the Bible.

The Bible contains the **core message of Christianity** – breathed by God Himself through men and onto paper so you and I can read its inspired message 3000 years later.

My own personal journey included a period in time prior to my becoming a Christ follower, when I had to validate for myself that the Bible was indeed reliable, true, and accurate - before I would believe it and do what it said.

The basis for this study is the Bible.

We are looking up verses and reading chapters to learn more about God.

How do we know this isn't just some myth? Someone's primitive wishful thinking?

I set out to find out – as many, many others have before me, and it changed my life.

The Bible stands up to scrutiny – as it has for generations and as it will until the end of time.

Make sure to review the More Cool Stuff section in this Journey to see what I found out.

We conclude the **Bible is indeed worthy** – Of study, of trusting, for direction and truth, God's instructions, encouragements, rebukes, everything we need to know about Him, and His plans for our lives and our world. –

We can believe it – It's inspired by God.

Your turn:

What kinds of things would you want to know about the Bible to validate that what it says is true?

What excuses do people use to not believe in the Bible?



practice

Study and Meditation



Study - Going Deep over Time

We are already practicing Reading, Analysis and Investigation in our weekly Elements so the following information is for you to use at a later time. These are all parts of Study and all Practices of Engagement. The purpose of Study is to know and understand the material studied to the extent you can explain it to someone else.

For additional background on the *practice* element, see the [appendix](#).

Take it slow:

Study goes in depth and requires time. It is helpful to block out a couple of hours of time periodically to dig in. Don't be in a hurry. It is ok to spend weeks studying a book, character or theme in the Bible. Some of the books are long and it is profitable to begin by just reading them from start to finish becoming familiar with their overall flow.

Resources:

Study requires you have some resources at your disposal. Many of these are now available to use online at no cost. A good personal study library would include a Study Bible with concordance, an alternate Bible translation, a Bible Dictionary, a regular dictionary, a good one volume Bible commentary, and a Bible Handbook or Encyclopedia for historical information.

Context needed:

It is helpful when studying God's Word to understand the historical context and culture in which the passage was written, the meanings of words then and now, what specific situations inspired the writings, who the people were, and so on.

And Style:

It is also helpful to understand the literary style (poetry, history, parable, prophecy, etc.) being used as well as any figurative use of language such as:

- **simile** (I send you forth as sheep amongst wolves) comparison of two unlike things, typically marked by use of "like", "as" or "than"
- **metaphor** (You are the salt of the earth) direct comparison between two or more seemingly unrelated subjects as being equal to each other in some way
- **analogy** (For the message of the cross is foolishness to those who are perishing, but to us who are being saved, it is the power of God) the comparison of two pairs which have the same relationship.
- **hyperbole** (Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?) exaggeration to make a point or for the sake of emphasis.
- **anthropomorphism** (For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him.) ascribing to God human physical characteristics that He does not actually possess in order for man to understand God's divine policy, character, and function on man's own finite level of understanding.

Many Ways:

There are many different ways to study the Word. The key components usually include: Reading, Investigating, Analyzing, Understanding, and finally, Making it Personal.

Many people describe study as answering the following questions in this order:

What does it say?

What does it mean?

What does it mean to me today?

The ultimate goal is to understand what God was communicating then, accurately interpret its meaning today and then be able to explain it to someone else. It goes without saying, always pray first and seek the Holy Spirit's assistance.

Personal Reflections on Study:

1. Study is a practice of engagement - which means we are to do something we normally would not do. What are some subjects or Books of the Bible you would like to study?
2. Are there other things you would like to also study?
3. What kinds of subjects or activities do you already know well enough to explain to someone else?
4. How did you obtain this expertise? What motivated you to get started?
5. What excuses or rationalizations do you come up with to put it off studying or not do it at all?
6. What are or would be some of the benefits of having Bible knowledge you could explain to someone else?

Devotional Reading – Daily Inspiration

Devotional reading is reading the Word looking for spiritual inspiration for today. Look for application points, for God to speak to you regarding your life, usually around one of the following possible areas.

- A sin to confess
- A promise to claim
- An attitude or behavior to change
- A command to obey
- An example to follow
- An encouragement to receive
- An error to avoid
- A truth to believe
- An insight to gain
- A reason to worship
- A new thing to learn about God



There are many devotional books and journals available that are wonderful tools if you are just getting started, or stuck, and need to get restarted. Or you can go it on your own and just start reading the Word until the Spirit stops you. Then find out why. Don't forget to pray first and seek the Holy Spirit's help.

The ultimate goal of Devotional Reading is practical application of God's Word through the power of the Holy Spirit.

Personal Reflections on Devotional Reading:

1. What time do you find is best to regularly do your Devotional Reading?
2. Are you reading a devotional book, the Bible or both? What are some good devotional books that are meaningful to you that you would recommend to others?
3. Some people find journaling helpful and others don't. This is just a matter of personal preference. Do you Journal? If yes, what benefits do you derive from it? If not, why not?

Meditation – Daily Transformation



Meditate each day as you review your Remember verses. Note any insights you receive.

Misunderstood:

Meditation is one of the most misunderstood of Christian practices. It has been confused in recent years with the meditative practices of Eastern religions. While Eastern religions practice meditation to empty their minds and detach from the world, Christians practice meditation on the Word to fill their minds and attach to God.

Do You Know How to Worry?:

It is not hard, and cannot be learned from a book. It can only be practiced. If you know how to worry, you know how to meditate. It is simply thinking about something over and over, processing the same thought or idea. It should be prayerful, and in connection with God, but can be done anywhere, anytime, any place.

Transformation:

The goal of meditation is to receive the mind of God, hear the voice of God, applying scripture correctly in our lives and gaining guidance. It is the means to appropriating the transforming power that renews our minds and souls. It cleanses us and brings us to a point of decision which leads to application and action.

Use Your Imagination:

It can involve using our imagination through visualization. This has also been misunderstood as many fear the evil one will distort our understanding through our imagination. Yet, done prayerfully, in the correct attitude and spirit, God can sanctify and use our imagination for his good purposes.

Getting Started:

- Concentrate on your selected passage by committing as much of it to memory as possible.
- Paraphrase it in your own words.
- Personalize it by substituting your name in place of pronouns and nouns.
- Speak the passage out loud many times with emphasis on different words each time.
- Visualize the passage in some way, either substituting yourself in the scene for the main character, or seeing the scripture come true in your life, coming face to face with Jesus, putting yourself in the place of those who received the original words. What is going on, how would you respond, what do you feel, what would you do?
- Pray the passage back to God, amplify the passage in your prayer.

These are just ideas and not all will work with every passage.

Remember the goal of Christian meditation is transformation, the renewing of our minds so we begin thinking the thoughts of God. This will eventually change our actions as we apply the thoughts of God to our human actions, attitudes and emotions.

Personal Reflections on Meditation:

1. What are some ideas you have or have had about the practice of meditation?



2. What is the goal of Christian meditation?
3. What kinds of things do you worry about? Do you have to plan to worry?
4. What excuses or rationalizations do you come up with to put off meditation or not do it at all?
5. What is an area of your mind or thinking that needs to be transformed?
6. As you begin to meditate on the attributes of God through your Remember verses, what ways do you think this could impact your life? How would your "worry time" change?

why?

Study

Paul – “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” 2 Tim 3:16-17 NIV

Unknown – “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.” Heb 4:12 NIV

Richard Foster – “In the study of Scripture a high priority is placed upon interpretation: what it means. In the devotional reading of Scripture a high priority is placed upon application: what it means to me. All too often people rush to the application stagethe want to know what it means to them before they know what it means.”⁹

Rick Warren – “Probably one of the best keep secrets in Christendom is the availability of practical Bible study helps. This is comparable to a carpenter who sets out to build a house without knowing that hammer and saw are available to him.”¹⁰

Calvin Miller – “Mystics without study are only spiritual romantics who want relationship without effort.”¹¹

Dallas Willard – “Now disciples of Jesus are people who want to take into their being the order of The Kingdom Among Us. They wish to live their life as Jesus himself would and that requires internalization of that order. Study is the chief way in which they do it.”¹²

The questions of how to interpret the Bible is not a minor issue. It is, in a sense, one of the battlegrounds for our souls. If Satan had a list of what he does not want us to do, Bible study would be at the top, along with prayer and worship.

Through study of Scripture we learn who Jesus is and are enabled to become like Him. How can we become like Him, if we do not know what He is like? Devotional studies are important, but they must result from a serious study of Scripture. (from Nelson's Illustrated Bible Dictionary, Copyright © 1986, Thomas Nelson Publishers)

Every Christian with the Bible in hand is rich whether he knows it or not. Let him search and find hidden treasures.

The Psalmist - I have kept my feet from every evil path so that I might obey your word. I have not departed from your laws, for you yourself have taught me. How sweet are your words to my taste, sweeter than honey to my mouth! I gain understanding from your precepts; therefore I hate every wrong path. Your Word is a lamp to my feet, a light for my path. Ps 119: 101-105 NIV

Your turn:

Pick one or two of the above quotes or statements and share any insights or challenges it presents to you.

why?

Meditation

Dallas Willard – “Our prayer as we study meditatively is always that God would meet with us and speak specifically to us, for ultimately the Word of God is God speaking.”¹³

Paul – “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you.” Phil. 4: 8-9 NIV

THE LORD – “Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” Joshua 1: 8 NIV

John Ortberg – “The purpose of knowing Scripture is not to help us get 100% on the heavenly entrance exam. It is to help us become equipped for good works.”¹⁴

Meditation is where Bible Study and Prayer meet. It links the Bible knowledge we have with our desire and will to produce application. It moves us.

Richard Foster – “Christian meditation, very simply, is the ability to hear God’s voice and obey his word.”¹⁵

Rick Warren – “Meditation is essentially thought digestion. You take a thought God gives you, put it in your mind, and think on it over and over again....Scriptural meditation is reading a passage of the Bible, then concentrating on it in different ways.”¹⁶

Meditation helps us fine tune our spiritual hearing so we can recognize the voice of God over our own selfish desires.

Begin your day in the evening. Go to sleep meditating on God’s word and it will set your mental attitudes for the next day.

Meditation renews our soul and enhances our spiritual discernment, sensitivity to others, our conscience, increases our wisdom and our creativity. It will slowly replace our mind with the mind of Christ.

Your turn:

Pick one or two of the above quotes or statements and share any insights or challenges it presents to you.

journal

3.4 Unlimited Sameness

Let's review - Remember we said that an attribute not only describes God but also applies to all the other attributes. We also said there are two kinds:

- **uncommunicable** - the ones that only apply to God
- **communicable** - the ones He has extended to us in a finite portion when we were made in His Image.

Think a little about the attributes we've discovered in this specific Journey.

God is Infinite – There are no limits to God in any sense, He is limitless, measureless, and there are no limits on any of His other attributes. No boundaries, He goes beyond what we can even imagine, He goes farther, faster, better, higher, and keeps on going. He crosses over any walls we try to construct to contain him.

God is Eternal: He exists outside of time, without beginning or end – time creates limits, and since He is Infinite He must also be Eternal, unlimited and timeless. He is not a fortune teller, but sees all time in a single eternal view. We are always moving through time, everchanging. God is outside of time, never changing.

God is Immutable: He never changes, His thoughts and actions are always consistent, always the same, –This applies to all his attributes. The passage of time creates change, but He exists outside of time. He cannot die, or perish, as that would imply change. We can count on Him, there are no surprises.

God is Omnipresent: Where is God? Everywhere at once in all time and beyond - this correlates again with not being constrained by the limits of time and space. Right now, where ever you are – God is there, and at the same time (from our perspective) He is also in England, or Japan, 1000 years ago. Pick any date, any place, and God is there right now.

Lest we think that from our perspective a limitless, timeless, everpresent, neverchanging God would be boring, scary, intrusive, out of control.....we need to remember we aren't finished yet. These uncommunicable attributes are foundational to all the attributes to come. We can only imagine how we might act if they applied to us.....and that is a scary thought!

Your turn:

Which of the four attributes above is the most mystifying or mindboggling to you? Why?

Do any of them make you more uncomfortable? Or more secure? Why?

inventory

Your Hopes and Fears

Take some time to answer the following questions about your own personal Hopes and Fears. You may not have answers to all the questions right away – so take some time to think about them. Answers will come to you over time.

Remember there are no wrong answers, only honest answers.

What do you fear?

What do you feel guilty about?

What are you ashamed of?

What ticks you off, makes you angry?

What are you proud of?

What keeps you going?

What are you hoping for?

What are you sure of?

What do you struggle with?

What would you risk and for what?

What would you fight for? die for?

What one thing do you wish you'd known ahead of time?

What brings a smile to your face?

A tear to your eye?



journal

3.5 It's About Time

Time does not apply to God – He created it and exists outside of it.

It is a **measure of moving, changing beings** and God does not look forward or back. He doesn't need to. Movement always requires change, and God doesn't change and he doesn't have to move, because He is already everywhere.



Time is the **4th dimension** and only has **one direction**. Light only travels forward in time. But when you see light - you are actually looking back in time.

In Physics, time is a **fundamental quantity** – like space, mass, and number. It cannot be defined in terms of something else. It can either be thought of as a **unit of measurement** or a **dimension** through which things flow or occur.

Time measures our before and afters and it **changes things** - or things change as they move through time.

Over time we change our place, attitude, appearance, mind, energy level, hair color and effectiveness. The older you are the faster time appears to go by. And over time things left to themselves will run down.

We waste time, redeem time, take time, hurry to be on time, wish we had more time. Our lives are a series of yesterdays, todays and tomorrows, moments on top of moments, we can't stop it and we can't get it back once it's gone. We are always moving through time – **everchanging**. God is eternal, outside of time – **never changing**.

Eternity is now forever – and one day our souls will leave the confines of time – as that part of our being is also eternal.



But Time needs a beginning – or we would never arrive at today. It can go on forever, but it had to start somewhere – at some point.

When God created the universe – **the clock started ticking**.

Your turn:

When does time matter the most to you?

Do you spend more time thinking about your past or your future? Why do you think that is?

What one thing from your past would you like to do over? Why?

What one thing about your future would you like to know about now? Why?

adventuring

Creation Study

Plan a 30 minute time of uninterrupted reflection outside in a natural environment. It can be in your backyard or any other safe place. If you have the time, plan to do this twice, once in the daytime and once at night in the same place.

Take your pen and notebook to record your observations and reflections. Start out by sitting down and getting the broad strokes.

Where are you?

What do you see? What's going on?



What do you hear?

What do you smell?



What do you physically feel?

Now really look and listen. What kinds of colors, variety of foliage, different sounds, living creatures are there? Look up. What's happening in the sky?



Now move to a specific area and really zero in on one piece of God's creation that has caught your eye. Touch it if possible. Look closely. What does it feel like, look like, smell like? What is amazing about it?

journal

3.6 Space Case

Not only are we **moving through time** – we are also **moving through space**.

3 dimensional space is where we live – we see everything in terms of length, width, and depth or height. We have mass and matter – and then as matter in space, we move through time.

But God is not spatial or material because He is spirit and **unburdened by any limits**. He created the very space He fills. Yet He can appear as He chooses – for our benefit and understanding.

Are you sitting still?

Wherever you are sitting at this moment – you are moving all over the place - in space

- The **earth is rotating** on its axis (1000 mph) and at the same time rotating around the sun (66,000 mph).
- Our entire **solar system** is at the same time rotating in our galaxy, the Milky Way (483,000 mph)
- The **Milky Way** while it is rotating is moving away towards the edge of the universe with the earth in it, so the earth is moving 1.3 million miles per hour and since you and I are along for the ride, so are we.

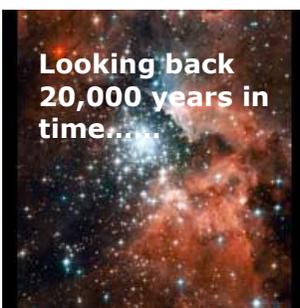


Recent improvements in technology allow us to see farther out in space and back in time.

When we see something - it is either reflected light (like the moon or your shirt) or light emitted from a light producing source, such as the sun or a light bulb.

Light travels at 670 million mph (1.09 billion km/hr), so it takes .01 second to cross the United States and 1 second to travel around the world 7 times. The moon is just 1.25 light seconds away and the Sun only 8 light minutes, Jupiter 40 light minutes, and Pluto 5.5 light hours.

- Center of the Milky Way galaxy – 25,000 light yrs
- Nearest large galaxy – Andromeda – 2 million light yrs
- Nearest galaxy cluster (Virgo cluster) – 50 million light yrs
- Edge of the visible universe – 13.7 billion light yrs away in any direction
- 10^{22} stars in known universe, 100 billion galaxies - each with 100 billion stars



There is a lot of space out there. But there is also as amazing a universe within each cell. Yet much of both appears empty of mass and matter.

In fact, if **all the matter in the earth** were compressed together it would take up as much space as a **peanut MM**. Honest!

Scientists now believe that **empty space** is not nothingness.

- In fact, 5% of space is filled with **normal matter** like what we can see on earth,
- 25% is filled with **dark matter** – matter that does not emit or reflect light but does create its own gravity.
- The other 70% is filled with **dark energy** – a very mysterious substance that scientists only know about because they can observe its affects on other things.

Just when you think there is nothing new to discover – God reveals.

Your turn:

What is the most fascinating thing to you about outer or inner space?

Online videos to watch:

Click the links below to see how big the universe within and without really is.

[Powers of 10 \(Ultimate Zoom\)](https://www.youtube.com/watch?v=bhofN1xX6u0)

<https://www.youtube.com/watch?v=bhofN1xX6u0>

[Cosmic Eye](https://www.youtube.com/watch?v=8Are9dDbW24)

<https://www.youtube.com/watch?v=8Are9dDbW24>

The Universe is huge.....God is Bigger!

lyrics

You might wonder why lyrics are included in a study like this.

I believe lyrics, or poetry put to music, as well as the accompanying music, have always been used by the Most High to impact our hearts and minds –

either by **our part in its creative process** –
 or through **our participation in its expression** –
 or through **our pleasure as a recipient** of its

sensory benefits.



Please try to listen to the musical versions on your own - **iTunes** and **youtube** are great online resources. If you are using the PDF version of this study and are connected to the internet, clicking on the song title will bring up a youtube video of each song. The lyrics presented will not always be spiritual in their original context – but much can still be gained from applying them to how they describe and point to the Most High God.

When It's All Been Said and Done

<https://www.youtube.com/watch?v=POU7foVgTpc>

Words and Music by Jim Cowan
 © 1999 Integrity's Hosanna! Music

When it's all been said and done
 There is just one thing that matters
 Did I do my best to live for truth
 Did I live my life for You

When it's all been said and done
 All my treasures will mean nothing
 Only what I've done for love's Reward
 Will stand the test of time

Lord Your mercy is so great
 That You look beyond our Weakness
 And find purest gold in miry clay
 Making sinners into saints

I will always sing Your praise
 Here on earth and ever after
 For You've shown me Heaven's my
 True home

When it's all been said and done
 You're my life when life is gone
 Lord I'll live my life for You¹⁷

Your turn:

What do you hope will stand the test of time in your life when it's all been said and done?

Only Time

https://www.youtube.com/watch?v=7wfYIMyS_dI

Performed by Enya
Lyrics by Roma Ryan
© 2000 EMI Music Publishing Ltd.

Who can say where the road goes
Where the day flows, only time

And who can say if your love grows
As your heart shows, only time

Who can say why your heart sighs
As your love flies, only time

And who can say why your heart cries
When your love lies, only time

Who can say when the roads meet
That they might beat, in your heart

And who can say when the day sleeps
If the night keeps, all your heart

Night keeps, all your heart

Who can say if your love grows
As your heart shows, only time

And who can say where the road goes
Where the day flows, only time

Who knows, only time..
Who knows, only time..¹⁸

Your turn:

What elements of time are revealed in this beautiful, ethereal song about future time?

Now read these lyrics, only substitute God for time. Does that change the meaning for you at all?
In what way?

The Time of Your Life

<https://www.youtube.com/watch?v=CnQ8N1KacJc>

Performed by Green Day
Lyrics by Billie Joe Armstrong
© 1997 Warner/Chappell Music, Inc.

Another turning point, a fork stuck in the road
Time grabs you by the wrist, directs you where to go

So make the best of this test, and don't ask why
It's not a question, but a lesson learned in time

It's something unpredictable, but in the end it's right.
I hope you had the time of your life.

So take the photographs, and still frames in your mind
Hang it on a shelf in good health and good time

Tattoos of memories and dead skin on trial
For what it's worth it was worth all the while

It's something unpredictable, but in the end it's right.
I hope you had the time of your life.

It's something unpredictable, but in the end it's right.
I hope you had the time of your life.

It's something unpredictable, but in the end it's right.
I hope you had the time of your life.¹⁹

Your turn:

This song was written as a classic breakup song. What comments does it make about living our lives within time, about choices, decisions, memories and perspective when looking back?

Are you having the time of your life? What do you think that line means?

more cool stuff

Unshakeable Thru the Ages

The Bible contains the core message of Christianity – breathed by God Himself through men and onto paper so you and I can read its inspired message 3000 years later.



My own personal spiritual journey included a time prior to my becoming a believer in Christ, when I had to validate for myself that the Bible was indeed reliable, true, and accurate - before I would believe and do what it said.

I set out to find out – as many, many others have before me, and it changed my life.

The Bible stands up to scrutiny – as it has for generations and as it will until the end of time.

So, what did I find out?

The Bible is from the Greek word - *biblios* - meaning book

- Contains **66 books**, written by **40 authors** over **1500-1600 years**
- The **original languages** of the OT are **Aramaic** and **Hebrew**, while the NT was written in **Greek**
- It contains **multiple literary genres** or styles and was written in **different places and times**
- **Gutenberg Bible** was the first ever printed book
- The **Septuagint** was the first ever book translated into another language. It contains the Hebrew scriptures translated into Greek during the 3rd century BC.
- Since then portions of the Bible have been **translated**, as of 2003, into over **2500 languages** representing 90% of the earth's population. Currently over 500 new translations are being worked on.

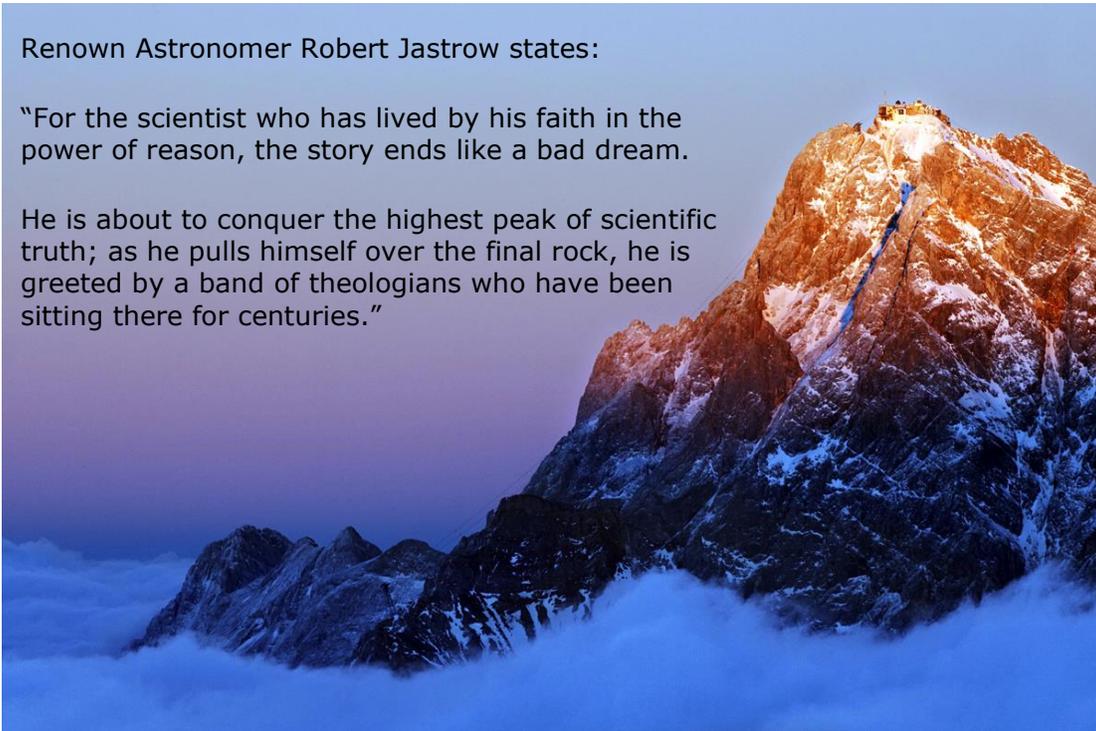
The Bible is Unique in its:

- **Continuity of teaching- one story** of redemption about one person, Jesus, in complete harmony – no contradictions
- **Circulation** – Best selling book of all time
- **Survival and preservation** – copied countless times over 3500 years with amazing accuracy by professional scribes. – In NT only 400 words are in question, most of them are obscure and none affect Christian doctrine, many are just spelling or clerical errors.
- **Historical**– no artifact has ever been found to contradict the Bible. – In fact over 1500 archeological discoveries were made using the Bible as a guide.
- **Archeological survival** - Over 24,000 original copies from antiquity still survive, including 5000 complete copies, many written within 100 years of the original text. – The Iliad is the next closest when it comes to number of original texts available, with only 600. – the earliest on hand dating 500 years after the original.
- **Scientific accuracy** – It accurately describes the way the universe works, way ahead of what people thought at time.

Renown Astronomer Robert Jastrow states:

“For the scientist who has lived by his faith in the power of reason, the story ends like a bad dream.

He is about to conquer the highest peak of scientific truth; as he pulls himself over the final rock, he is greeted by a band of theologians who have been sitting there for centuries.”



Prophetic accuracy - What are the odds?

- Of the 2500 prophecies in the Bible, 2000 have already come true
- **Odds of one person fulfilling just 8 prophecies is** like covering the state of Texas with 2 feet deep of silver dollars. Mark one silver dollar and hide it. Blindfold a man and tell him to go and pick up one silver dollar and it must be the right one. **1 in 10¹⁷**.
- The probability of **one person fulfilling 48 prophecies is 1 in 10¹⁵⁷**. The number of **atoms in the universe** has been calculated at **10⁶⁶**.
- **Jesus Christ** in his first coming to earth **fulfilled 332** of the prophecies regarding Him in the OT.
- **What are the odds?**

The Bible presents a very honest portrayal of its heroes, controversial subjects and miracles.

It is the ONLY Book that claims to be the WORD of GOD.

The Bible makes other claims about itself

- Active - Heb. 4:12
- Authoritative - Deut. 32: 46-47
- Enduring - Psalm 119:91
- Flawless - Psalm 12:6
- Good - Psalm 119:39
- Instructive - Psalm 119:24
- Perfect - Psalm 19:7
- Powerful - Jer. 23: 29
- Revelation - Ex. 24:4
- Trustworthy - 2 Sam. 7:28
- Roadmap – Psalm 119:105
- Personal Insight - Heb. 4:12
- God breathed - II Tim. 3:16

How were books selected to be in the Bible?

Each book had to meet 5 qualifications

1. **Written by a spokesperson** of God (prophet, teacher or apostle, or one close to them)
2. Who was **confirmed by an act** of God (miracle or other act of God - only immediate contemporaries experienced this)
3. Who **told the truth** about God (compared to already revealed truth)
4. **In the Power** of God (changed lives resulted)
5. And was **Accepted by the People** of God. (The early Church who received it)

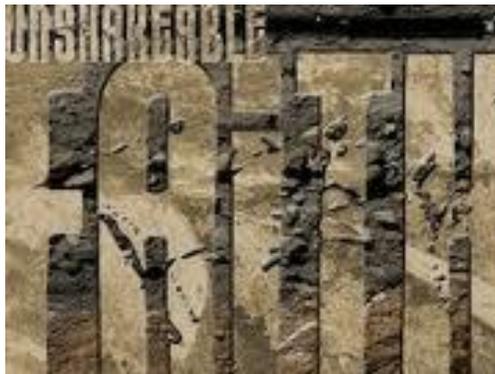
Finally - testimonies through the ages and continuing today of its transforming power in ordinary lives become an extension of His special revelation – oftentimes the most powerful kind.

Only one conclusion makes sense - the Bible is indeed worthy

Of study, of trust for direction and truth

unified in ONE story, spirit and theme
We can believe it –
It's inspired by God –

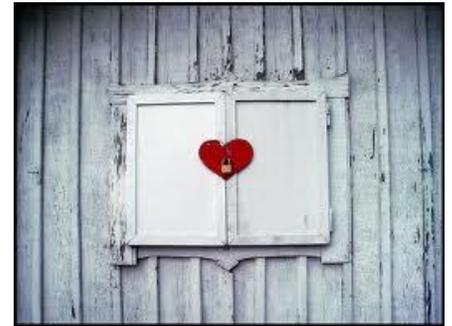
and it stands up to the tests of time. ²⁰



journal

3.7 Nitty Gritty

The term **Nitty Gritty** means to get to the heart of the matter, the basic essentials or realities of something. The concepts below are the main points or the Nitty Gritty of the **Beyond Time and Space** journey you have almost completed. Take some time to review them.



1. **We need more information** or Proof of Life to move from belief in a ONE and ONLY god, to belief in THE ONE and ONLY TRIUNE YAHWEH GOD of Christianity.
2. **God wrote us a Book and came on a visit** to provide us what we needed.
3. **The Bible contains God's message** to the world, His Book, the core of Christianity. It is Unshakeable in its trustworthiness, and worthy of belief. It is the most amazing book ever written.
4. **There are no limits to God.** He exists outside of time, and is everywhere in all time, at the same time.
5. **God never changes.** He can only act within His nature, which makes Him consistent and trustworthy. There are no surprises with God. We can count on Him.
6. **Time and Space do not apply to God even though He created both.** We are trapped in space, moving through time, everchanging, without a second thought.
7. **When God created the universe, the clock started ticking.**
8. **Space is not nothingness.** Just when you think there is nothing new to discover, God reveals.
9. **Extra Credit Reading Recommendation:** [A Ready Defense](#) by Josh McDowell.

Any final thoughts?

closure

Because it matters what we think about God

We have come to the end of **Beyond Time and Space**, the third of the 12 OmniInfinity™ Journeys. This journey has caused us to **Remember** "*I AM the Alpha and Omega*", says the Lord, "*who is, and who was, and who is to come, the Almighty.*" (Revelation 1:8) and **Read** Job 38-42 and Isaiah 40.

We **Analyzed** by getting The Big Picture and then Put Things in Context and **Investigated** the Eternal, Infinite, Omnipresent and Immutable One, as well as **Practiced** Study and Meditation. We also took **Inventory** of our Hopes and Fears and went on an **Adventuring** Creation Study. We were challenged by revelations about our Unshakeable Word of God, the Bible, in **More Cool Stuff**. And finally, **Lyrics** spoke to our hearts and souls as we pondered the impact of Time and Space on our lives through music.

The **Journal** guided us through discovering that **we need more information** to come to a true understanding of our One and Only God. God knew this and provided us **two extraordinary means of communication**. **He wrote us a book** and **came on a visit**. And yet we still wonder if we are getting the truth – so much information comes our way and how do we decide? **Does truth change over time?**

We learned **the Bible contains God's message to the world**, His Story, the core of Christianity and that **it's Unshakeable in its trustworthiness** and **worthy of belief**. In all ways, it is the most amazing book ever written.

Next we explored the fact that **there are no limits to God** – He exists **outside of time**, and is **everywhere in time**, at the **same time**. He **never changes** and is consistent and trustworthy. Since there are **no surprises** with God, we can count on Him.

Time and Space do not apply to God even though He created them both. When God created the universe, the clock started ticking. We, however, are trapped in space, moving through time, ever-changing, most often totally unaware. We discovered **space is not nothingness**. The smarter we get, the better technology we create, **the more we discover, the more God reveals**.

Now it's time to **think back** over this part of your journey and **reflect** on what you have discovered and learned. The categories below may help jog your memory. **Describe** the details of any areas that **apply** to you.

New Things I Learned

Old Things I was reminded of



Questions I have

Areas I was challenged in

First steps I took

Areas I would like to study more

“AHA!” moments

Dreams and visions



appendix

- [About the Journeys](#)
- [About Remembering](#)
- [About the Practices](#)

about the journeys...

Welcome to **OmniInfinity™**.. a series of guided journeys leading to greater knowledge and understanding of the attributes of God and the Spiritual Practices necessary to gain this knowledge.

The only requirement is a willingness to learn and discover through a variety of activities. Some elements you may naturally be drawn to, some will challenge you, and some may be way out of the box for you. It is important to do them all, in order, completing one journey before moving on to the next.

There are twelve journeys or units, **each designed to be completed in two months** - either by yourself, with a friend or in a small group setting. It is important to remember we all start from different places, we start with what we know and move on from there, but we are all traveling together.

journey elements

The following elements make up each journey and should be completed in order. Some of the elements require some advance planning, so you might want to review the entire contents of each journey before you begin. Use the Table of Contents to check off your progress.

Remember: One or more Bible verses to memorize for each journey unit.

Read: Throughout the twelve journey units you will read some of the most profound and well loved chapters in the Bible.

Analyze: A variety of Bible Study methods will be offered to help you analyze in greater depth a section of the Reading above. The goal of this section is to familiarize you with various ways to greater understand God's Word.

Investigate and 10 things: Each journey unit focuses on a group of God's attributes, defining terms, and completing a directed investigation page.

Practice and Why?: Part of growing in our relationship with God is the intentional practice of skills that have helped Christians from the beginning. Each journey unit will focus on one or more of these with instructions for developing each discipline skill. Some Practices involve doing a specific activity, while others require we stop doing certain things.

Inventory: A personal inventory will be completed regarding areas related to the attributes and skills studied in each unit, reviewing your personal history and evaluating your current practices and beliefs.

Adventuring: This section guides you to venture out into the world with a specific assignment to observe, interact with or impact your surroundings and neighborhoods. The intent is to allow God to reveal Himself through nature, media and other people.

Lyrics: You are encouraged to read the included song lyrics as poetry for your inspiration, go online and listen to the actual recordings and then reflect on the questions that follow.

Journal and More Cool Stuff: The author has included some musings and further information pertaining to the subject of each journey unit for your consideration, personal response and reflection.

Closure: At the conclusion of each journey there is a place to recap where you've been, what you learned, new thoughts, challenges, growing pains.....

enjoy the adventure ...

about remembering...



Think of this exercise as a necessary foundation for future excellence – like practicing scales on the piano or doing wind sprints or swimming laps, taking your vitamins, or eating your vegetables.

We actually recall or remember all kinds of things we've memorized without really even trying. Can you think of any?

How about your phone number, email address, street address, zip code, social security number, birthday, names of your family, how to get to work, how to drive a car, that secret recipe...or how to spell or multiply, song lyrics, movie scenes, jokes, what someone was wearing, what car they drove, sports statistics, what chocolate tastes like, what the ocean smells like, and on and on.

Why do we remember what we remember?

Recollection is just the tip of the memory iceberg. Within our marvelous and mysterious brain the memory works in collaboration with us and the world – it uses all our senses and emotions. We associate smells, colors, places, rituals, symbols, landmarks, even people, with memories and when we sense the trigger, we remember.

There are tremendous spiritual benefits from Remembering Bible verses:

- Strengthens our faith
- Shapes how we view the world
- Makes God's Word immediately accessible
- Guards our minds.....and that's just for starters.

Experts say that we will forget more in the first hour after our memory event than in one day, and more in the first day than the first month...What we remember for one month, will probably stay with us.....so the idea is to remember regularly for one month and we've got it.

Here are some suggestions to help you get started. We all learn differently – so don't be afraid to try some of the more unusual methods. Not only do we need to remember the verse, **we need to remember to work on remembering the verse.**

- Write the verse on several post it notes or index cards and put them where you will see them such as the car, the bathroom mirror, the kitchen sink, a bulletin board, your computer screen saver, your cell phone, by your bed....
- Make plans to spend five minutes, twice a day (usually as you get up and before bed) to review.
- Say it slowly, 15 times in a row, emphasizing each word.
- If you have already learned it in another translation, review that one. Once you know it in one, look it up in a couple of other translations to see what is different.
- Review it when you are waiting in line, or on hold on the phone.
- Sing it – make up a tune to go with it
- For extra credit, add the verse before and the verse after.

about the practices...

The Spiritual Practices put us in a place where we are better able to interact with our environment and God. God can then reach inside our spirits and transform them.

Just as our body needs to eat, breathe, exercise, drink, sleep, etc., so our spiritual self needs to make sure it is being sustained, cared for, and trained.

The results include spiritual growth, a life controlled by the Holy Spirit, evidence of the fruit of the spirit, and the ultimate goal, living life like Jesus did.

The Spiritual Practices are not:

- Meritorious laws that earn favor with God
- A way to show how spiritually mature we are
- Unpleasant or difficult

Instead, they are:

- Intentional
- Activities we do that when practiced allow us to do activities we cannot now do.
- Adaptable to work with our temperaments and gifts
- Adjustable according to the rhythm and seasons of our lives

There are two kinds

Practices of Abstinence – when we stop doing something that is perfectly normal to allow ourselves to focus more on God, His Word, and growing in godliness. These also help us resist our tendency toward sins of commission (when we do something we shouldn't do). We withdraw to breathe in all that God can provide to us, breaking the hold that the world has on our lives. Practices of Abstinence help ready us and create room for the Practices of Engagement.

Practices of Engagement – when we do certain activities that help us grow in Christ and obey his commandments. The Practices of Abstinence have opened up the time and broken up the preoccupations so we are now free to learn of, focus on, and practice those things that God commands us to do. These assist in keeping us from our tendency toward sins of omission (not doing the things we should do). We engage to breathe out all that God commands us. ¹¹

As their name implies, the Spiritual Practices are not one-time events, but skills to be learned and developed over time. So don't be discouraged in the beginning if you struggle with them or find them difficult. Make them a regular part of your life. In our Journeys we would rather **emphasize the actual practicing of the Practices** and not so much the reading about them.....and let you discover the benefits as they appear in your life.

credits

1. Ann Spangler, Praying the Names of God, Grand Rapids: Zondervan, 2004, page 51. This book is a wonderful presentation of the history behind the names used for God in the Bible and works well as a daily devotional.
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3. A. W. Tozer, The Knowledge of the Holy, San Francisco: Harper San Francisco, 1961, pages 39. This is one of the classic concise explanations of the attributes of God. A must read for those who want to grow in their knowledge of God.
4. David Hocking, The Nature of God in Plain Language, Waco, Texas: Word, Inc., 1984, page 88.
5. Arthur W. Pink, The Attributes of God, Grand Rapids: Baker Books, 2006, page 47. Another classic.
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8. Richard Foster, Celebration of Discipline, San Francisco: Harper and Row, 1978, page 69.
9. Rick Warren, Rick Warren's Bible Study Methods, Grand Rapids: Zondervan, 2006, page 21.
10. Dallas Willard, The Divine Conspiracy, San Francisco: Harper San Francisco, 1997, pages 242, 323. Another wonderful writer with great insight into the nature of Christian spiritual life and growth.
11. Calvin Miller, The Table of Inwardness, Downers Grove, IL: Intervarsity Press, 1984, page 83.
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17. Jim Cowan, "When It's All Been Said and Done", lyrics and music, Integrity's Hosanna! Music, 1999.
18. Roma Ryan, "Only Time", lyrics, EMI Music Publishing Ltd., 2000, performed by Enya.
19. Billie Joe Armstrong, "The Time of Your Life", lyrics, Warner/Chappell Music, Inc., 1997, performed by Green Day.
20. Statistical data for this section compiled from A Ready Defense (Here's Life Publishers, 1990) and Evidence That Demands a Verdict (Campus Crusade for Christ, 1972) both by Josh McDowell.
21. Space Photographs courtesy of <http://hubblesite.org/gallery>.

All scripture references noted by NIV are taken from The Holy Bible, The New International Version, by International Bible Society, 1984, Zondervan Publishers, Grand Rapids.

so what now?

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- Journey Ten: To Die For**
- Journey Eleven: Up Close and Personal**
- Journey Twelve: Perfect Ending**