

*Highlands*  
FELLOWSHIP



WHAT IT MEANS TO FIND + FOLLOW JESUS



Hi

*there!*





**W**e are so glad you're here! It is our desire that 'Highlands is Home' becomes more than just a catchy phrase we use, but that Highlands truly becomes Home for you and your family.

When we talk about home, our minds go back to our childhood - the memories of growing up, visiting Grandma and Grandpa, hanging out with our brothers and sisters, cousins, watermelon on the front porch. Maybe when you think of home, you don't have happy thoughts. We understand that the idea of home may not be appealing to you. We want to help you find a happy home, one filled with love and acceptance. We're all looking for home, a place to belong - a place where the broken can find healing, grace is given to those with messy lives, the lonely are met with hugs, hope to rebuild is shared with families torn apart and compassion is extended to the dark corners of the world where there is injustice. At Highlands, we are united, devoted, and together we look forward to seeing God move in our midst, believing the best is yet to come.

Highlands Fellowship began in 1994 when Pastor Jimmie Davidson and his wife, Lori, started a new work in Abingdon. Our first official gathering of Highlands Fellowship was held on Easter Sunday, 1995. In 2012, Pastor Allen Jessee took the helm as Lead Pastor when our founding pastor was called to join a church in California.

Highlands has four HF Campuses as well as local Strategic Partnerships. In any expression of our Highlands Network, our goal is to meet people where they are, share the love of Jesus with them and help them in their journey to discover their best life.

We are **“Embracing All People to Experience Life With Jesus”**. While we are all imperfect, we seek to share the love of Jesus with all we encounter, allowing our local church to be the hope of the world.

We have a vision of **“Joining God in Making a Difference In Our Communities and The World”**. In seeking to accomplish that dream, we have five key initiatives: Serving our communities, Connecting Just Ones, Training Global Pastors, Developing Ministerial Leaders (*through HFCollege*) and Launching new Strategic Partnerships.

We seek Jesus’ wisdom and guidance daily; He is our ultimate leader. Our leadership consists of our Senior Pastor, Board of Directors and Trustees. Day to day oversight is provided by the Board of Directors and key ministry leaders. The Leadership Team oversees the church staff who is tasked with carrying out the vision of the church.

Leadership and Staff provide support for Highlands Fellowship multi-site campuses, New Collective Church, Simple Rhythms, HFCollege, Global/Regional Strategic Partners and our Regional Pastor Network.

## Biblical Principles

The **biblical principles** that we follow are found in the Great Commandment and Great Commission, and we follow a set of Core Beliefs that govern all we do in our church.

**The Great Commandment:** *“Love the Lord your God with all your heart... soul and... mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the law and the Prophets hang on these two commandments.”* Matthew 22:37 – 40

**The Great Commission:** *“Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.”* Matthew 28:19 – 20

As we continue to meet the next three weeks and learn to follow the Rhythm of Jesus, we will continue to point back to the Great Commandment and Great Commission. The **Up** (*Heart*), **In** (*Health*) and **Out** (*Hope*) movements are found in these two guiding principles.

## Core Beliefs

Our **Core Beliefs** give us diversity in our church family. Because your family is different from my family - we do things differently, see the world differently, we have our own ways of doing things - our essential and non-essential beliefs allow us to live in harmony.

**In essential beliefs, we have unity.** (Ephesians 4:4 – 6)

**In non-essential beliefs, we have liberty.** (Romans 14:1, 4, 12, 22)

**In all our beliefs, we show love.** (1 Corinthians 13:2)

## Essentials We Believe

### God

There is only one living and true **God**. He is Creator, Redeemer and Ruler of the universe. The eternal God reveals Himself to us as Father, Son and Holy Spirit, with distinct personal attributes, but without division of nature, essence, or being.

### God the Father

**The Father** is all-powerful, all-knowing, all-present, and all-wise. God is sovereign over all creation and Father to those who place their faith in Jesus Christ. In Him, we have our being. He is loving, gracious, merciful and just. (Genesis 1:1, 26, 27; 2:7; 3:22; Psalm 90:2; Matthew 28:19; 1 Peter 1:2; 2 Corinthians 13:14)

## God the Son

Christ is the eternal **Son of God**. Sent by the Father, He joined us here on earth, conceived of the Holy Spirit, born of a virgin, becoming fully man while remaining fully God. He lived a perfect, sinless life while on earth. He died on the cross to pay for the sins of the world, was buried and rose victorious over sin and death on the third day. He is now seated at the right hand of God, will return to earth to rescue His church, and reign over His new creation. (Matthew 1:22, 23; Isaiah 9:6; Hebrews 4:14, 15; John 1:1 - 5; 14:10 - 30; 1 Corinthians 15:3, 4; Romans 1:3, 4; Acts 1:9 - 11; 1 Timothy 6:14, 15; Titus 2:13; Rev. 21:1 - 5)

## God the Holy Spirit

**The Holy Spirit** is the Spirit of God, fully divine. He brings awareness of our sin and our need for Jesus. The Holy Spirit lives in each person at the moment of salvation. He provides the believer power for living, understanding of spiritual truths, guidance to do what is right in our daily walk, and a spiritual gift to serve the church. (2 Corinthians 3:17; John 16:7 - 13; 14:16, 17; Acts 1:8; 1 Corinthians 2:12; 3:16; Ephesians 1:13; Galatians 5:25; Ephesians 5:18)

## The Bible

**The Bible** is God's Word to us. It is the supreme source of truth, inspired by the Holy Spirit, written without error by man in its original form. It is the final authority in all matters of faith, practice and truth. (2 Timothy 3:16; 2 Peter 1:20, 21; 2 Timothy 1:13; Psalm 119:105,160; Psalm 12:6; Proverbs 30:5)

## Humanity

People are made in the spiritual image of God, male and female, to be like Him in character. Although every person has tremendous potential for good, all are born with a disobedient nature toward God called sin. Sin separates people from God, and we are incapable of repairing this relationship. (Genesis 1:27; Psalm 8:3 - 6; Isaiah 53:6a; Romans 3:23; Isaiah 59:1, 2)

## Salvation

**Salvation** is God's free gift to us, but we must accept it by faith alone. We can never make up for our sin by self-improvement or good works. Only by turning to Jesus Christ and trusting in the sacrifice He made on the cross can anyone be saved from sin's penalty. Eternal life begins the moment one receives Jesus Christ into his/her life by faith. (Romans 6:23; Ephesians 2:8, 9; John 14:6; Titus 3:5; Galatians 3:26; Romans 5:1)

## Eternal Security

Because salvation is born of grace, it is kept by grace. While all believers were given the gift of salvation, we are called to persevere in the faith. Ultimately, salvation is sealed by the Holy Spirit and protected by the power of God's hand. (John 10:9, 29; 2 Timothy 1:12; Hebrews 7:25; 10:10, 14; 1 Peter 1:3 - 5)

## Eternity

We believe that those who have received the free gift of salvation will experience **eternal** life with God in Heaven. Those who have not will be separated from Him in an eternal lake of fire. (John 3:6; John 14:17; Romans 6:23; Romans 8:17 - 18; Revelation 20:13 - 15; 1 Corinthians 2:7 - 9)

## About the Church

**The church** is global, made up of believers of all nations. Jesus calls us to gather to pray, study the Bible, build community, and worship. The church is called to be the hands and feet of Jesus, providing hope to a broken world. (Revelation 5:9, Acts 1:8, Colossians 1:18; Matthew 28:18 - 20; Matthew 16:18; Ephesians 4:15 - 16; Hebrews 10:24-25; Acts 2:42; 1 Corinthians 14:26)

## Ordinances of Jesus: Baptism & Communion

We believe **Baptism** is the immersion of a person in water in the name of the Father, the Son, and the Holy Spirit after salvation. It is an act of obedience symbolizing the believer's faith in a crucified, buried and risen Savior. It is the outward expression of an internal decision. (Matthew 3:13 - 16; Acts 2:41 - 41; 8:36 - 38)

The Lord's Supper (**Communion**) is to remind the believer of the sacrifice Christ made for us through His death on the cross. The bread symbolizes His broken body, and the cup reminds us of His shed blood. (Matthew 26:26 - 28; 1 Corinthians 11:23 - 26)

Being part of a family comes with responsibilities - someone has to take out the trash, fix dinner and wash dishes, mow the yard, get the oil changed in the car - to make a house feel like a home, everyone works together. Our Host Teams operate on that same thought.

### Host Team

**Adult Gatherings:** Consisting of many service opportunities, our **Host Teams** go above and beyond to provide exceptional care to all our HF Family. Host Team Members realize they are part of something bigger than one person and make it their personal mission to connect with others. From the streets to the seats, Host Team Members welcome folks to our physical campuses and online, share a cup of coffee with them, care for their children and students, all with the intent to make Highlands Home.

**HFKidz:** Providing a weekly service for all children, 6 weeks – 5th grade, in-person and on-line, filled with energy and excitement.

Every week, Host Team Volunteers serve in HFKidz, from greeting families, providing safe and secure hallways and classrooms, to leading in worship, teaching and guiding small group discussions. There are numerous ways for you to get connected – ask your campus' Children's Coordinator for more information today!



**HFStudents:** Our desire is for HFStudents to learn about Jesus while developing deeper relationships, growing together, serving together and inviting their friends to join them. Middle School meets on Sunday mornings and High School Students meet on Sunday nights. It is our goal to inspire, equip and raise up the next generation.

HFS has Host Team opportunities for first impressions, tech, group leaders, hospitality / food service and more. Introduce yourself to your Student Coordinator after today's gathering for more details.

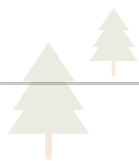
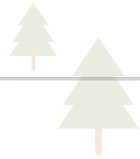
## Group Gatherings

We all have a few friends that we hang out with, a group of people who follow Jesus and do life together. It's a circle of friends who get together regularly, have conversations, and support each other while growing in your spiritual walk with Jesus. It's a natural rhythm that builds into your life and strengthens relationships with others.

You probably already have a group! It's your friends and family that are closest to you. The people you call on to share your accomplishments and your struggles, the people who see the 'real' you. Folks who encourage, support and challenge you. The guys hitting the golf course with you, ladies walking your neighborhood together, football dads and softball moms, those friends that help you study and those that you just hang out with. These are your people. This is your group!

**We thank you for taking time to consider making Highlands Home for you and your family. Make plans to join us in a Group Gathering this week as we talk about all this information and answer any questions you may have. Lastly, let us say "Welcome Home".**

Notes





**L**ast week you heard that our Mission is for everyone to experience life with Jesus. As you've gone about your week, have you thought about what that means? Do you wonder how it affects you? What are you hoping to gain through a life with Jesus? Your life and your faith should be melded together. Does it feel like yours does? Think about that for a minute.

## THE RHYTHM OF JESUS

Making Highlands Home begins with your relationship with Christ. We believe Jesus calls us to be disciples who make disciples.

### What does it mean to be a disciple?

*"One day as Jesus was walking along the shore of the Sea of Galilee, he saw two brothers—Simon, also called Peter, and Andrew—throwing a net into the water, for they fished for a living. Jesus called out to them, 'Come, **follow me**, and I will show you how to fish for people!' And they left their nets at once and **followed him**. A little farther up the shore, he saw two other brothers, James and John, sitting in a boat with their father, Zebedee, repairing their nets. And **he called them to come, too. They immediately followed him**, leaving the boat and their father behind."*

Matthew 4:18 - 22

Being a disciple means we intentionally follow Jesus. While we believe this simplifies our understanding, we do not want to convey that this is always easy.

Just as the Great Commandment can be said 'Love God, Love People' (simple) **ALL** the law and prophets hang on this (not easy).

Choosing to follow Jesus involves repentance (a change in thinking that leads to a change of direction). Notice each of these men experienced a specific moment that completely changed the direction of their lives as they began to follow Jesus. This repentance created a radical change in their life.

As Jesus began His ministry here on earth, His call was similar to all who came to Him; His first message was 'repent and believe' ...

*"From then on Jesus began to preach, 'Repent of your sins and turn to God, for the Kingdom of Heaven is near.'" Matthew 4:17*

As Christ followers, there was a specific moment when we chose to change direction. We left behind something good to gain something great. Some people have been in church their entire life and lived out many spiritual habits, but they do not have a clear memory of the moment they turned and followed Jesus. We have to ask ourselves if we are living in a religion or a relationship. Do you recall your moment?

*"For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are. But now God has shown us a way to be made right with him without keeping the requirements of the law, as was promised in the writings of Moses and the prophets long ago. We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are. For everyone has sinned; we all fall short of God's glorious standard." Romans 3:20 - 23*

It comes down to one simple question: **Have I placed my faith in Jesus Christ?** This is a one-time decision, your choice, to place your trust in Jesus and by faith you will be saved. Once you make this life-changing decision, your future is secure. We all continue to struggle with sin but we cannot lose our salvation.

## Receiving a New HEART - Salvation

*"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*

*"When we were utterly helpless, Christ came at just the right time and died for us sinners. Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. But God showed his great love for us by sending Christ to die for us while we were still sinners." Romans 5:6 - 8*

*"If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved." Romans 10:9 - 10*

To be clear, becoming a follower of Jesus is simple. 1) Confess that Jesus is Lord. He is the one leading, I am following. We declare that God is God, and I am not. 2) Believe that God raised Him from the dead. Then why did He die, you may ask. We've all sinned and we cannot fix our problem. The law can't fix it, and we can't apologize enough to fix it. God chose to 'fix it' through Jesus - He died on the cross for my sin, three days later God raised Him from the dead. Everything Jesus said about Himself was validated through the resurrection.

So, before we go any further, if you don't remember your moment, or want to make sure you've had a moment, let's talk about it as soon as we get together.

## Revealing a New HEART - Baptism

After we make the decision to follow Jesus, His first command to us as new followers is to let our family and friends know of our decision by being baptized. **Baptism** is a picture of Jesus buried in the tomb and raised to new life. We are

buried to our old self, we repented, and are raised to follow Him. Baptism is an outward expression of what's taken place on the inside.

*"If you love me, keep my commands." John 14:15*

*"... Even at that late hour, ... he and everyone in his household were baptized."*  
Acts 16:33

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Matthew 28:19*

*"... the people who heard and believed were baptized **that day**." Acts 2:41*

Jesus was baptized by immersion. *Immersion means to go completely under the water. Baptism by immersion is a picture of what Jesus did (death, burial, and resurrection) and what happens when we first become a believer (we are dead in sin, saved, and raised to new life).* Following Jesus' baptism, every baptism recorded in the Bible was by immersion. He set the example for us, and we follow Him.

*"After his baptism, Jesus came up out of the water." Matthew 3:16*

*"... they went down into the water, and Philip baptized him. When they came up out of the water ..." Acts 8:38 - 39*

For many people, salvation and baptism is the extent of their relationship with Jesus. They never go further than this. Let's look at what it means to follow Jesus after we become His followers and are baptized.

## How do I follow Jesus?

When we are called "to follow" someone, do we understand what we are to do? "Follow Me" means we learn to "go where Jesus went" and "do what Jesus did." As we read this passage, look for movement ... Where is Jesus going and who is moving with Him?

*"One day soon afterward Jesus went **up on a mountain to pray**, and he prayed to God all night. At daybreak **he called together all of his disciples** and chose twelve of them to be apostles...When they came down from the mountain, the disciples stood with Jesus on a large, level area, surrounded by many of his followers and by the crowds. There were people from all over Judea and from Jerusalem and from as far north as the seacoasts of Tyre and Sidon. They had come **to hear him and to be healed** of their diseases, and those troubled by evil spirits were healed."*  
Luke 6:12 - 13, 17 - 18

## Three movements comprising this Rhythm

### 1. The UP Movement → Heart

The first movement of Jesus is **UP**. He goes to the top of a mountain to meet with God. This is where life change begins! It is before God that our minds are renewed and our hearts reborn. To begin anywhere else leads to a religion that attempts to change life from the outside-in, but only God can change us from the inside-out.

*"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, 'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment." Matthew 22:36 - 38*

### 2. The IN Movement → Health

As Jesus comes down off the mountain the next morning, a crowd is waiting on Him and He calls them to come near. From this crowd, Jesus chose twelve men to begin doing life together. We are most healthy when we experience genuine, authentic relationships as we follow Jesus with others on the journey with us.

*"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples." John 13:34 - 35*

### 3. The OUT Movement → Hope

Jesus then takes this new group of men and begins sharing hope with a broken world by proclaiming the Good News and ministering to their physical/spiritual needs. Living on-mission begins right where we are!

*"Jesus sent out the twelve apostles with these instructions...Go and announce to them that the Kingdom of Heaven is near. Heal the sick, raise the dead, cure those with leprosy, and cast out demons. Give as freely as you have received!"*

Matthew 10:5, 7 - 8

**In summary**, Jesus went up (to pray to the Father), He came down (gathered the people and chose the 12 He would spend most of His time with) and He went out (to heal the broken, the physically and spiritually broken). This is the **Up** (*Heart*), **In** (*Health*) and **Out** (*Hope*) movements of Jesus.

Now, these movements were **NOT** check boxes. They were **NOT** "one and done." These movements were repeated throughout the time Jesus visited with us here on earth. A repeated series of movements is known as a Rhythm--therefore, we follow Jesus by living in the Rhythm of **UP, IN, and OUT**.

The Heart Habit focuses on the practical application of **UP**. **What does it look like and feel like?**

What are the HABITS that  
grow my HEART?

### Spending TIME with God

*"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." John 15:5*



## PRAYING

**Prayer** is just a conversation with God. There are no right or wrong words to say. Talk to Him as if you were talking to a friend. He knows your heart before you even speak, so He's not going to be shocked by anything you say.

*"When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him! Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one."* Matthew 6:7 - 13

Prayer is not intended to be a boring religious exercise. It is meant to be a conversation with the Lord (Recognition, Surrender, Requests--Physical/Spiritual, Give Thanks) that transforms our thoughts and actions to be more like Christ.

## READING YOUR BIBLE

The **Bible** is a living document inspired by the Holy Spirit, *(in its original form)* written without error by man, that teaches us what is true. The Bible is our authority in every situation, our guide for our daily life, and comfort during our times of sorrow.

The Bible is as true today as it was when it was first written. It serves as our instructor, helping us answer foundational questions - Who am I? Can I really make a difference in the world? Is this all there is?

When we read the Bible, God speaks directly into our lives, to deepen our relationship with Him. In order to deepen our relationship with Jesus, we must spend time with Him. This is more than reading devotions and listening to the latest podcast. Don't borrow from someone else's time with Jesus, have your own! "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and

*teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” 2 Timothy 3:16 - 17*

*“My thoughts are nothing like your thoughts,’ says the LORD. ‘And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.” Isaiah 55:8 - 9*

## OBSERVING COMMUNION

Jesus calls His followers to remember our salvation through a time of reflection on the sacrifice He made on the cross. Jesus first celebrated Communion with His disciples by sharing bread and wine with them, representing His body and shed blood. We are to reflect on our relationship with Him and each other as we gather for Communion.

Often people in the Church feel as though Communion can only be experienced when conducted in an “official” worship service led by “professional” Christians. Nothing could be further from the truth. We encourage you to gather some bread, juice, and your group of friends to observe Communion at an agreed-upon frequency in the comfort of your homes.

*“As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, ‘Take this and eat it, for this is my body.’ And he took a cup of wine and gave thanks to God for it. He gave it to them and said, ‘Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.” Matthew 26:26 - 28*

## LIVING YOUR FAITH

The **UP** movement is more than meeting with Jesus for intellectual transfer or requesting our latest wish list. It is learning to see God in our everyday lives--recognizing His presence and His work in our midst. He opens our eyes to see the beauty of His creation and our ears to hear the cries of this world.

**Recognizing God's Presence Through Worship:** One way we live out our faith is by expressing our love to God through both corporate and personal worship.

In corporate worship, we unite in one heart and one voice, aware of God's presence in our lives and celebrating His greatness. Singing is just one of many ways we express our love and worship to God.

*"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." Colossians 3:16*

In personal worship, we express our individual affection, praise, thanksgiving, and devotion to God. It is easy to get caught up in the gods of this world - pleasure, materialism, fame, etc. - but when we realize that He is all we need, we find joy and contentment.

*"Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe." Hebrews 12:28*

**Recognizing God's Work In Our Midst:** Another way we live out our faith is by joining God where we see Him working. Recognizing where He is moving and choosing to join that work proves our faith to be genuine.

*"Now someone may argue, 'Some people have faith; others have good deeds' But I say, 'How can you show me your faith if you don't have good deeds? I will show you my faith by my good deeds.' You say you have faith, for you believe that there is one God. Good for you! Even the demons believe this, and they tremble in terror. How foolish! Can't you see that faith without good deeds is useless?" James 2:18 - 20*

## GIVING GENEROUSLY

**Generosity** is returning part of what God has given to us – our time, talent, and resources – to serve others. He doesn't need anything we have; His desire is to see that we are following His example. He gives us what we need so that in turn, we give to others to help meet their daily needs.

Being generous is 'showing a readiness to give more of something than is strictly necessary or expected' (Webster). Jesus is our model when it comes to generosity. He gave everything He had - His life.

*"Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross." Philippians 2:4 - 8*

**Our time, gifts, and talents:** We each have gifts and talents that were given to us to be used to serve in the Kingdom of God. Our talents are what we are naturally good at doing, our strengths. Gifts are special abilities given to followers of Jesus to meet the needs of others.

Giving our time to share our gift and talents through serving in the church is a form of generosity. In today's culture, we are all busy. Time is the most precious thing we have. When we use part of our time to help make someone's day a little brighter, that's generosity!

*"There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us. A spiritual gift is given to each of us so we can help each other." 1 Corinthians 12:7*

**Our resources:** Often, our greatest struggle in our walk with Christ is our finances. All of our lives revolve around money – making it, spending it, giving it, sharing it. Putting God first in your finances is the only time we're given permission to 'test' what's written in the Bible. God says to us, 'Go on, I dare you. Start giving and see what happens' – paraphrase from Malachi 3:10.

When giving, give cheerfully! We should never feel that we **HAVE** to be generous; our attitude should be that we **GET** to give. One thing to remember is that our generosity is not for His benefit – it all belongs to Him from the get-go.

*"But I want it to be a willing gift, not one given grudgingly. Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. 'For God loves a person who gives cheerfully.' And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others." 2 Corinthians 9:5 - 8*

We've just finished talking about the **UP** movement of Jesus, but talking about it and doing it are very different experiences. Let's practice!

## HEART HABIT APPLICATION

We've talked about several ways to begin applying the Heart Habits to your life. Praying, Reading the Bible, Living Out Your Faith and Giving of your time, talent and resources. Right now, let's put into practice a couple of these habits. Follow the steps below to see how the Heart Habit takes shape in your life.

**Pray:** Give thanks for who God is and where you see Him at work in life; ask for guidance to gain insight.

**Read Passage:** John 15:1 - 8

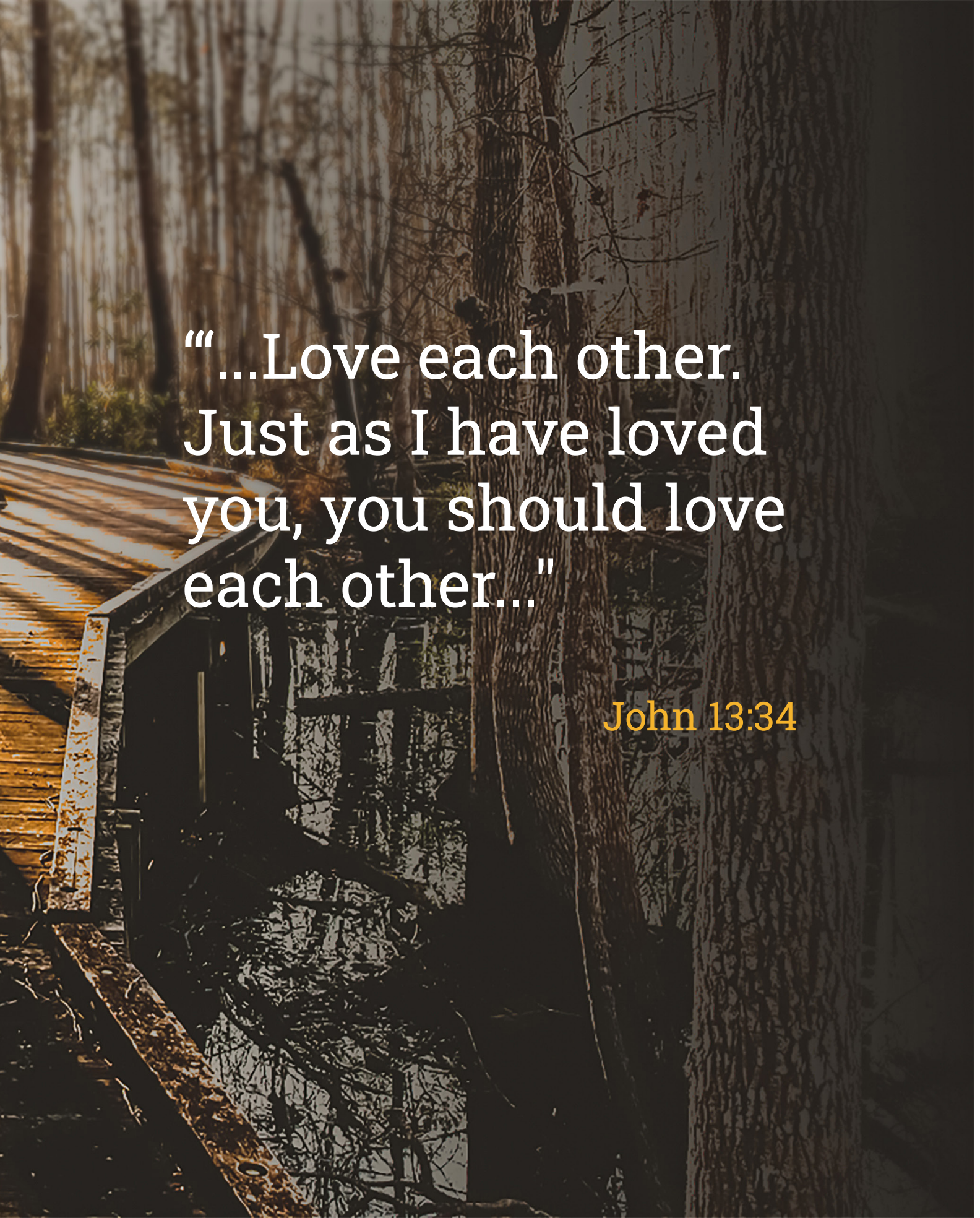
*"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned.*

*Continued on page 22*







A dark, moody photograph of a forest. In the foreground, a large, textured tree trunk stands on the right. To the left, a wooden walkway or bridge structure is visible, partially obscured by shadows. The background is filled with many thin, vertical tree trunks, creating a dense forest effect. The lighting is low, with some highlights on the walkway and the tree trunk, giving it a somber and contemplative feel.

“...Love each other.  
Just as I have loved  
you, you should love  
each other...”

John 13:34

*But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are my true disciples. This brings great glory to my Father."*

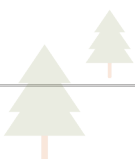
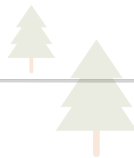
**Reflect and Respond:**

1. God—what are You saying to me?
2. God—why does this resonate in my life right now?
3. God—how are You changing / confirming my life?

**Thanks for taking the time to study the Up Movement of Jesus, the Heart Habit. We'll talk about this movement in our Group Gatherings this week.**



Notes





**A**s we're continuing to talk about the movements of Jesus and how you can instill them in your daily life, I hope you are feeling more connected to our church family and Highlands feels like Home for you. We want you to experience life with Jesus here at Highlands and beyond.

## THE RHYTHM OF JESUS

We've talked about the three movements that make up **the Rhythm of Jesus**, the Up (Heart), In (Health), and Out (Hope) movements and look at the scripture where we see these movements taking place (*Luke 6:12 - 13, 17 - 18*). Today, we are going to dive into the In (Health) Movement, focusing on loving one another as Jesus commanded.

*"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples [followers]." John 13:34 - 35*

'Better Together' is not just a slogan, a catchy phrase on a pillow or wall hanging. We are created for community, to do life with other people. Deep within each of us is a longing for friendships. Without these relationships, we lean toward isolation which leads to darkness (depression, addiction, etc.) As we live in community, seeking to serve and love others, those we encounter see that our lives are richer, healthier and our outlook is positive regardless of our circumstance.

# What are the HABITS that increase my HEALTH?

## SHEPHERD

### Care for One Another

*"Break my heart for what breaks Yours" - Hillsong Worship, Hosanna*

We all have the opportunity to care about other people. We have the ability to help improve the lives of others simply by caring about our neighbors. When people are going through a season of sickness, loss or worry, it's helpful to know there's someone around who is supporting them.

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." 2 Corinthians 1:3 - 4*

### Pray for One Another

In this world, people are sad, hurting, angry, confused, afraid ... the list goes on. The most helpful way to care for one another is to pray for/with them. To pray for one another is to love them unconditionally, just as we are called to do.

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." Ephesians 6:18*

*"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." James 5:16*

## Be Kind to One Another

The Golden Rule – ‘do to others as you would have them do to you’. That’s the simplest explanation of kindness. Showing kindness to one another brings a ray of sunshine into the shadows. **Kindness** is putting others’ needs ahead of your own.

*“Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:32*

*“Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.” Galatians 6:10*

## Encourage One Another

**What is encouragement?** The root of the word is en, “make or put in,” and corage, “courage or heart” - when we encourage someone, we are inserting courage to help make them strong. **Encouragement** is more than a compliment; it is affirming what we see God doing in them. As we seek to encourage one another, we help others see the world a little brighter, gain hope in a hopeless situation, and find strength to move forward. It’s used to point out the grace in our lives, helping us to see God’s promises in any situation we may face.

*“Therefore encourage one another and build each other up.” 1 Thessalonians 5:11a*

*“Let us think of one another and how we can encourage one another to love and good deeds. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:24 - 25*

## Be with One Another

Worry. Grief. Strain of daily life. Guilt. These are all burdens we carry around with us. Life threatens to overwhelm us on occasion. When life gets too heavy to carry on alone, we are to **be with one another** to support and love them. What does that look like? Compassion in Action - Sometimes it’s just sitting beside a friend and holding their hand, silent but present. Sometimes it’s stopping by the grocery store

and picking up supplies for dinner, maybe you mow the yard. Perhaps you provide transportation to work, or help with a car repair bill. Willingness to bear one another's burdens can oftentimes be the difference in pressing on or giving up.

*"Be happy with those who are happy, and weep with those who weep."* Romans 12:15

*"Don't look out only for your own interests, but take an interest in others, too."*  
Philippians 2:4

## ACCOUNTABILITY

### Sharpen One Another

*"As iron sharpens iron, so a friend sharpens a friend."* Proverbs 27:17

We all need people around us who know us well enough to speak hard truths, things we need to hear but don't want to hear. We need friends who will walk alongside us as we struggle with behaviors taking us down the wrong path. As difficult as it may be, hard conversations are necessary for growth.

*"No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way."*  
Hebrews 12:11

*"Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church."* Ephesians 4:15

*"Wounds from a sincere friend are better than many kisses from an enemy."*  
Proverbs 27:6

### Forgive One Another

When someone does something to upset us, it can be hard to let that go and move on. Our usual reaction is to think of ourselves – my hurt, my loss. We seek to

withhold forgiveness because they're wrong and I'm right. However, we are to "forgive as Christ forgave us". Forgiveness doesn't excuse their behavior, nor do we forget the incident. We realize we have needed forgiveness for our actions against our neighbor and, more importantly, against God.

*"Then Peter came to him and asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No, not seven times,' Jesus replied, 'but seventy times seven!'"* Matthew 18:21 - 22

Jesus told a story of a king who felt compassion on a man in his kingdom and decided to forgive his huge, massive debt. Then the guy whose debt had just been wiped clean went to his neighbor who owed him a small amount of money and demanded that it all be paid back that very day. This upset the folks in the village because they knew what the king had previously done for him. The king called him on the carpet and put him in prison - not because of the amount of the debt, but because the forgiven man did not extend forgiveness to another.

*"So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart."* Matthew 18:35

### **Restore One Another**

We are all susceptible to the glamour of sin. It smells good, looks good, tastes good. However, when we swallow it, it becomes bitter. Be the friend who steps out to warn one another when they are being pulled away into sin and are seemingly unaware. Walk alongside them so they do not get caught in the glamour.

*"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ."* Galatians 6:1 - 2

## HOST

### **Serve One Another**

*Use your gifts and talents in the church*

The gifts and talents you have determine what God intends for you to do, both in the church setting and outside the walls. When we use our talents, spiritual gifts and life experiences to serve one another, we are fulfilling God's will for our lives. He has gifted each of us uniquely with the express intent to serve one another.

*"There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us. A spiritual gift is given to each of us so we can help each other." 1 Corinthians 12:7*

Where do you see yourself serving one another here at Highlands?

Do you enjoy playing with small children? Singing and dancing with kids? How about hanging out with teenagers? You should check out our HFKidz and HFStudents ministries.

Would you rather share a smile with all the families coming through the front doors? Do you like preparing meals/snacks for those around you? What about making sure folks are seated comfortably, making them feel at home? Our Adult Host Teams have a spot just for you and your gifts and talents!

### **Gather with One Another**

Surround yourself with some friends that can help you follow Jesus! We encourage each of you to be a part of a small group of people where you use your gifts and talents to serve the local church, reach out to your community, spread hope to the world and do life together. Your group is a place to share real concerns, support one another, encourage each other and provide accountability in your personal walk with Jesus.

*"They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity – all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved." Acts 2:46 - 47*

Often, especially in a church setting, we don't talk about 'real issues', the issues and struggles we all deal with in our daily lives. Hurts, Habits and Hang Ups are real. And, they're hard to talk about. But they shouldn't be! Too often, we feel isolated, we feel no one cares, that we are all alone in this world. Highlands is Home and Groups are a place of refuge, a safe place, a place for families, a place for people to know they will never be judged.

*"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."* Ecclesiastes 4:9 – 12

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Serving in ministry feels most comfortable when you are in an area that complements your gifts and talents. Our church has several tools to help you determine where your 'sweet spot' may be when it comes to serving and gathering with our family. Let us know if you'd like to take our "Spiritual Gifts Assessment" and we'll send it to you. And, we'd love to sit with you and talk about your results when you're ready.

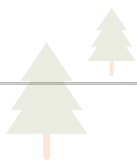
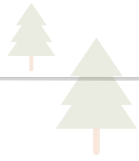
**As you begin to apply the Health Habits to your daily life, here are three questions to consider:**

1. What is God doing **IN** you?
2. What is God doing **AROUND** you?
3. What is God doing **THROUGH** you?

As you think about these, make some notes and share with us in our Group Gatherings this week.



Notes





**B**y now, you're familiar with two of the continual movements of Jesus. The Up Movement begins our walk on The Path to spending time with God and practicing the Heart Habits to grow in my relationship with Jesus. Last week, we talked about the IN movement of Jesus, how we are called to Shepherd, Sharpen and Serve One Another. We looked at the habits that help us increase our Health. There were three application questions we discussed - What is God doing **IN** you, **AROUND** and **THROUGH** you; these are cyclical questions that I hope you're continually thinking about as you love one another.

## THE RHYTHM OF JESUS

There are three movements that make up the Rhythm of Jesus, the Up (Heart), In (Health) and Out (Hope) movements (*Luke 6:12 - 13, 17 - 18*). Today, we are going to explore the Out (Hope) Movement, focusing on joining God as He builds His Kingdom, His family. In the Great Commission, we are called to join Him in this movement.

*"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."* Matthew 28:19 - 20

*"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." Acts 1:8*

## What is the OUT movement?

We often hear that we are to 'be the hands and feet of Jesus', (to go where Jesus went and do what Jesus did). What does that really mean? As we look at the OUT Movement of Jesus, we see that His desire was for everyone to know the Father, the One who had sent Him. Today, that means we have the opportunity to share the Hope of the World, and it's best to start with those closest to us. To follow Jesus' Out Movement, we simply love people right where they are, meeting their needs in a broken world.

## Why is the OUT movement important?

- God is a **SENDING** God.

God sends His people to find people, to draw those far from Him back home. From Abraham to Moses to Jonah, God has demonstrated His sending nature. Jesus was sent by God to restore us, and the Spirit was sent to equip us. The Great Commission calls us to go to the 'ends of the earth' but in reality the journey begins here. We are called to go **OUT**.

*"The Lord had said to Abram, 'Go ... to the land I will show you.'" Genesis 12:1*

*"Then I heard the Lord asking, 'Whom should I send as a messenger to these people? Who will go for us?' I said, 'Here I am. Send me.'" Isaiah 6:8*

*"But when the right time came, God sent his Son, born of a woman, subject to the law. God sent him to buy freedom for us who were slaves to the law, so that he could adopt us as his very own children. And because we are his children, God has*

*sent the Spirit of his Son into our hearts, prompting us to call out, 'Abba, Father.'"*  
Galatians 4:4 - 6

- We are a **SENT** People.

We seek to follow the pattern of Jesus. The Lord sent Him to love a lost and dying world, and now He sends us.

*"Again he said, 'Peace be with you. As the Father has sent me, so I am sending you.'"* John 20:21

• **GOD'S PLAN:** Advance His Kingdom (family) through His People.  
God's plan has never changed. He always intended to grow His Kingdom, His family, by disciples making disciples.

*"Jesus called out to them, 'Come, follow me, and I will show you how to fish for people!'"* Matthew 4:19

*"But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? And how will anyone go and tell them without being sent? That is why the Scriptures say, 'How beautiful are the feet of messengers who bring good news!'"* Romans 10:14 - 15

## What are the HABITS to extend Hope?

- Compassion toward physical needs.

We are to care for those in need, the sick, the hungry, prisoners, strangers, and the poor among us. Meeting the physical needs of those around us is a reflection of our love for God and our neighbor.

*"For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me*

*clothing. I was sick, and you cared for me. I was in prison, and you visited me.' Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?' And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"*  
Matthew 25:35 - 40

#### *Vision Reminder:*

Sometimes we need to go into our communities and meet the physical needs of our neighbors. At Highlands, part of our vision is to serve our communities. That's done through our Food Pantry, going into the community to provide meals, doughnuts for dads and muffins for moms, painting and landscaping, organizing and preparing medical supplies to be distributed, or simply handing out popsicles at the playground.

In addition to meeting physical needs in our own communities, our heart for people goes beyond our borders through our global efforts. Going there or coming here, our desire is for everyone everywhere to follow Jesus. We have relationships with leaders in Pakistan, South Africa, Ivory Coast, Tanzania and in the Middle East along with pastors and leaders in hundreds of churches around the world. Teams travel to these locations, we host teams stateside, and we travel abroad on traditional mission trips.

- Meeting spiritual needs.
  - Know God's Story (Creation, Fall, Jesus, Church) New to New Again

## **God creates.**

**Everything was the way God intended it to be. All relationships (God and man, man with one another, man with creation) were perfect.**

*"In the beginning God created the heavens and the earth." Genesis 1:1*

*"Then God said, 'Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.' So God*

*created human beings in his own image. In the image of God he created them; male and female he created them.” Genesis 1:26 – 27*

## **Man rebels.**

**Instead of letting God be God, Adam & Eve wanted to be God. Satan told them they could be just like Him. “You’re right! I can be my own god” - that created sin which created separation in all relationships - all that was perfect was devastated.**

*“When Adam sinned, sin entered the world. Adam’s sin brought death, so death spread to everyone, for everyone sinned.” Romans 5:12*

*“For the wages of sin is death...” Romans 6:23a*

Sin brought death - death = separation

## **Jesus restores.**

**In the climax, Jesus came to do what we could not. He came to repair and restore our broken relationships with God and each other.**

*“For God was in Christ, reconciling the world to himself, no longer counting people’s sins against them. And he gave us this wonderful message of reconciliation.” 2 Corinthians 5:19*

*“For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son.” Romans 5:10*

## **Creation renewed.**

**All the things that were lost will be made new. God will be near to us, dwell with us. We will have perfect unity with each other in a new heaven and a new earth.**

*"Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared. And the sea was also gone. And I saw the holy city, the new Jerusalem, coming down from God out of heaven like a bride beautifully dressed for her husband. I heard a loud shout from the throne, saying, 'Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.' And the one sitting on the throne said, 'Look, I am making everything new!'"*

Revelations 21:1 - 5a

- Share Your Story ("You may speak in your defense." Acts 26:1)

Your story is how you can share your personal experience with Jesus. When you talk about how the Lord worked a miracle in your life, how He blessed you, or healed you, there's no room for debating. Everyone's story is different. Not every story is dramatic, involves drugs and alcohol, contains tragedy, but every story is personal.

To be able to tell your story, you should write it down and share it with your group of friends. Tell others, with simplicity, sincerity and clarity, what God has done in your life.

Here's a simple outline you can follow:

1. What my life was like before I met Jesus.
2. The moment I began to follow Jesus.
3. What my life is like now.

## Where do we begin?

- Consider the **PEOPLE** Around You

As you begin to imagine how you will reach out, where you will go, who you will see, first think about who you can take along. Changing the world by ourselves can seem daunting and intimidating. While we are just ordinary people called to

share and show the hope of Jesus, we're more successful if we share the journey with others on the journey with us. Just as Jesus sent His disciples out in pairs, we should do the same. When stepping out of our comfort zone, we need people who will encourage us, cheer us on, and support us. As Jesus followers, we are better together.

*"The Lord now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit. Heal the sick, and tell them, 'The Kingdom of God is near you now.'" Luke 10:1, 9*

- Consider the **PLACE** where you live.

Often, we view 'missions' to be in far-away-places, but there is a reason God has placed you where you are now. It is not by accident that you have a home in your neighborhood, that your kids are involved in activities (sports, dance, karate, etc.) and you see needs that no one else recognizes. In the place where you live, take the time to meet a physical need - pick up milk for your elderly neighbor or babysit for a single mom. We can share the love of Jesus more often with our actions long before we can with our words.

*"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." Acts 1:8*

- Consider the **SPACE** around you.

On Sunday, we typically gather for a worship gathering and later in the week we may have a meal with our friends and share a little encouragement. For many Christians, this is the limit of our engagement with people outside our family.

Where do you encounter unbelievers? When do you take the time to share Jesus with someone who needs Him in their life? Do you make yourself available for friendships outside of your church and current group of friends? Have you even thought about this? Just for a moment, let's consider where we encounter unbelievers. Think about the place you live. Picnics and baseball games happen often. Friends gather for backyard barbecues.



In John, we see the story of Jesus encountering a woman who had a bad reputation in her hometown; married five times previously and currently with a man she was not married to. Jesus met her at the village well and asked her for a drink. She was surprised that this man was even speaking to her. In the end, Jesus shared with her that He could give her 'living water', eternal life; she accepted. John 4:4 – 26 (paraphrase).

*"As Jesus was walking along, he saw a man named Matthew sitting at his tax collector's booth. 'Follow me and be my disciple,' Jesus said to him. So Matthew got up and followed him. Later, Matthew invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. But when the Pharisees saw this, they asked his disciples, 'Why does your teacher eat with such scum?' When Jesus heard this, he said, 'Healthy people don't need a doctor—sick people do.' Then he added, 'Now go and learn the meaning of this Scripture: 'I want you to show mercy, not offer sacrifices.' For I have come to call not those who think they are righteous, but those who know they are sinners.'" Matthew 9:9 - 13*

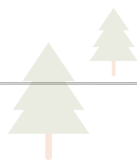
It is in these everyday places, ordinary people need **HOPE**. Developing friendships with unbelievers often requires taking some risks and moving outside our own comfort zone. And with our busy lifestyles, it takes planning. Stepping into a new space and cultivating friendships with unbelievers gives you the opportunity to connect with similar people in need of Jesus. Begin telling your story right here.

## Hope Habit Application

1. Think about the people you want to do life with. Who are the folks you want to walk alongside you on The Path?
2. Tell your story. Use the steps outlined above to help you tell your story.
3. For whom does your heart break? What can you do to help?

Name the people you want in your group of friends, by name and by characteristics. Make a list of the physical needs you see around you and how you may be able to meet them. Write out your testimony; writing it down prepares you to be able to share when you're presented the opportunity. We'll talk about these Habits in our Group Gathering this week.

Notes



The path does not  
end here.



This is only  
the beginning.



