

Resolve.

A Man's Resolve to Worship the One True God

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01

OPENING ASK

Mountain & Move

Take your phone out. In your notes, write down two things – your Mountain, and the Move God is calling you to make.

MOUNTAIN

Singleness · Debt · Chaos · Immigration · Pressure at work

MOVE

The next obedient step. The thing the Spirit is whispering.

⊕ *We make our mountain the biggest thing – and forget God.*

PRAYER

“Lord, reveal to us where we are stalled. Fill us with Your Spirit afresh this morning.”

02

KEY DISCIPLINES IN A MAN'S LIFE

Worship

We were created in His image – to reflect Him. Worship is the whole-life response.

GENESIS 1:26-27

“Then God said, “Let us make mankind in our image, in our likeness...” So God created mankind in his own image, in the image of God he created them; male and female he created them.”

MATTHEW 22:37

“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.””

ROMANS 12:1

“Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.”

01

Time

PRAYER

Tuesday + Thursday

02

Talent

SERVE

Sign up to a team

03

Treasure

GIVING

Set it automatic

03

THE SETTING

The Book of Daniel

- Israel is in exile in Babylon.
- Daniel and other Israelites are living in a foreign city, far from the promised land – and feeling far from God.
- Israel continues in sin. God said 70 years; later He says it will be seventy years times seven.
- Then enters a man of God – Daniel.

DANIEL 1:8

“But Daniel resolved not to defile himself with the royal food and wine he was assigned, and he asked the chief official for permission not to defile himself this way.”

04

THE WORD

A man's resolve.

Resolve /rɪ'zɒlv/ *verb*

Being firmly determined; having made a firm decision. It indicates a strong intent to act.

TESTIMONY

On the Golf Course with Ps Sam

I told Sam life felt chaotic – losing clients, identity wrapped in business, home strained through two pregnancies and post-partum. The enemy was whispering: no one cares, no one sees.

Sam gave me one thing: start. "Are you working out? How's your eating?" Not great. "Start there. Create the culture in your house and watch your wife follow."

It shifted. Months later Dal told me, "You really helped me through that season."

I came in thinking the word was Go First. Lead. Set the tone. Thermostat not thermometer. All true. But the Spirit kept highlighting something deeper –

05

THE DIAGNOSIS

The Unhealthy Response

I was getting swallowed up by unhealthy responses. I'd add up the mountains, list the responses, and the spiral would happen.

<i>Stress and pressure at work</i>	→ Sleeping in
<i>No vision</i>	→ Habitual sin, porn
<i>Prolonged singleness or heartbreak</i>	→ Apathy
<i>Unemployment</i>	→ Stop giving, stop being generous
<i>Chaos from new life change</i>	→ Isolate – avoid church and people
<i>Immigration</i>	→ Negative self-talk
<i>Rising debt</i>	→ Doubt, despair, no faith
<i>Negative self-talk</i>	→ Feeling alone, no one cares
<i>Business losing clients</i>	→ Striving in my own strength
<i>Constant fighting at home</i>	→ –

▀ *The mountain isn't the problem. The unhealthy response is. Resolve breaks the chain.*

I Resolve of Discipline

DANIEL 1:8, 15, 19-20

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Discipline is the small daily 'no' that protects the big yes. Daniel chose vegetables over the king's table – and ten days in, he looked healthier than the men eating royal food.

DANIEL 1:8

“But Daniel resolved not to defile himself with the royal food and wine he was assigned, and he asked the chief official for permission not to defile himself this way.”

DANIEL 1:15

“At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.”

DANIEL 1:19-20

“The king talked with them, and he found none equal to Daniel... In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.”

II Resolve of Prayer

DANIEL 2:17-19, 23

+

III Resolve of Obedience

DANIEL 3:16-18

+

IV Resolve of Faith

DANIEL 6:10, 25-27

+

Declare these over your world

JOSHUA 1:9

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

PSALM 23:1

“The Lord is my shepherd, I lack nothing.”

PSALM 27:1

“The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom shall I be afraid?”

ISAIAH 40:31

“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 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

ROMANS 8:31

“What, then, shall we say in response to these things? If God is for us, who can be against us?”

PHILIPPIANS 4:13

"I can do all this through him who gives me strength."

2 TIMOTHY 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

1 CORINTHIANS 16:13

"Be on your guard; stand firm in the faith; be courageous; be strong."

08

BENEDICTION

A Resolve to Worship

All four resolves point one direction: a resolve to worship the one true God in everything.

I'm believing for a spirit of resolve — like Daniel's — to come across the men of our house.