

Bible Study for Matthew 10:7-8

You will get more out of this study if you read the verses and ponder the questions several times a day. You'll also get more out of the study if you discuss it with others. Jesus says where two or three are gathered together in his name, he is there with them.

Monday Matthew 10:7-8 (NRSV)

As you go, proclaim the good news, 'The kingdom of heaven has come near.'

Cure the sick, raise the dead, cleanse the lepers, cast out demons.

You received without payment; give without payment.

Jesus gave his disciples other instructions at the same time as this. Some of these other instructions no longer apply to us (like don't go to anyone except Jews). (See Acts 10 and 11 as an example of this change.) But the verses quoted here are a short summary of a mission that is still incomplete. Jesus first modeled how to do these things, then he had his disciples imitate his actions. After the resurrection, the disciples continued doing these things, as evidenced in Acts.

There are five instructions:

- 1) proclaim the good news*
- 2) cure the sick*
- 3) raise the dead*
- 4) cleanse the lepers*
- 5) cast out demons*

Which ones are you good at?

Which ones do you need more practice at?

Which ones do you need to find someone who can model how to do it for you?

Tuesday Romans 7:15-19 (NRSV)

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do.

What are some bad habits you need to get rid of?

Of all your bad habits, which would make the biggest difference if you got rid of it?

Do you think it is possible to get rid of it? What would help?

Wednesday

Some tips for how to stop bad habits and start good habits, from *Awaken the Giant Within* by Anthony Robbins.

- 1) Identify what you want. Be very clear and specific.
- 2) Link intense pain to not changing and intense pleasure to immediate change.

3) Interrupt the bad habit when it is occurring.

4) Replace the bad habit with a new, good habit.

Think about your life: What do you want to change?

Who will you get to help you?

Thursday

Some tips for how to stop bad habits and start good habits from *Change Anything: The new science of personal success*, by Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, and Al Switzler.

Changing persistent and resistant habits always involves learning new skills. 16

Get immediate feedback against a clear standard 74

Bad habits are almost always a social disease. *[Get new friends.]* 16

Keep good things close and convenient and bad things distant and difficult. 120

(From their book *Influencer: Watch others taking the action you desire and then copy their behavior.*)

Review your lists from Monday, Tuesday and Wednesday.

What do you want to change? When will you start?

Friday James 4:17 (NRSV)

Anyone, then, who knows the right thing to do and fails to do it, commits sin.

What are some things you know you need to start doing? When will you start doing them?

Saturday

What have you done this week because of Jesus?

What do you want to do next week because of Jesus?

What do you need help with?

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