

GATEWAY SEMINARY

LEADING SELECT MEMBERS OF FBCF TO DEVELOP A PLAN  
FOR ENGAGING THE NEW TESTAMENT WITH  
CONSISTENCY AND REFLECTION

A MINISTRY RESEARCH PROJECT  
PRESENTED TO THE FACULTY OF  
GATEWAY SEMINARY

IN PARTIAL FULFILLMENT  
OF THE REQUIREMENTS FOR THE DEGREE  
DOCTOR OF MINISTRY

BY

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DECEMBER 2017



APPROVAL SHEET

LEADING SELECT MEMBERS OF FBCF TO DEVELOP A PLAN  
FOR ENGAGING THE NEW TESTAMENT WITH  
CONSISTENCY AND REFLECTION

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I recognize that evaluation and approval of this project is handled by a separate project committee that is appointed by the D.Min. Director or designate. However, I acknowledge that I have received a copy of the prospectus and have had the opportunity to give input to the candidate concerning the project.

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## CONTENTS

LIST OF FIGURES .....	x
ABSTRACT.....	xi
CHAPTER 1: INTRODUCTION .....	1
The Problem .....	2
The Purpose.....	4
CHAPTER 2: THEOLOGICAL RATIONALE .....	6
Hearing God’s Word Is an Imperative for God’s People .....	6
Why Should the Believer Engage God’s Word? .....	8
How Should the Believer Engage God’s Word? .....	15
Hearing God’s Word Supplies Power for Christian Faith.....	17
Scripture Enables Sinners to Believe .....	18
Scripture Supplies Power for Spiritual Change .....	20
Hearing God’s Word with Consistency Offers an Opportunity For Reflection and Change .....	23
CHAPTER 3: THEORETICAL PRESUPPOSITIONS .....	30
Variety in Learning Styles Can Boost Attention and Increase Learning .....	31
The Power of Habit: Routine, Reminders, and Rewards Can Yield Beneficial Results.....	39
Leadership Coaching Helps Drive the Scope and Compass for Success in Planning .....	45
CHAPTER 4: OBJECTIVES .....	52

Objectives for Participants .....	52
Personal Objectives.....	53
CHAPTER 5: PROJECT DESIGN.....	56
CHAPTER 6: PROJECT IMPLEMENTATION .....	59
The Recruitment Process.....	59
The Workshop .....	60
Workshop Procedure .....	61
Workshop Evaluation.....	63
Group Meetings .....	64
First Meeting .....	65
Second Meeting .....	66
Third Meeting .....	67
Daily Listening and Reflection .....	68
Explanation of Productive Prayer Time .....	69
New Skill learned .....	70
Final Assessments .....	71
CHAPTER 7: PROJECT EVALUATION AND ANALYSIS .....	72
Participant Objectives and Goals .....	72
Participant 1 .....	73
Participant 2 .....	74
Participant 3 .....	75
Participant 4 .....	77
Participant 5 .....	78

Participant 6 .....	79
Participant 7 .....	80
Participant 8 .....	81
Participant 9 .....	82
Participant 10 .....	83
Participant 11 .....	84
Participant 12 .....	85
Project Administrator Objectives and Goals .....	86
Evaluation of my new skill.....	87
Analysis of Participant Learning .....	88
Participant Learning and Sharing through Group Meetings.....	90
Participant Learning and Change through Daily Listening and Reflection Template.....	90
Participant Learning Feedback through Assessments .....	93
Appraisal 1 .....	93
Appraisal 2 .....	94
Workshop Evaluation.....	95
Final Assessments.....	95
Listening and Reflection Exit Questionnaire .....	96
Leadership Coaching Exit Questionnaire.....	97
CHAPTER 8: CONCLUSION .....	99
APPENDIX A: AMERICAN BIBLE SOCIETY STATISTICS .....	101
APPENDIX B: FBCF BIBLE READING CONSISTENCY SURVEY .....	104

APPENDIX C: BIBLE READING CONSISTENCY SURVEY RESULTS.....	108
APPENDIX D: FBCF EMAIL FOLLOW UP QUESTION AND RESPONSE.....	112
APPENDIX E: FBCF SECOND EMAIL FOLLOW-UP SURVEY .....	114
APPENDIX F: ENLISTMENT AND ORIENTATION.....	122
APPENDIX G: COMMITMENT CARD .....	136
APPENDIX H: PARTICIPANT DESCRIPTION .....	138
APPENDIX I: WORKSHOP EMAILS AND SCHEDULE .....	140
APPENDIX J: WORKSHOP PRESENTATION.....	146
APPENDIX K: PARTICIPANT COVENANT.....	173
APPENDIX L: POST-WORKSHOP EVALUATIONS .....	177
APPENDIX M: LISTENING AND REFLECTION PLAN FOR PARTICIPANTS...	192
APPENDIX N: LISTENING AND REFLECTION PLAN FOR PA.....	202
APPENDIX O: PLAN ADJUSTMENT .....	205
APPENDIX P: COMPLETED EMAIL TEMPLATE FOR GOALS .....	208
APPENDIX Q: DAILY LISTENING AND REFLECTION TEMPLATE .....	212
APPENDIX R: GROUP MEETINGS .....	232
APPENDIX S: LISTENING AND REFLECTION EXIT QUESTIONNAIRE.....	248
APPENDIX T: LEADERSHIP COACHING EXIT QUESTIONNAIRE .....	254
APPENDIX U: MATRIX .....	259
APPENDIX V: GROWTH AS A LEADER/COACH JOURNAL.....	261
APPENDIX X: GROWTH IN PERSONAL PRAYER LIFE JOURNAL .....	278
BIBLIOGRAPHY .....	287
Books .....	287



Commentaries.....	290
Encyclopedias and Dictionaries .....	292
Online Resources.....	293
Unpublished Books.....	299
PERSONAL DATA SHEET.....	300

## LIST OF FIGURES

Figure 1. Components of a Habit.....	42
Figure 2. Foundation Coaching Skills .....	50

## ABSTRACT

The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. God commands believers to engage his word, and through obedience to this command, members have the opportunity for spiritual change. Scripture records both reading and/or listening as two mediums for engagement. In this project, the administrator directs members to engage Scripture through an aural medium. Listening and reflection templates along with five assessments provides measurable evaluations. The project reveals new habits and spiritual change for the selected members.

## CHAPTER 1

### INTRODUCTION

A deficiency in Bible reading exists among many believers in the West.<sup>1</sup> Since the Scripture is God's revelation to his people (2 Tim. 3:16-17), Bible engagement should be a priority among believers. The word "engagement" issues a call for one to commence or carry on an activity or enterprise that gives attention to something.<sup>2</sup> Daniel Block instructs his readers, "In hearing the Scriptures . . . We hear the voice of God himself."<sup>3</sup> God commands believers to engage his word (Joshua 1:8; James 1:21), yet the habit of engaging Scripture with consistency and reflection seems foreign to many professing believers in North America. Consistency means "action with regularity," while reflection means consideration of some subject matter, idea, or purpose.<sup>4</sup> Researchers George Gallup and Jim Castelli voiced their commentary on Scripture reading by believers in the

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<sup>1</sup> The writer means the church and/or the people of North America when referring to the "West" or "Western values."

<sup>2</sup> Dictionary.com, s.v. "Engage," accessed July 20, 2016, <http://www.merriam-webster.com/dictionary/engage>.

<sup>3</sup> Daniel I. Block, "'That They May Hear': Biblical Foundations for the Oral Reading of Scripture in Worship," *Journal of Spiritual Formation & Soul Care* 5, no. 1 (Spring 2012): 9.

<sup>4</sup> Philip D. Morehead, ed., s.v. "Consistency," *The New American Roget's College Thesaurus in Dictionary Form* (New York: Signet, 2001), 155-6. See also Dictionary.com., s.v. "Reflection," accessed January 5, 2017, <https://www.merriam-webster.com/dictionary/reflection>.

West: “Americans revere the Bible—but, by and large, they do not read [the Scripture].”<sup>5</sup> The lack of engagement in God’s word, however, is a problem not only found in the West but in the assembly of believers of the First Baptist Church of Floresville, Texas.

### **The Problem**

For the past sixteen years, the project administrator emphasized personal Scripture reading for the believers at FBCF, which averages 325 people in worship on any given Sunday. The hope was that many would heed the emphasis and engage the Scripture with consistency. To discover what the rhetoric had accomplished in the way of Bible reading among the members of FBCF, the project administrator surveyed those aged eighteen and older who were in attendance during the morning worship service on January 15, 2017 (see Appendix B). The survey underscored the reading habits of many members and non-members at FBCF. Of the 252 participants, thirty-three percent indicated they read the Bible every day. This number is a considerable increase over the eleven percent reported by the Lifeway study but less than the thirty-six percent of Protestant daily readers reported by the ABS. The flip side, however, showed the absence of daily Bible reading for seventy-one percent of those under seventy (see Appendix C).

Closer scrutiny of Bible reading habits of those who attend FBCF occurred through a follow-up email to 133 members and non-members under the age of seventy. Each of the 133 participants emailed had indicated inconsistency in their Bible reading habits from the initial survey. The follow-up email asked the respondents for their

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<sup>5</sup> George Gallup, Jr., and Jim Castelli, *The People's Religion: American Faith in the 90's* (New York: MacMillan Publishing, 1989), 60.

opinion on the reason or reasons for their inconsistency. Respondents could give one or more answers to the question posed in the email. The sixty-nine responding to the email survey gave three primary reasons for their inconsistency: they did not have a plan of action, they needed help with consistency, and they did not have enough time (see Appendix D). The results of the survey taken at FBCF differed somewhat from the study by ABS in that those in the ABS study expressed busy schedules as the prominent reason for their lack of Bible reading. In the FBCF survey, respondents noted the lack of planning as the number one reason for their inconsistency.

The survey at FBCF demonstrated the need for engaging the Scripture with consistency among members. The process of leading selected members towards consistency with Bible exposure involved three essential measures. First, selected members need a plan for developing new habits involving the engagement with God's word. Power for spiritual development is inadequate among believers without consistency in engaging God's word. Second, selected members need leadership to help them break through the barriers of hectic schedules, bad habits, and poor planning, in the hopes of spiritual change. Third, selected members need an alternative to print media for Scripture. Only thirty-one percent of those under seventy who preferred to read books said they were consistent with Bible study (see Appendix C). Also, twenty-eight percent of those who preferred reading, read fewer than three books a year (see Appendix C). The survey seemed to indicate a lack of reading even among many of those who prefer to read. The project administrator postulates that introducing an aural approach will encourage Bible exposure among FBCF members.

The good news is that forty-nine percent of those who said they were inconsistent indicated they wanted the help and the leadership to follow the command of God for reflection and change.<sup>6</sup> Ronnie Floyd, in his sermon address at the Southern Baptist Convention, said, “Leadership is missing in action today. Now is the time to lead.”<sup>7</sup> The time is right for leading select members at FBCF to engage the Scripture with consistency for obedience to God’s command. Reading or hearing God’s word with consistency and reflection offers power for change. The present problem of inconsistent Bible reading among members at FBCF demands a solution. This project provides a framework for that solution.

### **The Purpose**

The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. Engaging God’s word with consistency aligns believers with his commands. As the Lord led Israel into the Promised Land he said to Joshua, “Keep this Book of the Law always on your lips; 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). In the New Testament (NT) era, the Lord issues a command for engaging Scripture for believers, “Therefore, get rid

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<sup>6</sup> See Appendix C. Of the sixty-nine respondents who indicated they were inconsistent in Bible reading, forty-nine percent indicated they wanted help with consistent Bible reading.

<sup>7</sup> Ronnie Floyd, “Now Is the Time to Lead,” sermon printed in the *Annual of 2015 Southern Baptist Convention* (Nashville: Executive Committee of Southern Baptist Convention, 2015), 115, accessed January 20, 2017, <http://www.sbcec.org/bor/2015/2015SBCAnnual.pdf>.

of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you (James 1:21). Aligning with his command toward engaging his word affords the believer with power for spiritual transformation. Dallas Willard defines the phrase: “Spiritual formation in the tradition of Jesus Christ as the process of transformation of the inmost dimension of the human being, the heart, which is the same as the spirit or will. It is being formed (really, transformed) in such a way that its natural expression comes to be the deeds of Christ done in the power of Christ.”<sup>8</sup> Akin to Willard’s definition, one may view spiritual transformation as spiritual change that aligns with the NT in the life and activity of the believer. The instrument God uses for spiritual change is Scripture. God’s word provides power for spiritual change as believers give careful reading and reflection.

Reading the Scripture is a traditional method for comprehending God’s word. Advocating the reading of Scripture is also a biblical practice. Jesus asked many of his listeners, “Have you not read?” (Matt. 12:3, 5; 19:4; 21:16, 42; 22:31). The Lord commanded those who had access to read the text. Likewise, the Apostle Paul also expected believers to read his letters (1 Thess. 5:27).

Possessing the Scripture in written form for personal devotion and study is a blessing from the Lord, but the biblical record also demonstrates the medium of listening for engaging God’s word. Today, believers hear the words of Jesus through the Scripture. Listening and reading are both biblical practices for engaging Scripture. Moreover, believers in antiquity obeyed God’s revelation through both reading and listening.

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<sup>8</sup> Dallas Willard, “Spiritual Formation: What it is and How it is Done,” accessed July 5, 2017, <http://www.dwillard.org/articles/artview.asp?artID=58>.



## CHAPTER 2

### THEOLOGICAL RATIONALE

Three theological footings supply the groundwork for this project: 1) hearing God's word is an imperative for God's people, 2) hearing God's word supplies power for Christian faith, and 3) hearing God's word with consistency offers an opportunity for reflection and change.

#### **Hearing God's Word Is an Imperative for God's People**

The Lord uses his word to save the lost and sanctify the believer. The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. The project context petitions two questions: First, why should the believer engage God's word? Second, how should the believer engage God's word? Stanley Hauerwas has a serious problem with individual believers in the West engaging God's word. In fact, he believes that most North American Christians do not have a right or an obligation to read the Bible. He writes,

No task is more important than for the Church to take the Bible out of the hand of individual Christians. . . . Let us no longer give the Bible to all children when they enter the third grade or whenever their assumed rise to Christian maturity is marked, such as eight-grade commencements. Let us rather tell them and their

parents that they are possessed by habits far too corrupt for them to be encouraged to read the Bible on their own.<sup>9</sup>

Paul wrote Timothy, “All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work” (2 Tim. 3:16-17).<sup>10</sup> Thomas Lea and Hayne Griffin comment that Paul’s main directive to Timothy was to establish the profit gained from the inspiration of Scripture.<sup>11</sup> As a contrarian, Hauerwas seems to question the decree of Paul for some believers. He believes that Christians are so polluted by Western values they cannot glean any benefit from the Scripture themselves.

On another occasion, Paul wrote to the saints in Corinth when he realized that the believers there had brought many of their past habits from a corrupt culture into the church. How did Paul attempt to help them? He wrote them a letter with words inspired by God—1 Corinthians. Later Paul wrote a second letter to the Corinthian church, saying to these believers, “For we do not write you anything you cannot read or understand” (2 Cor. 1:13). The church at Corinth was one of the most dysfunctional of all the churches planted by Paul, yet he expected each believer at the church of Corinth to profit by engaging with the words of his letter.

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<sup>9</sup> Stanley Hauerwas, *Unleashing the Scripture: Freeing the Bible from Captivity to America*, 1st ed. (Nashville: Abingdon Press, 1993), 15.

<sup>10</sup> Scripture references use The New International Version unless otherwise noted.

<sup>11</sup> Thomas Lea and Hayne P. Griffin, *1, 2 Timothy, Titus*, New American Commentary, vol. 34 (Nashville: Holman Reference, 1992), 235.

### Why Should the Believer Engage God's Word?

Paul denotes several areas of spiritual profit from God's word to Timothy: doctrine, reproof, correction, and instruction in righteousness. Paul also explains to the Thessalonians that what he has taught them is "the word of God, which is at work in you who believe" (1 Thess. 2:13). Paul wanted Timothy and the saints at Thessalonica to understand that the work of God's word operates in the believer for spiritual transformation. Spiritual profit gained from God's word gives the believer a strong rationale for engagement; however, the primary rationale for engaging the Scripture is obedience to God. Believers engage God's word in obedience to his command.

God commands believers to listen to his word rather than to the philosophy of man. Luke demonstrates the futility of man's philosophy as he wrote about Paul's experience in Athens when he reasoned with the philosophers there: "All the Athenians and the foreigners who lived there spent their time doing nothing but talking about and listening to the latest ideas" (Acts 17:21). Paul also writes to the Colossians, warning them, "See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ" (Col. 2:8). Scholars have been unable to find any consensus concerning the actual identity of the philosophy Paul was addressing, yet the text condemns the extra-biblical practices and forces that had a stronghold on the lives of the believers in Colossae.<sup>12</sup>

Scripture takes precedence over tradition. Even the religious leaders in the days of Jesus found refuge and authority for their practice in places outside the Scripture. One

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<sup>12</sup> Brian J. Walsh, "Late/Post Modernity and Idolatry: A Contextual Reading of Colossians 2:8-3:4," *Ex Auditu* 15 (1999): 4-5.

day they approached Jesus and asked him, “Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!” Jesus replied, “And why do you break the command of God for the sake of your tradition?” (Matt. 15:2-3). On more than one occasion the religious rulers found themselves in conflict with Jesus because they superseded the Scripture with their tradition. Believers must not comply with any human tradition or philosophy that attempts to usurp or supersede Scripture.

God’s command to engage his word is first recorded in the Old Testament (OT). In the early days of Israel, Moses, in response to God’s command, wrote down “everything the Lord had said” (Exod. 24:4).<sup>13</sup> Obeying the Lord involved listening to Yahweh’s words *in toto*.<sup>14</sup> As Israel slipped through the birth canal from captivity to covenant, Moses charged the people with hearing the words of God. Five times in Deuteronomy Moses declared “Hear O Israel” (Deut. 4:1, 5:1, 6:4, 9:1, 20:3).<sup>15</sup> The Hebrew word *shāma* ‘means “cry out, so someone will hear.”’<sup>16</sup>

The Lord commanded the generations following Moses to hear God’s word. The

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<sup>13</sup> See Nils Alstrup Dahl, “Wellhausen on the New Testament,” *Semeia* 25 (1982): 97, as Dahl ties the view of Wellhausen with the work of redactors concerning the Pentateuch: “The ancient sources (JE) were predominately narrative; the discourses of Deuteronomy and the Priestly Codex were later and had been incorporated into the narrative framework by a redactor.” However, Scripture affirms the penmanship of Moses (Exod. 24:4).

<sup>14</sup> See Brown, NIDNTT, vol. 3, 1103, as the editors identify “The Word (dāḇār) [as] a designation of the whole commandment.” Thus, the command to listen to God’s word means to listen to the whole commandment.

<sup>15</sup> R. Laird Harris, Gleason Archer, and Bruce Waltke, eds., *Theological Wordbook of the Old Testament*, vol. 2 (Chicago: Moody Press, 1980), 938. The root verb *shāma* ‘means hear, listen to, obey.

<sup>16</sup> Block, “That They May Hear,” 9.

first chapter in the book of Joshua begins with the story of God leading and giving the land of Canaan to the Israelites. Although God tells Joshua he will be with him as he was with Moses, the Lord does not delay in charging him with his primary task. The Lord commands Joshua, “This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (Joshua 1:8).

David Howard makes a keen observation about the charge to Joshua as he says, “It is striking that God’s instructions here to Joshua are not about military matters, given that Joshua and the Israelites faced many battles ahead.”<sup>17</sup> One can be certain that at a minimum, success in the battles ahead was contingent on the proper response to God’s word and law by the Israelites. The Lord’s plans for Joshua and the Israelites included much more than military success, however, as Howard notes, “. . . the keys to [their] success were spiritual. . .”, directly related to giving attention to God’s word. The Lord tells Joshua that obedience to God’s word is what will bring success and prosperity. For Israel, giving careful and consistent attention to God’s word and law would supply them with power to obey and result in becoming the people God designed them to be.

Scripture reveals the imperative for the OT saints to hear God’s word, but does the OT command have any authority over the NT believer? Numerous references in the NT treat the Mosaic covenant with Israel as a temporary covenant (Matt. 5:17-18; Rom. 7:1-6; 10:4; 2 Cor. 3:7-11; Gal. 3:19-4:7; Eph. 2:14-16; Col. 2:13-14; Heb. 7:11-18, 8:7-

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<sup>17</sup> David M. Howard, *Joshua*, New American Commentary, vol. 5, E. Ray Clendenen, ed. (Nashville: Broadman and Holman, 1998), 85.

13). For Steve Stanley, using the rationale of an old and obsolete covenant to instruct a NT believer causes tension.<sup>18</sup> Hebrews 8:13 is one text that denotes the relationship between the old and new covenants: “By calling this covenant ‘new,’ he has made the first one obsolete; and what is obsolete and aging will soon disappear” (Heb. 8:13). David Allen comments on the relationship between the covenants: “What is indisputable is that, for the author of Hebrews, the new covenant replaces the old.”<sup>19</sup> Does the new covenant replace the Mosaic covenant in total or in part? Which, if any, OT citations in the NT are binding on the believer?<sup>20</sup> Does the imperative for hearing God’s word in the OT have authority over the believer today? According to Richard Taylor, “Reconciling the New Testament teaching on the continuity and discontinuity between the new and old

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<sup>18</sup> See Steve Stanley, “A New Covenant Hermeneutic: The Use of Scripture in Hebrews 8-10,” *Tyndale Bulletin* 46, no. 1 (May 1995): 204, 206, as he writes, “The book of Hebrews speaks more directly to the question of the significance of Old Covenant Scripture in the New Covenant age than any other in the New Testament. . . . The author of Hebrews. . . . states plainly and categorically that the Old Covenant is obsolete and that his readers are no longer under its authority. At the same time, he confidently applies Old Covenant Scripture to his readers and their New Covenant situation, accepting its authority as the word of God. . . . How, then, can he rely on Old Covenant Scripture as an important source for his message, and how can he rely on its authority to strengthen his persuasive power with Christian readers?”

<sup>19</sup> See David L. Allen, *Hebrews*, New American Commentary, vol. 35, E. Ray Clendenen, ed. (Nashville: B and H Academic, 2010), 454.

<sup>20</sup> See also A. J. Köstenberger, and D. A. Croteau, “‘Will a Man Rob God?’ (Malachi 3:8): A Study of Tithing in the Old and New Testaments,” *Bulletin for Biblical Research* 16, no. 1 (2006): 71, as the writers comment on a tithing text in Matt. 23:23. Some interpreters seek to use the words of Jesus in this text to show the imperative for tithing in the New Testament. However, Köstenberger writes, “The practice of tithing for the church cannot be deduced from this verse, because the command was given to the scribes and Pharisees, who were still under the old covenant.” The passage in Mark 12:28-29 parallels somewhat Matt. 23:23 when Jesus responds to the scribe, “Hear O Israel,” giving an answer concerning the Mosaic Law to a teacher still under the law.

covenant has been debated for centuries, and the literature is voluminous.”<sup>21</sup>

Some interpreters argue for a complete break with the OT, including the moral aspect of the law.<sup>22</sup> Others see the continuation of the moral aspect of the law from the old into the new.<sup>23</sup> Although the discussion of the topic is beyond the scope of this paper, an observation may be helpful for the rationale of this project. What is clear is that the writers of the NT continued to instruct the church with OT Scripture throughout the text of the new covenant.<sup>24</sup> For example, in 1 Cor. 10:11-14, Paul cites the Israelites’ failure in the wilderness as examples for the NT believer. Although he uses the experience in the

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<sup>21</sup> Richard A. Taylor, *Haggai, Malachi*, New American Commentary, 1st ed., vol. 21a, E. Ray Clendenen, ed. (Nashville: Holman Reference, 2004), 430. See also Allen, *Hebrews*, 425, 454, as his commentary shows the difficulty in parsing the continuity or discontinuity from the old into the new covenant. In Heb. 7:16-19, Allen demonstrates that the writer referred to the cessation of the priestly order of the Law and not an abrogation of the entire Mosaic Law. Yet, in chapter 8, he highlights the discontinuity between the old and new covenants that exceeds the cessation of the priestly order in terms of “both scope and power.”

<sup>22</sup> See also J. D. Hays, “Applying the Old Testament Law Today,” *Bibliotheca Sacra* 158, no. 629 (Jan – Mar 2001): 22-23, for a counter argument as he states that the traditional approach of dividing the law into moral, civil, and ceremonial divisions is arbitrary and imposed on the text from outside of the text. Hays also asks, “On what basis can one decide that one verse is universal and timeless even for believers in the Christian era, while the commandment in the very next verse is rejected?” See also William D. Barrick, “The Mosaic Covenant,” *Master’s Seminary Journal* 10, no. 2 (Fall 1999): 213, as he says, “No one can justly separate the moral, civil, and ceremonial parts of the Law from each other; it is a unit. The Law has no authority over Christians because it has been fulfilled by the death of Christ.”

<sup>23</sup> See Phillip S. Ross, *From the Finger of God: The Biblical and Theological Basis for the Threefold Division of the Law* (Fearn, Ross-shire: Mentor, 2010) as he argues for a three-fold division of the Law.

<sup>24</sup> The reader will note that almost every scriptural quote in the NT is from the OT. Two exceptions are 2 Pet. 3:15-16 when Peter cited Paul’s writings and when Paul cites Deut. and Luke in 1 Tim. 5:18. The writers of the NT use OT Scripture for a degree of instruction.

wilderness as descriptive rather than prescriptive instruction for the believer today, he reinstates the prohibition against idolatry for Christian living.<sup>25</sup> His words in v. 14 gave assurance to the Corinthian readers that the command prohibiting idolatry was in full force.

To be sure, the OT command to hear God's word is a principle for Christian living today; however, the NT offers much more than a principle for engaging God's word.<sup>26</sup> The NT commands believers to engage God's word. The Lord uses the pen of James to command believers, "Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you" (James 1:21). The background of the passage shows the birth of believers occurring through God's word, "Of His own will He brought us forth by the word of truth. . ." (James 1:18). Here in the context, God gives birth to believers by the *λόγος ἀληθείας* word of truth. A verse later, James admonishes those who have become believers through the word of truth to be "quick to listen, slow to speak, and slow to become angry" (James 1:19). Jason Whitlark observes, "The *ἐμφυτος λόγος* [implanted word] in James 1:18. . .is not just the cause of the Christian life but also its ongoing power. It brings one to eschatological salvation, sets one free from death to life in the present, and makes the imperatives of the author's

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<sup>25</sup> Those who see a complete break from the Mosaic Law would not view the NT prohibition of idolatry by Paul as a reiteration of OT Law but as a new law under Christ (Gal. 6:2).

<sup>26</sup> See A. J. Köstenberger, and D. A. Croteau, "Reconstructing a Biblical Model for Giving: A Discussion of Relevant Systematic Issues and New Testament Principles," *Bulletin for Biblical Research* 16, no. 2 (2006): 242, as the writers note the exception from covenant theologians, who believe God's moral law continues whether repeated or not in the NT.



exhortations and admonitions possible.”<sup>27</sup> Kurt Richardson writes, “Here [in verse 19] the quickness does not refer to acting but rather to listening . . . In this case, the requiring quickness is that which is to be learned by hearing.”<sup>28</sup> What is it that believers are to be quick to listen too? Believers are to listen to the same word that birthed them into salvation.

Although James admonishes his readers to put off anger, Richardson comments further, “. . . eliminating evil and its causes is never the sole or final goal of Christian instruction. . . . There is always a positive exhortation to do the will of God as well.”<sup>29</sup> What is the positive exhortation? The exhortation to believers is to receive the word of truth. The word of truth is “the effective divine word . . . [that has] both [a] present and eschatological effect.”<sup>30</sup> The implanted word writes Richardson, “must be received even though it is already present within the self. . . . The dynamic Word must be ‘heard’ as God speaking presently to the believer.”<sup>31</sup>

Here in the text, James uses the word *δέχομαι* as an imperative.<sup>32</sup> William Mounce defines the Greek tense in the imperative mood, “There is no more forceful way

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<sup>27</sup> Jason A. Whitlark, “μφντος; Λγος: A New Covenant Motif in the Letter of James.” *Horizons in Biblical Theology* 32, no. 2 (Sum 2010): 146, 162.

<sup>28</sup> Kurt A. Richardson, *James*, New American Commentary, vol. 36, E. Ray Clendenen, ed. (Nashville: B and H Academic, 2010), 88-89.

<sup>29</sup> Richardson, *James*, 92.

<sup>30</sup> *Ibid.*, 92-3.

<sup>31</sup> *Ibid.*, 93.

<sup>32</sup> *Ibid.*

in the Greek language to tell someone to do something than a simple imperative—particularly the second person imperative. Especially when such a command is given regarding a specific situation, the one giving the command sees himself as an authority figure. He expects those addressed to do exactly as he has ordered.”<sup>33</sup> Those reading the words of James became believers by receiving God’s word and now were to continue receiving the word of truth in response to the Lord’s exhortation. Why should the believer engage God’s word? In sum, first, doing so aligns the believer with God’s command. Second, for the believer, “Through ‘receiving’ the word again, renewal and deepening of faith can occur.”<sup>34</sup> The second project question is directly related.

### How Should the Believer Engage God’s Word?

The biblical record reveals that reading and listening are two mediums that allow the believer to engage Scripture in obedience to the Lord’s command. Moses commanded Israel, “Their children who do not know this law, must hear it” (Deut. 31:13).<sup>35</sup> Reading the Scripture aloud allows others to hear God’s word. Moses “took the Book of the Covenant and read it to the people” (Exod. 24:7). After Moses’s death, God commanded Joshua to muse or meditate on his word. Joshua also continued the practice of Moses: “There was not a word of all that Moses had commanded that Joshua did not read to the

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<sup>33</sup> William D. Mounce, *Basics of Biblical Greek Grammar*, 2nd ed. (Grand Rapids: Zondervan, 2003), 310.

<sup>34</sup> Richardson, *James*, 93.

<sup>35</sup> See Merrill, *Deuteronomy*, 141, as he notes that Moses convened God’s covenant with his people and, “in strong hortatory language, commanded them to hear . . . the ‘decrees and laws.’” See also Block, “That They May Hear,” 5, as Block notes, “In the ancient world all sacred texts were written to be read orally and heard by an audience.”

whole assembly of Israel, including the women and children, and the aliens who lived among them” (Josh. 8:35). Much later in Israel’s history, after the return from exile, Ezra “read aloud the [Scripture] from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand. And all the people listened attentively to the Book of the Law” (Neh. 8:3).

In the NT, Jesus assumed the Jews were cognizant of the Scripture through reading. He often asked those around him, “Haven’t you read?” (e.g., Matt. 12:3, 5, 19:4, 21:16; Mark 12:26; Luke 10:26). Because Paul assumed the Colossian and Thessalonian believers would hear his letters at their gatherings, he insisted they be read aloud so the whole church would hear. He directed the Colossians, “After this letter has been read to you, see that it is also read in the church of the Laodiceans and that in turn read the letter from Laodicea (Col. 4:16). He also exhorted the Thessalonians, “I charge you before the Lord to have this letter read to all the brothers” (1 Thess. 5:27).<sup>36</sup>

Paul instructs believers in the imperative to earmark their attention for God’s word: “Devote yourself to the public reading of Scripture, to preaching and to teaching” (1 Tim. 4:13). Lea and Griffin also note that “reading” refers to the public reading of Scripture. The Old Testament is at least included in the application of the word Scripture, but the reference may have also referred to the rapidly growing collection of New Testament writings (2 Pet. 3:16). At a time when believers lacked personal copies of

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<sup>36</sup> See Saint Justin Martyr and Thomas B. Falls, *The First Apology*, The Fathers of the Church Series, vol. 6, Ludwig Schopp, ed. (New York: Christian Heritage, Inc. 1948), Chapter 67, 106, as Falls comments on the earliest historical record of NT church services. Noteworthy is the reading material for the services: “As late as the middle of the second century, concerning worship we read the words of Justin Martyr, ‘The memoirs of the Apostles and the writings of the prophets are read as long as time permits.’”

God's word, such practice was essential to promoting knowledge of the divine message.<sup>37</sup>

Richardson also elaborates on God's command in James 1:21, "God may be heard through the preaching, rereading, or recitation. . . [of the text]. . . ."<sup>38</sup> Engaging God's word allows believers to align themselves with God's imperative, which provides power to live out the Christian life of faith. In contrast to Hauerwas, Lea writes, "What a tragedy for a Christian to be labeled as spiritually unprepared for a task when the means of instruction and preparation are readily at hand! . . . Christians can receive strength for the Christian pilgrimage from . . . the Scripture."<sup>39</sup> How should the believer engage God's word? Whether by hearing or reading, intentional and continuous engagement with God's word will supply the believer with power for faith, and faith through the word will give an opportunity for change.

### **Hearing God's Word Supplies Power for Christian Faith**

Hearing God's word is not only an imperative, but it is essential for both acquiring faith and Christian living. Regardless of the medium, hearing the word supplies power for faith in two primary ways: 1) Scripture enables the sinner to believe in Christ for salvation, and 2) Scripture supplies the believer with power for spiritual change. Hearing God's word not only spawns the opportunity for regeneration (John 3:16, 5:24) but also provides the power needed to believe in Christ (Rom. 10:17).

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<sup>37</sup> Lea and Griffin, *I, 2 Timothy, Titus*, 19.

<sup>38</sup> Richardson, *James*, 93.

<sup>39</sup> *Ibid.*, 238.

### Scripture Enables Sinners to Believe

Paul elevated the authority of Scripture: “Because our gospel came to you not simply with words, but also with power, with the Holy Spirit and with deep conviction” (1 Thess. 1:5). God’s Spirit impregnates the written word with his power. As a person hears God’s word, he or she can come to know the Lord. John relates the words of Jesus: “I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life” (John 5:24). Lea and Griffin feature the power of Scripture, noting Paul’s statement to Timothy: “and how from infancy you have known the holy Scripture, which is able to make you wise for salvation through faith in Christ Jesus” (2 Tim. 3:15). The phrase “through faith in Jesus Christ” substantiates the enlightenment of Scripture for the necessity of faith in Jesus Christ.<sup>40</sup> The written word gives one power, strength, and the ability to believe in Christ.

The NT uses the word *δύναμις*, from which the English language acquired the word dynamite, for power. Paul uses *δύναμις* in Rom. 1:16: “I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes.” In everyday use, dynamite moves masses of unwanted objects from one place to another. The upshot of a person transferring from the kingdom of darkness to the kingdom of light manifests God’s *δύναμις*. The Scripture also uses *κράτος*, which means strong and powerful (Acts 19:20).<sup>41</sup> The Scripture supplies power or strength to move in the

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<sup>40</sup> Ibid., 234.

<sup>41</sup> Horst Balz, *Exegetical Dictionary of the New Testament*, vol. 2, Gerhard Schneider, ed. (Grand Rapids: Wm. B. Eerdmans, 1993), 314.

prescribed purpose and will of God. Hearing God's word for the opportunity to believe in God's son embellishes the greatest benefit of all (John 3:16).

Paul asserts the dependence on faith: "My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on men's wisdom, but on God's power" (1 Cor. 2:4-5). One might understand the text to mean that the faith of God is not found in the wisdom of man's words, but in the Gospel. Paul's words to the Corinthians demonstrate that the Gospel message gives power for the operation of faith.

Paul wrote further about faith to the saints in Rome: "Consequently, faith comes from hearing the message, and the message is heard through the word of Christ" (Rom. 10:17). Faith as a noun, *πίστις*, means firm persuasion or a conviction based on hearing (Mark 11:22; Luke 7:50) and as a verb, *πιστεύω* means a firm conviction, or a personal surrender to him (John 6:29, 11:27).<sup>42</sup> The context of Rom. 10:12-17 is one of the most significant segments of Scripture for understanding the way of salvation. Robert Mounce writes, "Apart from hearing the message no one can believe. However, faith comes from hearing the message. The New English Bible states, 'Faith is awakened by the message.' Although it is true that faith is our response to the Gospel, it is also true that the message itself awakens and makes faith possible."<sup>43</sup> Hearing the Gospel through God's word activates faith by which the sinner can choose to believe. Paul chiseled these words for

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<sup>42</sup> William E. Vine and Frederick Fyvie Bruce, *Vine's Expository Dictionary of Old and New Testament Words*, 1st ed., vol. 2 (Old Tappan: Fleming H. Revell, 1981), 71.

<sup>43</sup> Robert Mounce, *Romans*, The New American Commentary, vol. 27, E. Ray Clendenen, ed. (Nashville: Holman Reference, 1995), 211-12.

reflection, “I would like to learn just one thing from you: Did you receive the Spirit by observing the law, or by believing what you heard?” (Gal. 3:2). Hearing God’s word not only offers power for the unbeliever to trust in Christ through the Gospel message but spiritual change throughout life.

### Scripture Supplies Power for Spiritual Change

Peter uses the metaphor of milk to show the desire and object for the Christian life: “Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation” (1 Pet. 2:2). Growth is a natural progression for children, who start as newborns needing their mother’s milk for sustenance. Peter uses the word ἐπιποθήξω in the aorist imperative form ἐπιποθήσατε to show the ardent desire believers should have for the word.<sup>44</sup> As babies require milk for physical growth, in a similar way, believers need spiritual milk for growth in salvation. Milk then becomes the very substance of life, comprising that which all Christians need for spiritual growth.

Thomas Schreiner comments on the metaphor by saying that “milk most naturally refers to the word, whether preached orally or written, as the means of growth for believers.”<sup>45</sup> J. Ramsey Michaels, elaborates further on the metaphor, “To a newborn baby such longing is wholly natural and inevitable, but the longing for the ‘pure milk’ of

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<sup>44</sup> Thomas R. Schreiner, *1, 2 Peter, Jude*, New American Commentary, vol. 37, E. Ray Clendenen, ed. (Nashville: Holman Reference, 2003), 99-100. The writer contends spiritual growth is not primarily mystical but rational, and rational in the sense that it is informed and sustained by God’s word.

<sup>45</sup> Schreiner, *1, 2 Peter, Jude*, 100-01.

which Peter speaks is something that must be commanded, and something on which the readers must fasten their attention and effort....”<sup>46</sup>

Not all scholars agree with Schreiner and Michaels, such as Karen Jobes who believes that the milk to be craved by Christians is the Lord himself.<sup>47</sup> She admits, however, that it is not incorrect to direct Christians to the word of God in Scripture for sustaining grace. She also acknowledges the widespread consensus among modern interpreters that the pure spiritual milk of 1 Pet. 2:2 is the word of God.<sup>48</sup> In fact, she concedes, “The consensus may be too strong to question, much less abandon.”<sup>49</sup>

By considering the context, culture, and textual language, Dan McCartney equates the metaphor for milk to be the Scripture. He writes, “‘With regard then to 1 Pet. 2:2, the context as we have seen begs for something ‘like the word [of God]’. The use of λογικὸν in Hellenism, while its context may frequently stress the aspect best expressed by our term reason clearly involves the idea of verbal communication.’”<sup>50</sup> McCartney also comments, “Since λόγος means ‘word [of God]’, τὸ λογικὸν ἄδολον γάλα should here be translated ‘pure milk of the Word’.”<sup>51</sup>

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<sup>46</sup> J. Ramsey Michaels, *1 Peter*, Word Biblical Commentary, vol. 49, David A. Hubbard and Glenn W. Barker, ed. (Waco: Word Books, 1988), 86.

<sup>47</sup> Karen H. Jobes, “Got Milk? Septuagint Psalm 33 and the Interpretation of 1 Peter 2:1-3,” *Westminster Theological Journal*, 64, no. 1 (2002): 12.

<sup>48</sup> Jobes, “Got Milk?” 14.

<sup>49</sup> Ibid.

<sup>50</sup> Dan G. McCartney, “Λογικοσ in 1 Peter 2.2,” *Zeitschrift Für Die Neutestamentliche Wissenschaft Und Die Kunde Der Älteren Kirche* 82, no. 1-2 (1991): 132.

<sup>51</sup> McCartney, “Λογικοσ in 1 Peter 2.2,” 132.



Faith is activated as the believer reads or listens to the “pure milk of the Word.” Paul emphasized the effectiveness of the word to the Thessalonians by writing, “And we also thank God continually, because when you received the word of God which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe” (1 Thess. 2:13). Paul’s initial preaching of the Gospel led to the conversion of many at Thessalonica. Now as Christians, the word continued to work in them for spiritual change. The word “work” comes from the Greek *ἐργάζω* which means to put forth power, be operative, to work to be effective.<sup>52</sup> God’s word operates and works in the lives of believers for spiritual change. Michael Martin writes, “The present participle tense ‘believe’ shifts the focus of the verse from the event of the Thessalonian’s conversion to the present state of their faith.”<sup>53</sup>

In 1 Thess. 1:5, the power of God at work in the believers validates the Gospel message and distinguishes the people of God. Peter spoke of a changed life just before giving his directive about craving the milk of the word, instructing believers, “Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind” (1 Pet. 2:1). Spiritual change can occur as the believer engages the power of God’s word. Thus, hearing or reading God’s word activates faith for change.

God wants his people to grow in faith. Hearing the Scripture brings God’s word from heaven to the ears of his people on earth. Hearing God’s word activates the power of faith not only in the life of the sinner for salvation but also in the saint for

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<sup>52</sup> Vines and Bruce, *Vine’s Expository Dictionary*, vol. 2, 19.

<sup>53</sup> D. Michael Martin, *1, 2 Thessalonians*, New American Commentary, vol. 33, E. Ray Clendenen, ed. (Nashville: Holman Reference, 1995), 88.

sanctification. There are times when God moves with commanding power through a singular encounter with Scripture. Ezra and Josiah are two formidable examples revealing the power of God through Scripture. Consistency in God's word, however, is the norm for reflection and change. In the OT God's first command to Joshua was to meditate on God's word day and night for success and prosperity (Joshua 1:8). Meditating on God's word would give opportunity for the Israelites to obey the Lord, ". . . meditate on it day and night, so that you may be careful to do everything written in it" (Joshua 1:8). The Lord also commanded NT believers to continue in receiving the word for spiritual change (James 1:21). Engaging God's word with consistency allows the believer to reflect on the disparity between the believer's life and God's will. Since the power of the word gives believers what they need to grow up in their salvation, believers need a plan for consistency in engaging God's word with reflection to activate faith for change.

### **Hearing God's Word with Consistency Offers an Opportunity for Reflection and Change**

God's word imparts power for unbelievers to become children of God through faith. Consistency in the word, which means "action with regularity,"<sup>54</sup> also allows believers to reflect and change. NT believers need spiritual growth beyond conversion; thus, brief and scarce encounters with Scripture will never suffice for maturity in Christ. Hearing God's word with consistency and then reflecting upon the meaning of the text provides the potential to create change.

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<sup>54</sup> Philip D. Morehead, ed., s.v. "Consistency," *The New American Roget's College Thesaurus in Dictionary Form* (New York: Signet, 2001), 155-6.

Consistency with God's word is not a new idea among God's people. In Deut. 6:6-9, the Lord issued a disciplined plan for faithful habits in Israel's youth: "Hear, O Israel . . . . These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up" (Deut. 6:3, 6, 7). The Shema, more than a confession of monotheistic words, provided Israel with a schematic for listening to and musing on God's word.

James Hamilton notes that Deut. 6:7 translates as "and you shall repeat them to your sons and you shall talk about them."<sup>55</sup> He also interprets the second half of Deut. 6:7 by showing that "Moses [gave] intense practical instructions to every Israelite father about when they [were] to repeat and discuss the words he [was] commanding with their sons: all the time."<sup>56</sup> Deut. 6:7 reveals that the Lord wanted his word repeated to the next generation of Israel in the morning, evening, and throughout the day. For the Israelite, consistency in hearing and reading God's words was necessary for following the Torah. The Shema demonstrated a powerful principle for the repetition of God's word.

In the NT, the apostle John writes, "To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples" (John 8:31). The meaning of μένω (continue) is "hold to" or "remain."<sup>57</sup> Followers of Jesus must engage God's word. Luke chronicles the early church believers engaging God's word with fervor:

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<sup>55</sup> James M. Hamilton, Jr., "That the Coming Generation Might Praise the Lord," *The Journal of Family Ministry* 1, no. 1 (Fall – Winter 2010): 3.

<sup>56</sup> Hamilton, "That the Coming Generation Might Praise the Lord," 4.

<sup>57</sup> Vine and Bruce, *Vine's Expository Dictionary*, vol. 2, 90.

“They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer” (Acts 2:42). The description Luke gives of the early-church believers is that they “were continually devoting themselves to the apostles’ teaching.” What was the apostles’ teaching? Luke noted the apostles’ teaching as “the full message of this Life” (Acts 5:20) and “the whole will of God” (Acts 20:27). A comprehensive view shows the apostles’ teaching to include the OT, the life and teachings of Jesus Christ, and the truths recorded in the NT. As the apostles spoke the word, believers listened to God’s purpose for their lives.

The root verb used in Acts 2:42 to describe the believers’ response to the apostles teaching is *προσκατερέω*, which means “a steadfast and single-minded fidelity to a certain course of action.”<sup>58</sup> In Acts 2:42, Luke describes believers in the early church engaging God’s word with intensity, steadfastness, and strong desire. They read Scripture and listened as church leaders read publicly in those early days; thus, their engagement was not sporadic or occasional but consistent. Engagement of God’s word as a community continued as the church moved forward. Later, Paul wrote Timothy, “Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching” (1 Tim. 4:13). The word devote, *προσέχω*, suggests “take heed, give heed . . . give attendance . . . the word suggests devotion of thought and effort to a thing.”<sup>59</sup> The writer of Heb. 7:13 also uses the same word *προσέχω* to describe the devotion and attention the priests gave to the altar.

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<sup>58</sup> Vine and Bruce, *Vine’s Expository Dictionary*, vol. 1, 87.

<sup>59</sup> Ibid.

Paul wanted Timothy to devote himself to the public reading of Scripture so believers could listen to God's will and purpose. Later, Paul re-challenged Timothy, "But as for you, [μένω] continue in what you have learned and have become convinced of because you know those from whom you learned it" (2 Tim. 3:14-17).<sup>60</sup> Paul used the same word, [μένω] continue, with Timothy as John used with his readers. God's word summons believers to listen, ponder, and respond to the searchlight of his word.<sup>61</sup>

Reflection means consideration of some subject matter, idea, or purpose.<sup>62</sup> Reading or listening to God's word employs God's purpose for the soul of man. Reflection on God's word can affect the mind, will, and emotion. As believers obey God's command with Scripture through listening and/or reading, they need to do so with reflection. To reflect is to consider the disparity between the believer's life and the revelation of Scripture. Reflection on God's word reveals the spiritual need in the believer's life, as Leander Keck pronounces, "Scripture uncovers the truth about ourselves."<sup>63</sup> The Psalmist declares, "In your light, we see light" (Ps. 36:9b).

Howard further explains the OT concept of meditation: "[The contemporary discipline] is not the one commonly familiar in the late twentieth century, namely, of

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<sup>60</sup> Lea and Griffin, *1, 2 Timothy, Titus*, 233. Lea contends for the instruction of children from year five as the norm for Jewish parents.

<sup>61</sup> Laura J. Thelander, "Speaker, Word, Breath: A Scriptural View of Christian Formation," *Word and World* 34, no. 3 (Sum 2014): 286.

<sup>62</sup> *Merriam-Webster Dictionary*, s.v, "Reflection," accessed January 5, 2017, <https://www.merriam-webster.com/dictionary/reflection>.

<sup>63</sup> Leander E. Keck, "Presence of God through Scripture," *Lexington Theological Quarterly* 10, no. 3 (July 1975): 15.

emptying the mind and concentrating on nothing or on self or on visualizations of various types.”<sup>64</sup> Biblical meditation, according to Howard’s view, involves a focus on God himself and his works or law.<sup>65</sup> The word “muse” means to consider something with careful thought.<sup>66</sup> One could argue that reflection is an exercise related to biblical meditation. Thus, both reflection and meditation allow the believer to engage God’s word with careful attention.

Believers should consider and give attention to God’s word. In his epistle, James instructs the believer to receive the implanted word (James 1:21). To receive Scripture is to reflect on the message:

Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does. (James 1:23-25)

The phrase “looks intently” in v. 25 is from *παρακύπτω*, which means to stoop sideways, bend forward, to stoop to look into.<sup>67</sup> Luke uses the same phrase to describe Peter’s search in the empty tomb, “Bending over, he saw the strips of linen lying by themselves” (Luke 24:12). Sometimes when people look in a mirror, they take only a glance. James describes an individual who leans forward to take a closer look in the mirror. Peter did not just walk into the tomb and immediately walk out. Rather, he stooped down in his

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<sup>64</sup> Howard, *Joshua*, 86.

<sup>65</sup> Ibid.

<sup>66</sup> *Merriam-Webster Dictionary*, s.v., “Muse,” accessed February 14, 2017, <https://www.merriam-webster.com/dictionary/muse>.

<sup>67</sup> Vines and Bruce, *Vine’s Expository Dictionary*, vol. 3, 13.

discovery of the elements left behind from the resurrection. For James, the believer should lean forward towards Scripture and look carefully to discover the truth of God.

To reflect, the believer must first listen to God's word. Once the believer listens to the word with consistency, reflection can take place. Leaning forward to take a closer look at the perfect will of God in the believer's life will supply the opportunity for change. Paul describes the precise purpose of spiritual change in 2 Cor. 3:18: "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit." The Lord wants believers to become like him, not only in position but also in practice (1 Pet. 1:15). Paul sheds added light on transformation by writing, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" (Rom. 12:2). Diminishing the discrepancy between a person's position and his or her practice for Christian discipleship requires a renewed mind. Having a mind aligned with Scripture is a major step in renewing one's mind for spiritual change. Paul stresses the need for a mind brought into line with God's word: "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" (Phil. 4:8).

Renewed minds result from engaging with God's word with consistency and reflection. In 2 Tim. 3:16-17, Paul's treatment of the word correction reveals an active use of Scripture. Lea and Griffin remark, "The word used only here in the NT suggests that Scripture helps individuals restore their doctrine or personal practice."<sup>68</sup>

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<sup>68</sup> Lea and Griffin, *1, 2 Timothy, Titus*, 237.

Earlier the writer noted Richardson's comment on James 1:21, "The implanted word must be received even though it is already present within the self. . . . The dynamic Word must be 'heard' as God speaking presently to the believer."<sup>69</sup> Richardson goes on to say, "The word of the text, Scripture, takes root as the saving word in the heart and mind, shaping and saving the self. . .for God."<sup>70</sup> Once more, Richardson exclaims, "Through 'receiving' the word again, renewal and deepening of faith can occur".<sup>71</sup>

Engaging God's word with consistency gives an opportunity for faith, reflection, and change. The theological rationale for this project suggests that believers in the Western church need to pivot in two ways for change. First, they need a plan for consistency and reflection towards God's word. Second, they need leadership to drive plans into actions tendering the opportunity for change. Three theoretical presuppositions in the next chapter will assist selected members at FBCF to meet the pivots needed.

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<sup>69</sup> Richardson, *James*, 93.

<sup>70</sup> *Ibid.*, 92.

<sup>71</sup> *Ibid.*, 93.



## CHAPTER 3

### THEORETICAL PRESUPPOSITIONS

One cannot make necessary spiritual changes without engaging God’s word and reflecting on the meaning of the biblical text. Three theoretical presuppositions support the problem and purpose addressed in this project. Each presupposition will assist in formulating and implementing a plan by which project participants will engage God’s word with consistency and reflection. First, employing variety can boost attention and increase learning. Second, the power of habit through routine, reminders, and rewards can yield beneficial results. Third, leadership coaching helps drive the scope and compass for success in planning.

#### **Variety in Learning Styles Can Boost Attention and Increase Learning**

How can leadership assist members with consistent exposure to the Scripture? The data shown seems to reveal that many people in the West are moving away from print media for literary purposes.<sup>72</sup> Since the present culture has had an adverse effect on Bible reading, believers need encouragement for engagement with the God’s word. The ABS study revealed a dichotomy: daily readers were few among the many who indicated a preference for reading as a method of engaging the Bible (see Appendix A). At the

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<sup>72</sup> “The State of Books and Reading in a Digital World,” Barna Group.

same time, the appeal for an aural approach to literature seems to be on the rise (see Appendix A). Thus, listening to the Scripture is not only biblical and viable but a method that may help believers connect with God's word.

The spiritual exercise of journaling can also stir believers to reflect more upon what they hear. Reflection through journaling gives believers an opportunity to record spontaneous devotional thoughts, as Whitney and Packer articulate, "A journal is a place where we can give expression . . . [a journal] slows us down and prompts us to think more promptly about God."<sup>73</sup> Both modern theory and the biblical record show the effectiveness of listening and reflection through journaling. An aural approach to engaging Scripture along with reflection through journaling may encourage consistency in interacting with God's word, which can lead to spiritual change.

During the modern era, biblical stewardship in the West relied on a single approach to biblical literacy. David Rhoads, Professor Emeritus of the NT at the Lutheran School of Theology, comments,

Traditionally, scholars have studied the writings of the NT by reading them silently and in private. For centuries, we scholars have been treating these Scriptures as "writings"—written to be studied and interpreted as manuscripts, written to be broken up into episodes and verses for scholarly analysis. We have been dealing with them as if they originated as part of a *print* culture . . . the contents of the writings that comprise the NT were originally composed and experienced orally.<sup>74</sup>

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<sup>73</sup> Whitney and Packer, *Spiritual Disciplines for the Christian Life*, 209-10.

<sup>74</sup> David Rhoads, "Biblical Performance Criticism: Performance as Research," *Oral Tradition in Judaism, Christianity, and Islam* 25, no. 1 (March 2010): 1. See Brian J. Wright, "Ancient Literacy in New Testament Research: Incorporating a Few More Lines of Enquiry," *Trinity Journal* 36.2 (2015):161, [https://www.academia.edu/13211795/\\_Ancient\\_Literacy\\_in\\_New\\_Testament\\_Research\\_Incorporating\\_a\\_Few\\_More\\_Lines\\_of\\_Enquiry\\_TrinJ\\_36\\_2015\\_161-189](https://www.academia.edu/13211795/_Ancient_Literacy_in_New_Testament_Research_Incorporating_a_Few_More_Lines_of_Enquiry_TrinJ_36_2015_161-189), accessed, 2017-01-11, as the author says, "Most modern New Testament scholars still start their literacy discussion by pointing to William V. Harris's influential study of ancient Greco-Roman literacy levels. His overall

Rhoads follows up with two questions: 1) “What have we been missing by studying the Scripture solely in the medium as print?” and 2) “What might we learn from experiencing the Scripture in an oral medium?”<sup>75</sup> He entertains not only the possibility of boosting attention through an aural approach but the potential for learning as well.

Engaging the Scripture through both reading and listening is a biblical method for approaching God’s word. Many leaders in the West, however, have emphasized print as the single approach to Scripture. Rather than exploring various methods for Christian growth, ministers direct new believers to read the Bible for themselves. One could surmise that linear and sequential thinking through print supplies the basis for most of today’s contemporary preaching, Bible studies, evangelism, and discipleship. Hipps affirms, “Printing . . . [led] to [the] Age of Reason, in which linear, rational thought came to be the sole means of discovering truth.”<sup>76</sup> The emphasis on the use of the printed Bible in the Western church appears to neglect one of humanity’s most important sensory gates, which is listening. Willis and Snowden assert, “God designed us to use all of our senses

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conclusion is that around 10 percent of the population was literate in antiquity...” From a biblical view, since very few were literate, orality was pervasive among the masses during the early years of the church. However, see Craig A. Evans, *Jesus and His World: The Archaeological Evidence*, Paperback edition (Louisville: Westminster John Knox Press, 2013), 63-75, as Evan pushes back on the widely held view of orality in antiquity. Evans argues most recently for widespread literacy in antiquity, and in ancient Judaism particularly (see 63-75). Also see Craig Evans, “Ancient Biography and the Reliability of the Gospels,” Deere Lecture, October 26, 2016. Gateway Seminary, accessed January 11, 2017. <http://www.gs.edu/news-events/sermons/deere-lectures-craig-evans/>.

<sup>75</sup> Rhoads, “Biblical Performance Criticism,” 10.

<sup>76</sup> Hipps, *The Hidden Power of Electronic Culture*, 58, 60.

to make his truth stick.”<sup>77</sup> Instead of relying on the single approach to Scripture through print in the West, using an aural approach may benefit the learner by boosting attention.

Author Bernard Ferrari asserts, “In the case of listening, the muscle in question is the one between your ears.”<sup>78</sup> Communication skills trainer Madelyn Burley-Allen offers conciliatory news for those unwilling to read print as she writes, “Listening as a method of taking in information is used far more than reading and writing combined. [Listening] is the channel used more often for learning.”<sup>79</sup> Engaging the Bible with consistency requires various methods for boosting attention and increasing learning in a postmodern context.

Many educators hold the notion that people learn best through their own perceived learning style. Psychologists Riener and Willingham disagree, preferring to define learning styles by the bodily sense through which one receives information, whether visual, auditory, or kinesthetic.<sup>80</sup> About the activity of the brain, Daniel Willingham, a cognitive scientist at the University of Virginia, posits, “If learning styles were obviously right, it would be easy to observe evidence for them in experiments.” He

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<sup>77</sup> Willis and Snowden, *Truth That Sticks*, 201.

<sup>78</sup> Bernard T. Ferrari, *Power Listening: Mastering the Most Critical Business Skill of All* (New York: Portfolio, 2012), 68.

<sup>79</sup> Madelyn Burley-Allen, *Listening: The Forgotten Skill: A Self-Teaching Guide*, 2nd. ed. (New York: Wiley, 1995), 3.

<sup>80</sup> See Cedar Riener and Daniel Willingham, *Change Magazine* (September-October 2010), accessed December 8, 2015, <http://www.changemag.org/archives/back%20issues/september-october%202010/the-myth-of-learning-full.html>. The authors note, “For some reason no one claims that there are tactile or olfactory learners.”

goes on to say, “There is no supporting evidence that they exist.”<sup>81</sup> Variety aids both attention and learning, as he further notes, “Mixing things up is something we know is scientifically supported as something that boosts attention [and] studies show that when students pay closer attention, they learn better . . . regardless of learning styles—variety in learning styles enhance learning.”<sup>82</sup> Scholars differ about the findings on learning style preferences, but the research concludes that obtaining information through a variety of methods boosts attention and increases learning. The evidence does not suggest that the educator deliver one style to one student based on his or her perceived preference for learning. Rather, the tutor should use variety for every learning style—visual, kinesthetic, or auditory.

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<sup>81</sup> See Daniel Willingham homepage, “Frequently Asked Questions,” accessed December 8, 2015, <http://www.danielwillingham.com/learning-styles-faq.html>. See also Daniel T. Willingham, *Why Don’t Students Like School?: A Cognitive Scientist Answers Questions about How the Mind Works and What It Means for the Classroom*, 1st ed. (San Francisco: Jossey-Bass, 2010), 149, as he defines style: “A learning style is how we prefer to think and learn.” See also Harold Pashler, et al, “Learning Styles: Concepts and Evidence Learning Styles,” *Psychological Science in the Public Interest* 9, no. 3 (Dec. 2008), accessed Dec. 8, 2015, [http://www.psychologicalscience.org/journals/pspi/PSPI\\_9\\_3.pdf](http://www.psychologicalscience.org/journals/pspi/PSPI_9_3.pdf). The report, authored by a team of eminent researchers in the psychology of learning—Hal Pashler (University of San Diego), Mark McDaniel (Washington University in St. Louis), Doug Rohrer (University of South Florida), and Robert Bjork (University of California, Los Angeles)—reviews the existing literature on learning styles and finds that although numerous studies have purported to show the existence of different kinds of learners (such as “auditory learners” and “visual learners”), those studies have not used the type of randomized research designs that would make their findings credible.

<sup>82</sup> “Think You’re an Auditory or Visual Learner? Maybe Not,” *NPR.org*, accessed December 8, 2015, <http://www.npr.org/sections/healthshots/2011/08/29/139973743/think-youre-an-auditory-or-visual-learner-scientists-say-its-unlikely>. This program was aired August 29, 2011, on US National Public Radio’s *Morning Edition* as Patti Neghmond interviewed Daniel Willingham.

The aftermath reveals that mixing up learning styles serves as boosters that enhance learning. Many in western culture absorb much of their information through electronic media. An aural approach to engaging Scripture may add variety for boosting attention and learning for believers.

The biblical record is clear: believers have both read and listened to God's word throughout history. Believers have benefited from God's word as the Scripture offers power for change. At times, believers have reflected and sought change through isolated engagements with Scripture. Sometimes a single hearing of the word can ignite faith for an epiphany of change. For example, during the eighteenth year of Josiah's reign, Hilkiah the priest found the Book of the Law of the Lord given by Moses. At the request of Josiah, Shaphan, the priest, read the book before the king. On hearing God's word, Josiah tore his clothes in humility and repentance (2 Chron. 34:14-19). Consider also Ezra as he returned from Babylonian exile. He read God's word to his people (Nehemiah 8), and the people responded with mourning and weeping. In both instances, someone read the Scripture while others listened. Listening to the reading of God's word offered Josiah and God's people the power to reflect on their own lives. As Josiah and the people of God in Nehemiah reflected, they became cognizant of the need for change.

Modern day believers need consistency with God's word for daily Christian living (John 8:31; Acts 2:42; 1 Tim. 4:13; 2 Tim. 3:14-17; James 1:23-25). Acts 2:42 describes the devotion of the early church disciples toward God's word, to which they listened with enthusiasm and intensity. The disciples in the early church must have remembered the emphasis Jesus stressed upon his word while they walked with him. Scriptures like, "I will show you what he is like who comes to me and hears my words and puts them into

practice” (Luke 6:47), “If you remain in me and my words remain in you” (John 15:7), and “Remember the words I spoke to you” (John 15:20) may have encouraged the early disciples to devote themselves to God’s word.

Luke’s words in Acts 2:42 revealed that reading and listening to God’s word from the apostles’ teaching became the lifeblood of the church. The results from engaging God’s word demonstrated the power of God for change. Awe filled the early saints as a direct result of listening to the word of God (Acts 2:42-47). Later in the NT era, Paul encouraged Timothy to look to the Scripture for correction, training, and the equipment needed for Christian living and leadership (2 Tim. 3:16-17). He knew Timothy needed to engage God’s word through both his eyes and ears. Listening to God’s word supports believers by providing power for correction and training in righteousness for change.

Reflection through journaling can aid the believer. Early childhood specialist Amy Spiker observes, “Journaling in any form allows students to transform thoughts to written word.”<sup>83</sup> Sharan Merriam, et al., also note, “Journal writing . . . [articulates] connections between new and existing knowledge and improves learning . . . . [journaling] demands time and space for reflection, encourages independent thought and ownership, enables expression of feelings . . . and encourages deep rather than surface learning.”<sup>84</sup>

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<sup>83</sup> Amy Spiker, “Don’t Waste My Time; Exploring the Reflective Journaling Requirement in the Student,” *Networks: An Online Journal for Teacher Research* 16, no. 1 (Spring 2014): 2.

<sup>84</sup> Sharan B. Merriam, et al., *Learning in Adulthood: A Comprehensive Guide*, 3rd ed. (San Francisco: Jossey-Bass, 2006), 212.

Writing what one feels, thinks, perceives, and needs will facilitate a biblical practice. The books of Psalms and Lamentations are spiritual journals in which the writers reflect upon their lives through writing. In Psalm 3, for example, David describes his experience and feelings as Absalom pursues his demise. David's pen reflects upon the blessings of God despite his troubles: "You have filled my heart with greater joy than when their grain and new wine abound" (Ps. 4:7).

M. Robert Mulholland, who writes on spiritual formation, describes God's word as a "living and productive scalpel in the loving hands of [God]."<sup>85</sup> In his book, Phillip Keller, a former shepherd, educates the reader on the rod of the Shepherd:

A sheep that passed "under the rod" was one which had been counted and looked over with great care to make sure all was well with it. The [Shepherd] will take his rod and part the sheep's wool to determine the condition of the skin, the cleanliness of the fleece and the conformation of the body. . . . for only in this way can its hidden problems be laid bare before the shepherd . . . If we allow it, if we will submit to it, God by his word will search us. There will be no "pulling the wool over his eyes."<sup>86</sup>

The rod of God's word allowed the prophet Jeremiah to reflect on his life and ministry. He remembered how the people of God had repaid him with abuse for obeying the voice of the Lord. As he contemplated on his suffering, he complained to the Lord in the first nineteen verses of Chapter 3. In verses 20-23, however, the man of God remembered God's words: "I well remember them, and my soul is downcast within me. Yet this I call

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<sup>85</sup> See M. Robert Mulholland, Jr., *Shaped by the Word: The Power of Scripture in Spiritual Formation*, rev. ed. (Nashville: Upper Room, 2001), 40, as he conveys the meaning of the Greek in a dynamic image. "The word 'laid bare' [τραχηλίζω, from Heb. 4:13] is a word that comes both from the gladiatorial combat in the arena and from the sacrificial altar." Hearing God's word exposes the believer's life before God.

<sup>86</sup> W. Phillip Keller, *A Shepherd Looks at Psalm 23* (Grand Rapids: Zondervan, 2007), 96-7.



to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness" (Lam. 3:20-23). Musing on the purpose of God's word created a change in Jeremiah's attitude and perspective. One might conclude that he reflected on God's word as directed in James' epistle (James 1:23-25). The prophet's mind aligned with God's will and purpose as he leaned forward to reflect on God's promises.

Journaling also adds variety in learning for listeners, which Gina Ochsner celebrates, "Writing is a journey and no two journeys are exactly alike. The road will look and feel different under each unique set of feet. We will travel at different speeds; then we will stop to ponder different potholes, different pitfalls, and experience different epiphanies. For all the varieties, rejoice!"<sup>87</sup>

Hubbs and Brand mention, "When a diarist moves beyond recording events and uses written entries to explore feelings, thoughts, and values introspectively, the diary becomes a reflective journal."<sup>88</sup> Listening to the Scripture allows the believer to obey God's command to hear his word. Reflection through journaling will provide a platform for listeners to assess spiritual change needed, but the activities of listening and reflection through journaling for spiritual change will also require a change in habits.

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<sup>87</sup> Gina Ochsner, "Power in the Word: Writing in Faith and on Faith," *Cultural Encounters* 8, no. 1 (2012): 68.

<sup>88</sup> Delaura Hubbs and Charles F. Brand, "Learning from the Inside Out: A Method for Analyzing Reflective Journals in the College Classroom," *Journal of Experiential Education* 33, no. 1 (July 2010): 59.

### **The Power of Habit: Routine, Reminders, and Rewards Can Yield Beneficial Results**

The invention of the wheel, the printing press, and the airplane are examples of powerful tools that continue to benefit humanity. To a much smaller degree, a socket wrench and socket can assist the auto mechanic in changing a water pump. The completion of the job, however, necessitates not just any size socket but the right socket. Habit formation is a suitable tool that can buttress Bible consistency and reflection for believers. In her study, *Habits, Rituals, and the Evaluative Brain*, Ann Graybiel defined the characteristics of a habit:

[They] are largely learned . . . habitual behavior repeatedly occurs over the course of days or years, and they can become remarkably fixed . . . acquired habits are performed almost automatically . . . allowing attention to be focused elsewhere. These characteristics suggest that habits are sequential, repetitive, motor, or cognitive behaviors elicited by external or internal triggers that once released, can go to completion without constant conscious oversight.<sup>89</sup>

To develop a new habit, one must transcend a dominant force. Steven Covey illustrates the powerful force of habits by comparing them to the lunar voyage of Apollo 11: “More energy was spent in the first few minutes of lift-off, in the first few miles of travel, than was used over the next several days to travel half a million miles. . . . Habits, too have tremendous gravity pull . . . ‘Lift off’ takes a tremendous effort, but once we break out of the gravity pull, our freedom takes on a whole new dimension.”<sup>90</sup>

Breaking free from old habits can be enormously challenging. Writer Alan

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<sup>89</sup> Ann M. Graybiel, “Habits, Rituals, and the Evaluative Brain,” *Annual Review of Neuroscience* 31, no. 1 (July 2008): 361.

<sup>90</sup> Stephen R. Covey, *The Seven Habits of Highly Effective People: Powerful Lessons in Personal Change*, ann. ed. (New York: Simon and Schuster, 2013), 46-7.

Deutschman crafts an observation about change: “People spend billions of dollars every year buying self-help and motivational tapes, videos, and books . . . and yet so often they fail to realize their goals. The reason isn’t that they don’t want to change or can’t change but rather they don’t understand change or have the right tools for [a shift in behavior].”<sup>91</sup>

Assisting postmoderns with the right tools of habit formation can facilitate change.

Deutschman mentions further, “Change of every kind is about learning new habits and skills that inform new ways of thinking,”<sup>92</sup> Much of life displays habit formation.

Scholars have estimated that close to half of everyday behaviors tend to be repeated in the same location almost every day.<sup>93</sup> Psychologists Townsend and Bever add, “Most of the time what we do is what we do most of the time. Sometimes we do something new.”<sup>94</sup>

Phillippa Lally, et al., note the consensus among scholars in habit formation. Most scholars agree that habits form through the incremental strengthening of the association between a situation (cue) and an action (routine).<sup>95</sup> In an additional observation, the

<sup>91</sup> Alan Deutschman, *Change or Die: The Three Keys to Change at Work and in Life* (San Francisco: HarperBusiness, 2007), 10-11, 16.

<sup>92</sup> Deutschman, *Change or Die*, 126.

<sup>93</sup> David T. Neal, Wendy Wood, and Jeffrey M. Quinn, “Habits—A Repeat Performance,” *Current Directions in Psychological Science* 15, no. 4 (August 2006): 198.

<sup>94</sup> David Townsend, Thomas G. Bever, and David J. Townsend, *Sentence Comprehension: The Integration of Habits and Rules* (Cambridge: A Bradford Book, 2001), 2.

<sup>95</sup> See Phillippa Lally, et al., “How Are Habits Formed: Modelling Habit Formation in the Real World,” *European Journal of Social Psychology* 40, no. 6 (October 2010): 998, 1000, 1006-7. The authors contend against the study by Christopher J. Armitage, “Can the Theory of Planned Behavior Predict the Maintenance of Physical Activity?” in *Health Psychology* 24, no. 3 (May 2005): 235, Supplemental Index. Research from Lally et al., demonstrates that a single missed opportunity does not affect

writers mentioned that repetition of behavior in a consistent context escalates increasing automaticity with the practice performed.<sup>96</sup> For example, brushing one's teeth upon waking up in the morning with little or no thought illustrates a habit.

Habits are not only necessary for everyday life but also for the Christian walk. Catholic priest and theologian Louis-Marie Chauvet argues, "Faith is not about something primarily in our heads . . . [but] patterns of intentional action repeated over time that we undertake to cultivate and nurture the habit of holy living."<sup>97</sup> Following the Lord as a believer demands the practice of recurring actions that align with God's will and purpose. Spiritual change compels learning and acquiring new habits of holy living. Leading postmoderns to engage the Bible through an aural protocol with consistency and reflection requires the development of a new habit.

Understanding the mechanics of how habits form consumed most of MIT neuroscientist Graybiel's career. In recent studies, Graybiel and colleagues trained a group of rats to turn either left or right in a T-shaped maze, based on different sound cues, along with a routine and reward system. In Figure 1, *New York Times* reporter Charles Duhigg illustrates the concept developed by Graybiel and other scholars, showing the components of developing a new habit.

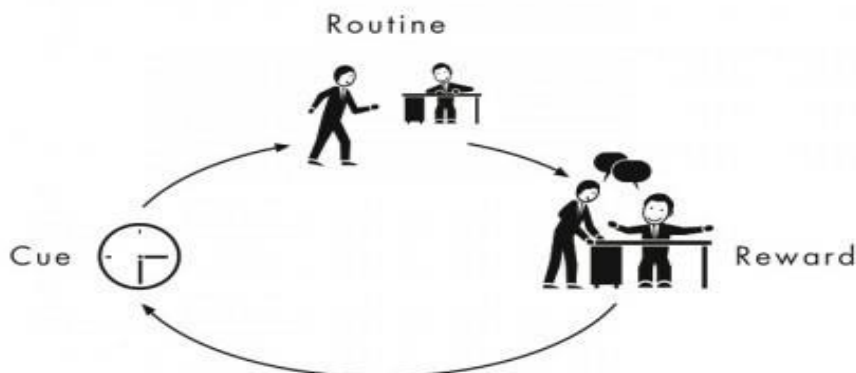
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habit development. In fact, the team stated, "If missing a single opportunity to perform the behavior is catastrophic, it would be very difficult to help people establish healthy habits." The team concluded, in contrast to the Armitage study, that "some missed opportunities will not derail the process."

<sup>96</sup> Lally, et al., "How Are Habits Formed", 1006-7.

<sup>97</sup> Louis Marie Chauvet, *Symbol and Sacrament: A Sacramental Reinterpretation of Christian Existence*, Louis-Marie Chauvet, Patrick Madigan, and Madeleine Beaumont, trans. (Collegeville: Liturgical Press, 1995), 337.

**Figure 1. Components of a Habit**



Note the process for Duhigg's three-step loop:

First, a cue or trigger tells your brain to go into automatic mode and which habit to use. Second, a routine, which can be physical, mental, or emotional exercise. Finally, a reward, which helps your brain figure out if this particular loop is worth remembering for the future. . . . Over time, this loop-cue, routine, reward . . . becomes more and more automatic. The cue and reward become intertwined until a powerful sense of anticipation and craving emerges. Eventually . . . a habit is born.”<sup>98</sup>

Modern studies on habit formation show a correlation with the instruction given by Moses 3,500 years ago. In the early days of Israel, the prophet appeared to illustrate the use of repetition and cues for habit formation as he wrote, “These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates” (Deut. 6:6-9). Sitting, walking, lying down, rising from bed, along with bindings on the arm and forehead were cues to remind the Israelites of God’s command for devotion to his word.

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<sup>98</sup> Charles Duhigg, *The Power of Habit: Why We Do What We Do in Life and Business* (New York: Random House, 2014), 19.

The Lord used cues to help Israel form habits that would keep them and the next generation engaging his word.

The evidence of the NT validates habit formation in the life of Jesus. Of the many disciplines Jesus exhibited, one stands out. The Scripture says of Jesus, “He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read” (Luke 4:16). Jesus not only exercised the habit of attending the synagogue but also the practice of prayer: “But Jesus often withdrew to lonely places and prayed” (Luke 5:16). By both his example and words, Jesus taught his disciples to develop the habit of continuing or remaining in his word (John 8:31, 15:7). To remain in something does not mean to do something intermittently but it requires consistency and habit formation. To continue an activity denotes a habit. Jesus encouraged the habit of reading or listening to God's word.

In addition to the cue, routine, and reward, what other tools benefit the participant in habit formation? Freelance writer Stephen Guise proposes using mini-habits to reduce resistance in habit formation.<sup>99</sup> The brain resists big changes, but mini habits reduce the size of the resistance toward the goal.<sup>100</sup> Once the inertia of the habit commences, momentum can carry the participant further towards the goal. Mini habits utilize willpower. How so? Willpower can overcome the lack of motivation should the routine task be short and easy.<sup>101</sup> Since feelings fuel motivation, habit formation must come from

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<sup>99</sup> Stephen Guise, *Mini Habits: Smaller Habits, Bigger Results* (CreateSpace Independent Publishing Platform, 2013), 22, 25.

<sup>100</sup> Guise, *Mini Habits*, 62.

<sup>101</sup> *Ibid.*, 46.

another construct.<sup>102</sup> One day a person may feel good, but another day he or she may feel bad. Events that can alter feelings are blood sugar, chemical fluctuations, hormones, health, energy levels, and external stimuli like the weather. Richard O'Connor, a psychotherapist, and author of the book *Rewire*, states, "Willpower comes in limited supply; the more we use it during the day . . . the more it gets depleted . . . which means we're more likely to give up on later attempts." He adds, "Fortunately, our reserves are restored overnight, so we start with a fresh supply each day."<sup>103</sup>

How much time should one allow for a habit to develop? O'Connor says to allow at least three months for habit formation, which is longer than the often-repeated mantra of twenty-one days.<sup>104</sup> Lally, et al., however, found significant variation in how long a new habit takes to form. The average time span for a new habit was sixty-six days, but the time also ranged between eighteen and 254.<sup>105</sup> The research indicates that the time needed to develop a habit depends on many variables. One variable described by Lally, et. al., is the complexity of the habit. Teal Burrell, a freelance writer, found that a simple routine requires less time to become a habit. Burrell set out to create a new habit for journaling each day, and his experience backed up the study by Lally, et. al., in which he reported, "My journaling habit came easily; within a week or two, it was second

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<sup>102</sup> Ibid., 37.

<sup>103</sup> Richard O'Connor, *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior*, rep. ed. (New York: Hudson Street Press, 2015), 125.

<sup>104</sup> O'Connor, *Rewire*, 149-50.

<sup>105</sup> Phillippa Lally, et. Al., "How Are Habits Formed: Modelling Habit Formation in the Real World," *European Journal of Social Psychology* 40, no. 6 (October 2010): 1002.

nature.”<sup>106</sup> Lally, et al., note further, “Although consistency in repetition is required, the degree of consistency is not yet known.”<sup>107</sup>

In the Shema, God gave Israel a cue, routine, and reward to help his people develop the habit of knowing and teaching Scripture (Deut. 6:3, 6, 7). In the NT, Jesus and Paul further developed consistency with Scripture through the instruction to remain or continue in God’s word (John 8:31; 2 Tim. 3:14-17). The experience of the early disciples also demonstrated consistent interaction with Scripture in alignment with the Lord’s instruction (Acts 2:42). Following God’s command to read and/or listen to his word requires a plan. The proposal in this project suggests the mode of listening for engaging God’s word through habit formation. A well thought out plan, however, is futile without execution. The next section expands on how leadership will drive the plan for selected participants in this project and then assist them in the creation and implementation of a plan for obeying God’s instruction towards his word.

### **Leadership Coaching Helps Drive the Scope and Compass for Success in Planning**

God used his leader Moses to drive plans for obeying his command to hear his word (Deut. 6). Later, as Moses was about to die, he expressed the need for leadership to continue: “Moses said to the LORD, May the LORD, the God of the spirits of all mankind, appoint a man over this community to go out and come in before them, one

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<sup>106</sup> Teal Burrell, “Force of Habit,” *New Scientist* 229, no. 3056 (January 16, 2016): 33.

<sup>107</sup> Lally, et. al., “How Are Habits Formed,” 1008.



who will lead them out and bring them in, so the LORD's people will not be like sheep without a shepherd" (Num. 27:15-17). The Shepherd-sheep metaphor in the OT and NT reveals the need for leadership in the lives of believers.

Mark notes that Jesus observed people needing leadership: "When Jesus landed and saw a large crowd, he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things" (Mark 6:34). The Lord also used Paul as a leader to instruct Timothy to remain in the public reading of Scripture (1 Tim. 4:13). The Lord used the apostles to lead the early believers into the teaching of the word through reading and listening (Acts 2:42). Like a biblical shepherd, leadership coaching should drive members to engage God's word with consistency and reflection.

In his book, *Seasons of a Leader's Life*, Jeff Iorg expounds upon the characteristics of leaders: "Leaders take the lead . . . They stand up, step forward, and assume responsibility, for helping other people get something done."<sup>108</sup> Ernest Shackleton's leadership during an expedition to Antarctica in 1915 mirrors the characteristics described by Iorg. Reaching Elephant Island offered little solace to the explorers as they still faced the 800 miles to South Georgia in a twenty-three-foot lifeboat. Before embarking on the treacherous journey, Shackleton made several critical decisions. First, after having the carpenters shore the boat with available resources, he inventoried the supplies needed to cross one of the stormiest stretches of ocean on Earth. Second, he chose additional able men to help him man the boat. He relied on one of his five men, Captain Rank Worsley, for his navigational skills. Polar historians regard the

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<sup>108</sup> Jeff Iorg, *Seasons of a Leader's Life: Learning, Leading, and Leaving a Legacy* (Nashville: B and H Books, 2013), 113.

voyage as one of the greatest small-boat journeys ever undertaken. After sixteen days, Shackleton and his men landed on South Georgia Island. If not for the scope and compass of Shackleton's leadership, the *James Caird* would have perished in the sea.<sup>109</sup>

Church strategist Aubrey Malphurs explains that sailing a boat has much in common with strategic planning, "The lead navigator of sailing vessels takes the time to not only prepare their boats but the people who will be on board the boat. What will it take to get there as well as any potential problems along the way?"<sup>110</sup> In *Making Shifts without Making Waves*, leadership authors Edward Hammett, James Pierce, and Steve DeVane comment on leadership coaching: "Coaching helps people progress from wandering to walking."<sup>111</sup> Miller and Hall define Christian coaching as a Christ-centered relationship that cultivates a person's sustained growth and action.<sup>112</sup>

Leadership coaching in the Christian context helps believers walk toward locating and fulfilling their God-given purpose. Webb, Collins, and Bennis enunciate the connection between coaching and leadership: "Coaching is an ongoing intentional conversation that empowers a person or group to live out fully . . . God's larger purpose for [life]."<sup>113</sup> Warren Bennis digs deeper, commenting, "Leaders ask 'why' and managers

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<sup>109</sup> Shackleton's boat was called the *James Caird*.

<sup>110</sup> Aubrey Malphurs, *Advanced Strategic Planning: A 21st-Century Model for Church and Ministry Leaders*, 3rd ed. (Grand Rapids: Baker Books, 2013), 54.

<sup>111</sup> Edward H. Hammett, James Pierce, and Steve DeVane, *Making Shifts Without Making Waves: A Coach Approach to Soulful Leadership* (St. Louis: TCP Books, 2009), 40.

<sup>112</sup> Miller and Hall, *Coaching for Christian Leaders*, 10.

<sup>113</sup> Keith E. Webb and Gary R. Collins, *The COACH Model for Christian Leaders: Powerful Leadership Skills for Solving Problems, Reaching Goals, and*

or [coaches] ask ‘how,’”<sup>114</sup> Both coaching and leadership are essential for purpose—leadership provides influence on the “what” and “why” for direction, and coaching details the “how” for planning. Leadership coaching provides a compass and scope, which can mean purpose,<sup>115</sup> and purpose designates the end in mind. A compass lends direction for navigation and gives the purpose a heading to follow. Leadership coaching provides both purpose and direction.

First, believers need leadership coaching to assemble the tools required to reach God’s purpose. “Mission, strategy, and values” will furnish the tools used in strategic planning for leadership coaching.<sup>116</sup> The mission informs the believer on the need to fulfill the purpose of God, and the strategy illuminates the journey for the end goal. Malphurs states that though the two are dependent on each other, the mission leads and shapes the believer’s strategy, while strategy defines the mission’s purpose. For Covey, the mission helps people not only find the right jungle but the right tree.<sup>117</sup>

FBCF members also needed leadership coaching to provide a plan with action steps for direction. Guidance through action steps supplied the scope and compass needed for the success of this project. Action steps fueled the how with the end in mind. Keith

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*Developing Others* (Bellevue: Active Results LLC, 2012), 28-30.

<sup>114</sup> Warren Bennis, *On Becoming a Leader*, 4<sup>th</sup> ed. (New York: Basic Books, 2009), 186-7.

<sup>115</sup> Dictionary.com., s.v, “scope,” accessed October 24, 2016, <http://www.dictionary.com/browse/scope>.

<sup>116</sup> Malphurs, *Advanced Strategic Planning*, 108.

<sup>117</sup> Covey, *The 7 Habits of Highly Effective People*, 101.

Webb tweaked George T. Doran's *S.M.A.R.T.* process for action steps as follows:

1. Specific: The action step should be clear and unambiguous.
2. Measurable: The completion of the action step should be measurable.
3. Attainable: The action step should be challenging but possible.
4. Relevant: The action step should be meaningful.
5. Time Limited: A certain date completing the action step displays discretion.<sup>118</sup>

Second, the tools of mission, strategy, and values, while exemplary, do not suffice without a delivery system. Effective coaches not only provide the right tools for their players but show them how to use them. Miller and Hall stress that the heart and soul of coaching rely on two core coaching skills: listening and asking precise questions.<sup>119</sup> They define eight others as well, including core skills (1, 2), essential skills (3, 4), and supporting skills (5-8), as listed below and displayed in Figure 2:

1. Listening—staying present and focused.
2. Asking precise questions—questions that move a person forward.
3. Identifying Action—helping people identify and take intentional action.
4. Delivering Direct messages—delivering statements or questions that are concise and move the person forward quickly and more deeply than in a casual conversation.
5. Being Silent—sometimes silence allows a new thought, a different perspective, or an effective action to emerge.
6. Acknowledgment—delivering timely and authentic acknowledgments to the one coached.

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<sup>118</sup> George T. Doran, "There's a S.M.A.R.T. Way to Write Management's Goals and Objectives," *Management Review* 70, no. 11 (November 1981): 35. See also Webb and Collins, *The COACH Model*, 109-10.

<sup>119</sup> Miller and Hall, *Coaching for Christian Leaders*, 22.

7. Sharing self—expressing one’s life story through the lens of relevance and timing.
8. Synthesizing—bringing all the parts together.

**Figure 2. Foundation Coaching Skills<sup>120</sup>**



Tool instruction needed for success in this project will rely on Miller and Hall’s foundational skills for effectiveness as a leader coach.<sup>121</sup>

Applied to the project plan, Malphurs’ strategy planning components, Doran’s action steps, and the foundational coaching skills of Miller and Hall will assist in developing consistency and reflection in Bible engagement among selected members of FBCF. A lack of consistency in reading and reflecting on God’s word among believers at FBCF calls for a pivot. Developing the habit of listening to the Scripture along with

<sup>120</sup> Ibid., 24.

<sup>121</sup> Miller and Halls’ foundational skills will be integrated throughout the workshop evaluation and the leader/coach exit questionnaire for external feedback from the participants.

reflection through leadership coaching will provide the necessary tools for the right pivot to occur.

## CHAPTER 4

### PROJECT OBJECTIVES

#### **Objectives for Participants**

For the first objective, 66.6 percent, (eight) of the (twelve) participants, will be able to express the need for the project, an understanding of the assignment, and an awareness of the expected outcomes for engaging the word of God with consistency and reflection through a written covenant. Evidence that the participants have met the objective will be demonstrated through the signed member covenant (see Appendix K).

For the second objective, 66.6 percent, (eight) of the (twelve) participants will have designed a personal plan to engage the word of God with consistency and reflection (see Appendix M). A written document that presents each participant's plan will give evidence for satisfying the objective. The participants' plans will need to include Malphurs' strategic planning components, Duhigg's habit formation process, Guise's mini-habits, and Doran's actions steps. Plans will also include email templates for listening, reflection, and completed goals.

For the third objective, fifty percent, (six) of the (twelve) participants will have implemented their personal plan to engage the Bible with consistency and reflection.

Three criteria will be used to determine the effective implementation of the plan:

1) participants will have listened to an audio recording of the NT for twenty minutes a day for not less than twenty-one days, which days did not have to be sequential,

2) participants will have reflected on their listening experience through a written journal for not less than twenty-one days, which reflections correlated with the each day's listening experience, and 3) participants will have attended a minimum of two group meetings and completed the exit questionnaires.

### **Personal Objectives**

For the first objective, the project administrator expects to broaden his ability to grow in leadership and coaching by employing strategic planning components and foundational coaching skills. Planning components will come from Malphurs' strategic planning components, Duhigg's habit formation process, Guise's mini-habits, Doran's actions steps, and Miller and Halls' foundational coaching skills. Evidence for growth in leadership will be found in two stages. First, the project administrator will lead the participants to commit to the project goal. Willingness to sign a covenant will demonstrate the ability to lead participants into a commitment towards the mission (what) and values (why) of the project. Leading and coaching participants to design and implement a strategy (how) towards the project goal will also give evidence for the ability to coach participants throughout the process. Second, evaluation from post-workshop evaluation, attendance, and input from group meetings, matrix information, completed goals, and completed exit questionnaires will provide independent feedback on ability and growth in leadership coaching.

For the second objective, the project administrator will demonstrate personal growth in Bible exposure through consistency in listening to an audio recording of the Bible and reflection. Evidence for growth in consistency and reflection will occur



through two stages. First, the project administrator will formulate and implement a personal plan by engaging the Bible with consistency as gleaned from the project's research (see Appendix N). Second, the project administrator will reflect upon his listening experiences (see Appendix Q). Interacting with the Bible through a written record in a daily journal will comprise a cognitive measurement. The administrator will listen to an audio recording of the Bible for no less than thirty minutes a day and for not less than thirty days during the project period, which days did not have to be sequential. A daily journaling will also capture reflections on the listening experience, which will comprise a cognitive and affective measurement. Reflections will be recorded in a written journal for not less than thirty days and coincided with the same day's listening experience. These written journals (see Appendices Q and X) will demonstrate consistency in personal Bible exposure and in gaining spiritual insights or making life changes.

For the third objective, the project administrator will expect a spiritual change in his personal prayer life through the development of a new skill. Using *The Life You've Always Wanted* by John Ortberg helped to guide and support this objective. The expected outcome from new reflection skills will be diminished distractions during prayer time. The project administrator will give evidence of the accomplishment for this objective through five stages: 1) He will identify a new skill for diminishing distractions for prayer time, 2) He will explain the meaning of productive prayer time as related to the new skill, 3) He will practice the new skill for not less than twenty-one days during the project period, 4) He will report on the application of the new skill through a written journal, and

5) He will evaluate the overall success or lack of the use of the skill to diminish distractions for productive prayer time, denoting any change.

## CHAPTER 5

### PROJECT DESIGN

The project administrator will provide the participants the right tools for planning and execution through leadership coaching and training conducted in four stages: recruitment, orientation, instruction and direction, implementation of the project, and evaluation and analysis.

In the first stage the administrator will enlist participants from those who responded to the Bible reading consistency survey, email follow-up question, and the email follow-up survey (see Appendix F). Potential participants will also need to attend an information meeting and sign a commitment card (see Appendix G). The administrator administered the first survey on January 15, 2017, and he also sent a follow-up email to those who were under seventy who indicated inconsistency in Bible reading. He also sent a second survey to potential participants who met at least two measures: potential desire and perceived need for the project's purpose. Upon completion of the second survey, the he will invite respondents with favorable responses to an informational meeting at which time the project details will be presented and discussed along with participant responsibilities. He will then distribute a commitment card to each potential participant (see Appendix G) that will indicate a significant level of commitment from those who sign and return the card. After an analysis of the commitment cards, he will enlist twelve participants for the project.

In the second stage, the project administrator will request that participants attend an eight-hour workshop for orientation, instruction, and direction (see Appendix J). At the workshop, participants will indicate through a written document that they understand their need for the project, an acceptance of their assignments, and an anticipation of the expected outcomes for engaging the NT with consistency and reflection (see Appendix K). He will use Malphurs' concepts of mission and values to address the need for consistency in Bible engagement and the solutions as they relate to the project.

The administrator will present the "how" of the project, which will include Duhigg's loop, Guise's mini habits, and Doran's S.M.A.R.T. action steps. The strategy will detail a personal plan for engaging the Bible with consistency and reflection through listening to audio recordings of the Bible and then reflecting through journaling. As a coach, he will lead each participant to utilize and implement Miller and Halls' coaching skills, to create his or her personal strategy.

In the third stage, participants will implement their plans (see Appendices L, N, O, and P). The listening and journaling period will span a period of forty-days. After the project period, the participants will meet in a final group meeting that will include two exit questionnaires and the email template for goals (see Appendices P, S and T).

In the fourth stage, the evaluation, will include four phases. First, the project administrator will evaluate the participants' experiences through the matrix, commitment cards, covenant, plan designs, workshop evaluation, plan implementation, group meetings, and exit questionnaires (see Appendix U). Second, he will assess his growth in leadership coaching from the experience and feedback of participants through signed covenants, plan design and implementation, group meetings, and testing instruments. His

assessment will be recorded in his leader coach journal (see Appendix V). Third, he will assess his growth in Bible exposure as he designs and implements a personal plan for listening to the Bible with consistency and responding through reflection (see Appendix N). Fourth, he will assess his growth in prayer by applying a newly learned skill in his prayer life (see Appendix X).

## CHAPTER 6

### PROJECT IMPLEMENTATION

#### **The Recruitment Process**

The purpose of this project was to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. The project objectives stated that participants selected would indicate a perceived need for consistency with Scripture and a potential desire for change. The project's purpose and objectives were both aligned with the enlistment process and outcome.

The project objectives stated that the selection process for participants would indicate a perceived need for consistency with Scripture and a potential desire for change. The initial method for selecting the twelve potential participants for the project was through numerous surveys. In addition to the surveys, I held an orientation meeting and distributed commitment cards for participant selection. The surveys also assisted project implementation by revealing each participant as user-friendly with their cell phones and laptops. As well, the surveys helped me to identify members of FBCF and their attendance in Sunday school and worship. I assigned the selected participants with a number (P1-P12) for reporting and anonymity (see Appendix H for participant description).

### **The Workshop**

On June 6, I set up an email group for all participants. I also set up two texting groups since iPhones and Androids do not communicate with each other in group texting. I sent an email and text to each participant for a trial run. Each participant indicated they received the text or email.

I also prepared for the upcoming workshop by viewing the documentary movie *The Endurance*. I also practiced with the laptop and projector for the PowerPoint slides. I obtained a white board to assist my lecture and announcements. I also tested the Google documents used in the workshop to make sure they worked with satisfaction. I reviewed my workshop lecture and added a few details and instructions. I sent an email to everyone asking them to bring their laptops and cell phones to the workshop. I also reviewed my notes to make sure I presented my objectives, project design, and coaching skills in the workshop. After providing the menu for the meals and snacks to my wife, she purchased the necessary food and served the group during the workshop.

On June 7, I finalized working on several Google documents with my secretary. I also made a listening and reflection plan template for myself (see Appendix N). I typed an email providing all the Google links for each document needed for the participants (see Appendix I). I asked each of the participants to save the document on their computer and then click on the links as needed during the workshop. I also went down to the workshop room and wrote on the white board the beginning and ending dates of the project, group meeting dates, and Wi-Fi password for Internet access.

On June 8, I learned how to use the coffee maker and found several power plugs and extension cords for laptops and cell phones. I sent the letter giving the Google

document links to each participant (see Appendix I) by email and distributed the links in print at the workshop.

On June 9, I constructed a project information sheet giving dates for the project and group meeting dates. I designated each of the three group meetings to be two weeks apart in the project experience. I held the first group meeting on June 26, the second on July 10, and the final one on July 24. I texted everyone and reminded them once again to bring their laptops and cell phones. I retested the projector with the PowerPoint slides again and found a good starting place for the movie *The Endurance*.

### Workshop Procedure

I prepared the workshop presentation while waiting for prospectus approval from the DMin committee after my second submission. The workshop began the night of June 9<sup>th</sup>. All twelve participants attended the Friday night session. While my wife served dinner, I welcomed everyone to the workshop. I then asked each participant to introduce themselves to each other. The project experience allowed each participant the opportunity to befriend the others in the group. After my introduction, I closed the meeting with the movie *The Endurance*. The next morning, all the participants arrived at 8:00 for breakfast except for P7. I received a text from her early Saturday morning informing me that she had a family conflict and could not attend the second day of the workshop.<sup>122</sup>

After breakfast, I reviewed the schedule with the group and made sure everyone had power for their phones and laptops. I also gave the Wi-Fi password and made sure

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<sup>122</sup> I treated P7 as a separate case in the project experience (see Appendix Q for notes and exhibits from her).



each participant had Internet access, which was critical for the success of the workshop since each participant needed the availability of clicking on each Google document. The Google documents provided for each participant were the daily listening and reflection template, listening and reflection plan, plan adjustment, participant covenant, and completed email template for goals.

After lecturing on the mission, values, and strategy to the group, I referred to the Shackleton movie for making plan adjustments. I explained to the group, “Sometimes one has to make adjustments for even well thought-out plans.” I joined several participants in making plan adjustments during the project experience (see Appendix O).

After lunch, each participant designed his or her plan for the project experience (see Appendix M). To assist the participants with their plans, I not only shared my inconsistency with Bible reading from the past, but my progress in the present since listening to the NT through the phone app Bible.is. I also shared my plan design with the group to give them some ideas for their plans. I explained that they could establish consistency by limiting their listening experience to one minute a day; however, they had to listen to the NT for at least twenty minutes a day for a total of twenty-one days to meet the project goal. Also, they needed to complete the daily listening and reflection template with their listening experience. I challenged them to set their goals in alignment with the project goals. The following day after the workshop, I submitted my plan for listening and reflection, which also included a new prayer skill to meet my third objective.

After submission of the listening and reflection plan, I asked each participant to practice listening to any text in the NT for five minutes. Everyone seemed to download the Bible.is application with ease. I then led each of them to find a solitary place in the

building for a trial run. I waited until all had returned before giving any further instructions. I then listened to the group for any feedback or questions.

During each break time, I stopped the lecture and asked for questions. I wanted to make sure that I was listening to any concerns as well as answering any questions the participants needed to voice to the group or myself. Several issues arose from the logistics of filling out the Google documents and the Bible.is phone application, but I did not conclude the workshop until I was confident everyone was comfortable with my directions and answers.

In closing, I reiterated the date of the first group meeting and the project goal of attending two of the group meetings including the last meeting. I explained that I would be forming a group text for all participants so everyone could stay in touch with each other throughout the project experience. I informed the members of the group that I would use email and texting to give directives, encouragement, answer questions, and make suggestions as a leader coach throughout the listening experience (see Appendix V for texting groups).<sup>123</sup> I then directed the group to the Appraisal 1 evaluation. I dismissed the group from the workshop and told them I would be praying for each of them and staying in touch through texting, emailing, and the group meetings.

### Workshop Evaluation

I administered the post-workshop evaluation four weeks after the workshop at the second group meeting on July 10. The evaluation consisted of twenty-one questions with

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<sup>123</sup> Since most of the texting in control group 1 and 2 was repetitive, I differentiated the discrepancy in the reporting of control group 2.

the opportunity for suggestions (see Appendix L). The evaluation allowed for feedback after completion of one month of listening to the NT along with reflection in alignment with their plans. I felt that administering the workshop thirty days after the workshop would be a better indicator of my directives as leader coach. The participants needed time to follow their plan designs before giving credible feedback on the workshop directions given to them.

### **Group Meetings**

Part of the goal for the group meetings was to provide an atmosphere for encouragement and fellowship by allowing each participant to express his or her successes, disappointments, needs, problems, and suggestions for improvement (see Appendix R for participant instructions and feedback via emails). An extra goal of the group meetings was to administer various assessments for measurement of the project experience. I anticipated that one month of listening and reflection was too long without any measurement. In the interim, I distributed Appraisal 2 during the first group meeting. The post-workshop evaluation was distributed during the second group meeting as planned. Appraisal 1 at the end of the workshop and Appraisal 2 in the first group meeting were not reflected in the completed email template for goals, and thus did not become part of the objectives or goals for the participants. I deemed a final measure of progress for each participant through the two exit questionnaires and the completed goal template in the final group meeting (see Appendix P, S, and T for reporting).

I also recorded the group interaction in the meetings. I felt that some of the participants would have communicated more of their experience in the group but felt hindered because others wanted extra time for sharing. I had to be as proactive as

possible without dampening the atmosphere in trying to bring each member into the conversation. At times I might say, for example, “P8, did you learn anything new or feel any different towards the Lord as a result of your listening experience?” Several who were not able to share as much as they desired in the meeting, however, were able to share their thoughts with me through email (see Appendix R). Each participant seemed to enjoy the meetings and the fellowship. In my opinion, the feedback and openness in the group experience kept each of the participants from feeling isolated. One comment from the assessment on leadership coaching was, “I specifically enjoyed the two progress meetings that we held to discuss what we had learned so far and to discuss how it was going for all of us.” Another participant commented in the listening and reflection questionnaire, “I would have enjoyed more reflective meetings where we could have discussed as a group what we gathered from the audio listening independently.” I believe that the participants felt the group meetings assisted them in meeting their project goals and overall experience.

### First Meeting

The scheduled meeting took place on June 26, 2017, at 6:30 pm at the Annex building of FBCF. All three meetings opened and closed with prayer. All the participants attended except P2. I welcomed everyone and asked the group what things were going well or not so well. I also asked if anyone would like to share their experience (see Appendix R for group interaction).

I created Appendix 2 to align with Doran’s actions steps to measure the performance of the participants two weeks after the workshop (see Appendix L). I

distributed the hand-written survey to all those present in the meeting.<sup>124</sup> I told the group that our next meeting would be in two weeks. I also asked each one in the group to call, text, or email me with any problems or need help.

In closing, I told the group that their listening experience would be a little different as they moved beyond the Book of Acts. I told them as they listened to the Epistles for twenty or thirty minutes a day they would take in a vast amount of information and instruction. I suggested that they try and allow Scripture to speak to them with one or two principles, ideas, or concepts. I declared to them, “One or two insights can be valuable.” Finally, I asked them to write what they shared in the meeting and send their testimony by way of email to me (see Appendix R). P9 then closed with prayer. The meeting time was one hour and twenty minutes.

### Second Meeting

The scheduled meeting took place on July 10 at 6:30 pm at the Annex building of FBCF. All participants were present except P3, P10, and P11. P3 had to take her mom to the doctor, P10 struggled in traffic, and P11 scheduled a vacation. I welcomed everyone and then asked the group for anything going well, not so well, difficulties, suggestions, and experiences (see Appendix R for group interaction).

In closing, I asked everyone to complete the Post Workshop Evaluation (see Appendix L). I explained to the group that I designed the evaluation so they could reflect on their experience four weeks from the date of the workshop. Although P3, P10, and

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<sup>124</sup> Although P7 was not an official participant in the group she did complete the appraisal with the rest of those present. P2 was not present in the meeting and did not complete the appraisal.

P11 were not present in the meeting, I emailed them with the link for the evaluation. P3, P10, and P11, along with the rest of the participants, completed the evaluation and submitted their responses. I also told everyone the date of the last meeting, which was July 24, 2017. I informed the group that at the time of the meeting, only eleven listening days remained for them to listen and reflect. The project nearing completion surprised most of the participants. The meeting time lasted one hour and forty-five minutes.

### Third Meeting

The scheduled meeting took place at the Annex building of FBCF at 6:30 pm on July 24. All the participants were present except P3 and P7. I sent a letter to the participants on July 21 with an agenda for the final meeting along with three links. The week before the meeting, I sent numerous text messages as a reminder. I asked all the participants to bring their cell phones or laptops so they could complete the assessments. Two of the links gave the participants an opportunity to reflect and comment on their project experience and my leadership coaching ability. The last link allowed them to mark completed goals on the goal template.

I distributed to each of the participants an Excel spreadsheet with a register of their listening days and minutes along with reflection. The spreadsheet also recorded each of their answers and comments for the forty days of listening and reflection. I also provided a copy of their plans for listening and their covenants for reference as they completed their three assessments. After distributing the former documents, I asked them to go through the spreadsheet and count the number of days and minutes so that they could complete their email goal assessment. I asked them to complete the goal template

last since there was a place to check for the completion of the two exit questionnaires.

Each participant except P7 completed all three assessments in the final meeting.

After totaling their days of listening, minutes, and reflection, I asked them to complete the listening and reflection exit questionnaire and the leadership coaching exit questionnaire (see Appendix S and T). I asked them to consult their covenants and personal plans for listening and reflection should they need a point of reference in their answers. After everyone had completed the two exit questionnaires, we took some time to talk about the project (see Appendix R for final group interaction).

I also sent a separate email to P7 thanking her for her help (see Appendix R). P3 contacted me just before the meeting began and told me she was not going to attend the meeting, but she wanted to complete the three assessments from another site. I welcomed her request and that night she finished two of the three assessments. I tabulated her days and minutes of listening from the spreadsheet and emailed her the results so she could complete the goal template (see Appendix R for interaction).

### **Daily Listening and Reflection**

The listening and reflection experience for the group commenced on June 12 and ended on July 21. The total days of listening and reflection were forty days. The server at FBCF recorded more than 420 daily responses from everyone for the listening and reflection template (see Appendix Q). I also recorded my new prayer skill on the daily listening and reflection Google template under “additional comments” (see Appendix X) along with a journal marking my leadership coaching ability (see Appendix V). Below is an explanation of productive prayer time that coincided with my new learned skill.

### Explanation of Productive Prayer Time

John Ortberg in *The Life You've Always Wanted* said that “hurry is the great enemy of spiritual life in our day,” and the first practice to cure the hurry sickness might be called “slowing.”<sup>125</sup> I wanted to use my mind to concentrate on God’s presence in my life. Finding solitude and slowing my thoughts enhanced my focus on the Lord. Jesus along with the disciples were busy in ministry during his tenure on earth. On at least one occasion, however, Jesus invited his disciples to exit their active ministry to a deserted place for rest (Mark 6:31). A solitary place helped me withdraw from phone calls, meetings, television sets, music, noise, conversation, and even others. A solitary place, however, provided not just what I sought to avoid but what I hoped to find. Ortberg suggested at least two goals for the person of prayer to follow in slowing down:

1. Be still.
2. Acknowledge that Jesus is present.<sup>126</sup>

Being still and acknowledging the presence of the Lord were two goals necessary for me to have a productive prayer time. My new prayer skill allowed me to sit with quiet and calm for a few minutes each day after listening and reflecting upon the NT. My focus during my productive prayer time was the presence of the Lord. Practicing my new prayer skill allowed me to appreciate more of his worth, power, and nature. I choose during this time to be still with my body and slow the thoughts in my mind.

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<sup>125</sup> John Ortberg, *The Life You've Always Wanted* (Grand Rapids: Zondervan, 1997 and 2002), 79, 83.

<sup>126</sup> *Ibid.*, 87.



The focus of this skill was not like my regular prayer time, during which I prayed for others and their needs. Part of my new practice in my place of solace involved the attitude of contentment. By allowing time for the Lord I hoped to say, “Your presence Lord is of vital importance to me.” I chose to guard my mind against wandering thoughts in my new prayer time. Being productive during this time was not tied to voicing a prayer but resulted in reserving time for the Lord’s presence. There was no time limit or designated place for success in my moment of solace My simple objective coincided with the words of the Psalmist, “Be still and know that I am the Lord” (Ps. 46:10).

#### New Skill Learned

My new skill incorporated finding a place of solace whereby I could appreciate the presence of the Lord. During this time, I slowed my thoughts and body movement down to focus on the Lord and his presence in my life. I entered my time of solace with few words. I wanted to let the Lord know I was aware of his presence in my life. In my new prayer skill, I needed to help my mind in slowing my thoughts. I chose an imaginary place where I assisted my mind from wandering or attending to my things to do list. I pictured myself sitting on a park bench overlooking heaven. In my mind, I sensed the Lord standing next to me with his hand on my shoulder. The presence of the Lord was all that mattered during this time of solace.

As I practiced my prayer skill, I found that I could keep a sharper focus. The picture in my mind as I became still before the Lord enlarged. I imagined my wife, Allison, and the four boys sitting with me on the park benches. In fact, I visualized the Lord placing his hands on each one, signaling his presence in their lives as well. On June 30, I incorporated a new technique with my prayer skill and labeled my new technique as

“centering down.” Although I borrowed the term from the Puritan movement, I was not replicating their experience or theology. For me, centering down in my time of solace was acknowledgment not only of the Lord but my own life before him. Looking at the Lord caused me to look at myself. As Isaiah saw the Lord in a vision, he said, “Woe to me!” I also echoed his cry, “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty” (Isaiah 6:5). In this respect, I started the practice of turning my palms down and then turning my palms up for a period of time respectively. As I turned my palms down, I chose to rededicate my life in repentance. I said on occasion, for example, “I choose to turn away Lord from my old way of life. I choose to reject any temptation drawing me away from you.” As I turned my palms up, I said on occasion, for example, “Father, fill me with you Spirit. I trust you to live your life in me and through me to build your kingdom.”

### **Final Assessments**

In the final group meeting, all the participants except P3 and P7 completed and submitted the leadership coaching exit questionnaire, listening and reflection exit questionnaire, and the completed email goals template. P3 completed all the workshop evaluations, final assessments, and completed email goal template but failed to attend the last meeting. I sent an email to P7 before the last meeting asking her to share her project experience along with tallying her number of days and minutes of listening and reflection through her hard copies. She complied with my request and provided her total minutes and days of listening along with an email summarizing her experience (see Appendix Q).

## CHAPTER 7

### EVALUATION AND ANALYSIS

#### **Participant Objectives and Goals**

Each of the twelve participants stated that they would attend the project workshop during the specified dates of June 9 and 10. Except for P7, each of the participants completed the workshop. The goals set by each participant in the workshop were time limited to coincide with the project dates of June 12 and July 24. The reader can review the results of the participants' activities and goals in the matrix located in Appendix U.

The first objective stated that eight of the twelve participants (66.6 percent) would complete a participant covenant. The covenant would express the need for the project, an understanding of the assignment, and an awareness of the expected outcomes for engaging the word of God with consistency and reflection through a written covenant (see Appendix K). P1-6 and 8-12 achieved success with objective one.<sup>127</sup>

The second objective stated that eight of the twelve participants (66.6 percent) would design a personal plan to engage the word of God with consistency and reflection (see Appendix M). A written document presenting each participant's plan would give evidence for satisfying the objective. The participants' plans would include Malphurs'

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<sup>127</sup> Since P7 did not complete the workshop, she could not meet her objectives in an official manner for project measurement.

strategic planning components, Duhigg's habit formation process, Guise's mini-habits, and Doran's actions steps. Plans also included email templates for listening, reflection, and completed goals. P1-6 and 8-12 achieved success with objective two.

The third objective stated that four of the participants (fifty percent) would implement a personal plan to engage the Bible with consistency and reflection. Three criteria determined the effective implementation of the plan: 1) participants listened to an audio recording of the NT for twenty minutes a day for not less than twenty-one days, which days would not have to be sequential, 2) participants reflected on their listening experience through a written journal for not less than twenty-one days, correlated with the each day's listening experience, 3) participants attended a minimum of two group meetings (inclusive of the final meeting) and would complete the exit questionnaires. P1-P2, P4-P6, and P8-12 achieved success with objective three.<sup>128</sup> Following is a review of the objectives and goals of each participant.

#### Participant 1

P1 completed the participant covenant during the workshop. She confirmed her need as, "I know I need to be in God's word regularly to know His will and be able to tap into His strength." She identified her expected assignment as, "To listen and reflect on the Word regularly for 40 days." She anticipated her expected outcome as, "To have created a new habit to be in God's Word daily and have a better understanding of His will and plans." She signed, dated, and submitted her participant covenant on June 10, 2017.

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<sup>128</sup> P3 accomplished all her goals except that she did not attend two of the three meetings and therefore did not meet the third objective.

She completed a personal plan for listening at the workshop. She defined her mission statement as, "I will routinely listen and reflect on the Word of God on a daily basis." She declared her value statement as, "I want to follow God's commands to engage His Word routinely and have a closer walk with the Lord" (John 8:31; John 15:7-8). Her strategy included a cue, routine, and reward. She identified her cue as, "Monday thru Friday my cue will be going to work. For all other days (days off from work/Saturday and Sunday), my cue will be my morning cup of coffee." She acknowledged her routine as, "Sitting in my car and my morning cup of coffee." She specified her reward as, "Give me a monetary reward to allow me to purchase a frivolous gift for myself."

She also declared her first- and second-tier goals in her plan for her listening and reflection experience. She declared her first-tier goal as listening to the NT for twenty minutes a day for twenty-one days with reflection. She declared her second-tier goal as listening to the NT for thirty minutes a day for twenty-one days with reflection.

P1 met her first- and second-tier goals as she listened to the NT for thirty minutes for twenty-three days, twenty minutes for an additional nine days, and one minute for two more days, with reflection and no plan adjustment. She also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

## Participant 2

P2 completed the participant covenant during the workshop. He confirmed his need as, "I need to make Gods word a daily part of my life. To put God first." He identified his expected assignment as, "To listen, and absorb Gods word to make it a permanent habit" He anticipated his expected outcome as, "To better me in the

knowledge of God's word, to help others." He signed, dated, and submitted his participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as, "I will listen and reflect upon Gods word, daily to create a good habit." He declared his value statement as, "I have felt conviction from the Lord to do this for some time." His strategy included a cue, routine, and reward. He identified his cue as, "When I wake up." He acknowledged his routine as, "When I go get my medication." He specified his reward as, "I get to go fishing at least once a month."

He also declared his first- and second-tier goals in his plan for his listening and reflection experience. He declared his first-tier goals as listening to the NT for twenty minutes a day for twenty-one days. He declared his second-tier goals as listening to the NT for thirty minutes a day for twenty-one days.

P2 met his first-tier goals as he listened to the NT for twenty minutes a day for twenty-eight days along with twenty minutes per day for two additional days with reflection and no plan adjustment. He also completed the post-workshop evaluation, exit questionnaires, goals template, and attended two group meetings (inclusive of the final meeting) within the project calendar dates.

### Participant 3

P3 completed the participant covenant during the workshop. She confirmed her need as, "I recognized the need to read and understand the Bible on a consistent and daily basis to help guide me to a better life—the life that God would want me to lead." She identified her expected assignment as, "I will listen and reflect on God's word on a daily basis for a minimum of one to twenty minutes per day." She anticipated her expected

outcome as “I believe in possibilities are endless, however, a better understanding of God's word and a life change.” She signed, dated, and submitted her participant covenant on June 10, 2017.

She completed a personal plan for listening at the workshop. She defined her mission statement as, “My mission is to listen and reflect consistently on the New Testament on a daily basis.” She declared her value statement as, “So Jesus said to the Jews who had believed in him, “If you abide in my word, you are truly my disciples; John 8:31.” Her strategy included a cue, routine, and reward. She identified her cue as, “Since the Bible is already downloaded on my phone, it will be with me always. The icon will be the first thing I will see when I look at it in the mornings when I wake up.” She acknowledged her routine as “I will be walking a minimum of five times a week for a minimum of forty minutes. Twenty minutes or more will be listening to the NT.” She specified her reward as, “While or after a walk, I will be rewarded with an energy drink (SPARK) and listen to Christen music as this gives me a more positive outlook for the day.”

She also declared her first-tier goals in her plan for her listening and reflection experience. She declared her first-tier goals as listening to the NT for one minute a day for twenty-one days as well as listening to the NT for twenty minutes a day for twenty-one days for a second-tier goal.

P3 met her first-tier and second-tier goals as she listened to the NT for twenty minutes a day for twenty-one days along with an additional one minute per day for nineteen days with reflection and no plan adjustment. She also completed the post-workshop evaluation, exit questionnaires, goals template, and attended the first group

meeting within the project calendar dates. Although she met many of her personal goals, she did not meet the project goal since she did not make the final group meeting. She did complete the final three assessments from a remote place online.

#### Participant 4

P4 completed the participant covenant during the workshop. She confirmed her need as, “I need to establish a habit of consistently listening to God’s word.” She identified her expected assignment as, “I plan to listen to God’s word daily for twenty minutes and reflect on it through journal entries.” She anticipated her expected outcome as, “My hope in participating is that the Lord will use His words to start a great work in my life.” She signed, dated, and submitted her participant covenant on June 10, 2017.

She completed a personal plan for listening at the workshop. She defined her mission statement as, “To consistently listen and reflect on God's word.” She declared her value statement as, “I have hidden your word in my heart that I might not sin against you” from Psalm 119:11. Her strategy included a cue, routine, and reward. She identified her cue as, “I plan on completing my listening for the day while my girls are taking a nap.” She acknowledged her routine as, “When I lay the girls down in their beds for a nap, and the house is quiet, I will tell myself it is time to sit and listen.” She specified her reward as, “My plan is to give myself a roll of pennies, each day as I complete my listening for the day I will drop a penny in the jar. Once I have completed twenty-one days of listening, I will exchange the pennies for a nice dinner at a restaurant with the family.”

She also declared her first- and second-tier goals in her plan for her listening and reflection experience. She declared her first-tier goals as listening to the NT for twenty



minutes a day for twenty-one days in addition to reflecting upon the text for the same twenty-one days. She declared her second-tier goals as listening to the NT for thirty minutes a day for twenty-one days as well as reflecting upon the text for the same thirty days.

P4 met her first- and second-tier goals as she listened to the NT for thirty minutes a day for twenty-one days, twenty minutes for an additional six days, and one minute for six more days of reflection and a plan adjustment. She also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

#### Participant 5

P5 completed the participant covenant during the workshop. She confirmed her need as, “My need is to grow closer to the Lord through his words in the New Testament, so that I may be happier in life, living in his way.” She identified her expected assignment as, “I will access and listen to the New Testament using an app on my cell phone or computer. My goals set are to listen for twenty minutes for twenty-one days and listen for one minute for forty days.” She anticipated her expected outcome as, “I will grow closer to the Lord through the New Testament by reaching my goals of listening to the New Testament app for at least twenty minutes for twenty-one days and at least one minute for forty days.” She signed, dated, and submitted her participant covenant on June 10, 2017.

She completed a personal plan for listening at the workshop. She defined her mission statement as, “My mission is to create a daily habit of listening and reflection upon God’s word.” She declared her value statement as, “By completing this mission, I

will become closer to the Lord by engaging in his word on a consistent basis, which God commands of me.” Her strategy included a cue, routine, and reward. She identified her cue as, “Getting up in the morning.” She acknowledged her routine as, “While getting ready in the morning (taking a shower, washing face, brushing teeth, fixing hair, putting on makeup), I will access the app on my cell phone to listen to the New Testament. Directly after listening, I will journal my reflections of the daily listening.” She specified her reward as, “After my daily listening of the New Testament and reflection, I will reward myself with a soda.”

P5 also declared her first- and second-tier goals in her plan for her listening and reflection experience. She declared her first-tier goals as listening to the NT for twenty minutes a day for twenty-one days with reflection. She declared her second-tier goals as listening to the NT for thirty minutes a day for twenty-one days with reflection.

P5 met her first-tier goals as she listened to the NT for twenty minutes for thirty-three days along with listening one minute for six days with reflection and no plan adjustment. She also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

#### Participant 6

P6 completed the participant covenant during the workshop. She confirmed her need as, “I need to engage in God’s Word on a daily basis.” She identified her expected assignment as, “I will reach my goal in creating a habit engaging daily listening of His word.” She anticipated her expected outcome as, “Becoming closer to God and knowing more about my God and his plan for my life and others that I come in contact with.” She signed, dated, and submitted her participant covenant on June 10, 2017.

She completed a personal plan for listening at the workshop. She defined her mission statement as, “To listen and establish a habit of reflection on His word with consistency on a daily basis.” She declared her value statement as, “To build my relationship with the Lord and to become closer to him in my daily life and walk.” Her strategy included a cue, routine, and reward. She identified her cue as, “When I wake up.” She acknowledged her routine as, “While getting ready for work.” She specified her reward as, “Reward me with my favorite snack.”

She also declared her first- and second-tier goals in her plan for her listening and reflection experience. She declared her first-tier goals as listening to the NT for twenty minutes a day for twenty-one days with reflection and no plan adjustment.

P6 met her first-tier goals. She also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

#### Participant 7

P7 was not able to finish the workshop or attend the final group meeting for reasons out of her control. Since she was not able to attend the Saturday workshop, she could not participate as an official participant in the study, but she had a strong desire to listen to the NT with reflection, and I was excited about allowing her to continue in a non-official manner. Despite not having the benefit of the workshop like the other participants, she listened to the NT for thirty minutes for five days, twenty minutes for twenty-four days, and one minute for four days, totaling a listening and reflection experience of thirty-three days. She accounted for her listening and reflection experience through hard copies that she completed at home. She was also helpful in writing an email

to me summarizing her experience (see Appendix P) along with providing a hard copy of her reflection journal.

### Participant 8

P8 completed the participant covenant during the workshop. He confirmed his need as, “I know I need to engage in God’s word.” He identified his expected assignment as, “To become closer to God.” He anticipated his expected outcome as, “Get that personal relationship with God.” He signed, dated, and submitted his participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as, “To listen and reflect on God’s word with consistency. Give attention to what the Bible says on a daily basis.” He declared his value statement as “God gave a bible to engage his word on a consistent basis.” His strategy included a cue, routine, and reward. He identified his cue as, “Getting up in the morning. Sunday after lunch.” He acknowledged his routine as, “Going out with the dog in the morning. Sunday is resting in a chair.” He specified his reward as, “My favorite cookie.”

He also declared his first- and second-tier goals in his plan for his listening and reflection experience. He declared his first-tier goals as listening to the NT for twenty minutes a day for twenty-one days as well as one minute a day for twenty-one days with reflection. He declared his second-tier goals as listening to the NT for thirty minutes a day for twenty-one days with reflection.

P8 met his first- and second-tier goals as he listened to the NT for thirty minutes a day for thirty-nine days along with listening one minute for one day with reflection and

no plan adjustment. He also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

### Participant 9

P9 completed the participant covenant during the workshop. He confirmed his need as, “To be become a disciple of the lord and bring to lord closer to my life.” He identified his expected assignment as, “Listening to the Bible to get the word.” He anticipated his expected outcome as “To hear new messages from the Bible I did not hear before.” He signed, dated, and submitted her participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as, “Listen and interpret God’s word with consistency.” He declared his value statement as, “To obey God and be a disciple—John 8:31.” His strategy included a cue, routine, and reward. He identified his cue as, “Mon-Fri: getting in the car; Sat: getting a cup of coffee; Sun: sit in the recliner.” He acknowledged his routine as, “Mon-Fri: driving; Sat: drinking coffee; Sun: sitting on the recliner.” He specified his reward as, “Checking off a box and submitting reflection (accomplishment).”

He also declared his first goals in his plan for his listening and reflection experience. He declared his first-tier goals as listening to the NT for one minute a day for twenty-one days with reflection.

P9 met his first-tier goals as he listened to the NT for thirty minutes a day for twenty-one days, twenty minutes for four additional days, and one minute three more days with reflection and no plan adjustment. He also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

### Participant 10

P10 completed the participant covenant during the workshop. He confirmed his need as “Would like to improve my consistency on studying the Bible to help align my will with the Lord’s will.” He identified his expected assignment as, “Daily listening to the New Testament and recording my thoughts about it daily.” He anticipated his expected outcome as, “To develop a habit of engaging the Bible daily, and my life to be more focused toward God.” He signed, dated, and submitted her participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as, “To listen to the NT daily and think about it and record my thoughts.” He declared his value statement as, “God commands us to engage his word on a consistent basis. This will also help me to apply his word to my life and will demonstrate to my kids that studying the Bible is important.” His strategy included a cue, routine, and reward. He identified her cue as, “Going to work (M-F); when my wife gets up for her Bible time in the morning (S-Su).” He acknowledged his routine as, “Driving (M-F); coffee (S-Su).” He specified his reward as, “A mini candy bar with my coffee (M-F). I may have to adjust my snacks later in the day to compensate for that.”

He also declared his first- and second-tier goals in his plan for his listening and reflection experience. He declared his first-tier goals as listening to the NT for twenty minutes a day for twenty-one days with reflection. He declared his second-tier goals as listening to the NT for thirty minutes a day for twenty-one days.

P10 met his first-tier goals as he listened to the NT for twenty minutes for twenty-one days with reflection and a plan adjustment. He also completed the post-workshop

evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

#### Participant 11

P11 completed the participant covenant during the workshop. He confirmed his need as, “I need to read or listen to and reflect on God’s word.” He identified his expected assignment as, “I expect to listen to the NT for at least twenty minutes a day and develop a new habit of listening to the bible.” He anticipated his expected outcome as “I expect to become more familiar with the Bible and have a closer walk with God.” He signed, dated, and submitted her participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as “Consistently listen to God’s word and develop a habit.” He declared his value statement as, “Experiencing God’s word is a necessary for a full spiritual life.” Her strategy included a cue, routine, and reward. He identified his cue as, “Driving to a job site. On the days I do not go to work, I will listen as I drink coffee first thing in the morning.” He acknowledged his routine as, “Listening to the NT for at least twenty minutes and at least twenty days.” He specified his reward as, “I will save enough money for [spouse] and I to go to the coast.”

He also declared his first- and second-tier goals in his plan for her listening and reflection experience. He declared his first-tier goals as listening to the NT for twenty minutes a day for twenty-one days along with listening for one minute a day for nineteen days with reflection. He declared his second-tier goals as listening to the NT for thirty minutes a day for twenty-one days with reflection.

P11 met his first- and second-tier goals as he listened to the NT for thirty minutes for twenty-three days along with twenty minutes for an additional two days with reflection and no plan adjustment. He also completed the post-workshop evaluation, exit questionnaires, goals template, and attended two group meetings (inclusive of the final meeting) within the project calendar dates.

#### Participant 12

P12 completed the participant covenant during the workshop. He confirmed his need as, “I need to be consistent in engaging God’s word daily.” He identified his expected assignment as, “Commit to listening to the word at least one minute per day for twenty-one days over a forty-day time frame.” He anticipated his expected outcome as, “Recognize God's plan and will work for my life and therein live.” He signed, dated, and submitted her participant covenant on June 10, 2017.

He completed a personal plan for listening at the workshop. He defined his mission statement as, “To listen and reflect on God’s word on a daily basis.” He declared his value statement as, “God commands believers to engage his word on a consistent basis: Mat 7:5, Ps. 119:11, 1 Pet 2:2.” His strategy included a cue, routine, and reward. He identified his cue as, “Plug in the percolator.” He acknowledged his routine as, “Listen to the word at least on a minute a day for twenty-one days.” He specified his reward as, “Unpause the TV.”

He also declared his first-tier goals in his plan for his listening and reflection experience. He declared his first-tier goals as listening to the NT for thirty minutes a day for twenty-one days.



P12 met his first-tier goals as he listened to the NT for thirty minutes for thirty days with reflection and a plan adjustment. He also completed the post-workshop evaluation, exit questionnaires, goals template, and attended all three group meetings within the project calendar dates.

### **Project Administrator Objectives and Goals**

For my first objective, I expected to broaden my ability to grow in leadership and coaching by employing strategic planning components and foundational coaching skills. Planning components came from Malphurs' strategic planning components, Duhigg's habit formation process, Guise's mini-habits, Doran's actions steps, and Miller and Halls' foundation coaching skills. Participants revealed evidence for each strategic planning component in their plan design (see Appendix M). They gave evidence for growth in leadership through two stages. First, eleven participants committed to the project goal (see Appendices F and G). Willingness to sign a covenant demonstrated my ability to lead members into a commitment towards the mission (what) and values (why) of the project (see Appendix K). Leading and coaching members to design and implement a strategy (how) towards the project goal also gave evidence for my ability to coach members throughout the process (see Appendix M). Second, evaluation from the post-workshop evaluation, attendance, and input from group meetings, matrix information, completed goals, and completed exit questionnaires provided independent feedback on my ability and growth in leadership coaching.

For the second objective, I demonstrated personal growth in Bible exposure through consistency in listening to an audio recording of the Bible and reflection upon what I heard. Evidence for growth in consistency and reflection occurred through two

stages. First, I formulated and implemented a personal plan for consistency by engaging the Bible as gleaned from my research in the project (see Appendix N). Second, I recorded my listening experience on the identical listening and reflection template as the participants (see Appendix Q). I listened to the NT for thirty minutes a day for forty days during the project period. My reflection synced with the same day's listening experience. Through the listening and reflection template (see Appendix Q), I gave a demonstration of my progress of consistency in personal Bible exposure and in gaining spiritual insights or making life changes.

For the third objective, I expected to see a spiritual change in my personal prayer life through the development of a new skill. I used *The Life You've Always Wanted* by John Ortberg for guidance and support in this objective. My new skill, in fact, diminished many distractions during my prayer time. Evidence of the accomplishment of this objective occurred through five stages: 1) I identified a new skill for diminishing distractions for prayer time, (see Chapter 6), 2) I explained in my own words the meaning of productive prayer time for myself as related to my new skill, (see Chapter 6), 3) I practiced the new skill for not less than twenty-one days during the project period, (see Appendix X), 4) I reported on the application of the new skill through a written journal, (see below and Appendix X), and 5) I evaluated the overall success or lack of the use of the skill to diminish distractions for productive prayer time denoting any change (see below).

### Evaluation of My New Skill

I met my objective for my new prayer skill as I practiced and recorded the skill for thirty-nine days. I lost one reflection record in cyberspace, and on one other day, I did

not remember by the day's end to practice my skill (see Appendix X for my journal entries).

I was happy with the consistency I achieved in practicing my new skill, and my new skill took form through persistent practice. At first, I struggled in slowing my thoughts and not wanting to race to the finish line. As I persisted in the effort, however, the skill became rewarding for me. I felt that the Lord acknowledged my attempt to appreciate his person and presence in alignment with Psalms 46:10. As I focused on the Lord, I became more aware of my life before him. My self-awareness led me to practice the palms down, palms up prayer exercise explained earlier. The practice of centering down in my time of solace was a rewarding experience. I felt the exercise helped me at times to turn away from my selfishness and turn to the Lord. The exercise further benefitted my appreciation of the Lord's presence in my life. As I moved through the experience, I shared the practice with the other participants as well. Later, some of them told me they benefited from the practice. I plan on continuing the practice for the rest of my life as I reflect on my listening experience with Scripture.

### **Analysis of Participant Learning**

One theoretical presupposition in this project stated that variety in learning styles could boost attention and increase learning. The project administrator chose the participants in this project as a result of inconsistent reading patterns with the Scripture. Each of the participants indicated their lack of time for bible reading, lack of action plans, and need for leadership. Before the project experience, the participants had only considered engaging the Scripture through the mode of reading. The attention allotted toward the Scripture by the participants was minimal at best before enlistment in the

project. Introducing an aural approach appears to have boosted attention toward the Scripture on the part of the participants in this project. Eleven of the twelve participants listened to the NT for a minimum of twenty minutes for twenty-one days with reflection during the forty day experience (see Appendix U). Even P7, without the benefit of the workshop, replicated the listening experience of the other eleven participants. Seven of the participants listened for thirty days or more during the experience.

Since an aural method boosted attention toward the Scripture for the participants, did learning increase? If so, how did learning link with the three domains of learning?<sup>129</sup> Yes, learning increased in the project experience for the participants. The workshop experience led the participants to recognize their need, restate their need, and identify their expected assignment and outcome in their covenant agreement revealing the domains of remembering and understanding. The data received in the workshop was sourced for plan design in their own words also demonstrating the domains of remembering and understanding. Participants classified, described and broke down each part of their plan by defining their mission, values, and strategy correlating with the

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<sup>129</sup> See Benjamin Bloom, “Bloom’s Taxonomy of Learning Domains,” accessed August 3, 2017, <http://www.nbna.org/files/Blooms%20Taxonomy%20of%20Learning.pdf> for the three domains of learning—Cognitive: mental skills (knowledge); affective: growth in feelings or emotional areas (attitude or self); psychomotor: manual or physical skills. See also the comparison of Bloom’s taxonomy with Anderson and Krathwohl’s work in 2001 by Leslie Owen Wilson, “Anderson and Krathwohl—Bloom’s Taxonomy Revised,” *The Second Principle*, accessed August 23, 2017, <http://thesecondprinciple.com/teaching-essentials/beyond-bloom-cognitive-taxonomy-revised/> for a comparison of the two researches revision on the cognitive level of Bloom’s taxonomy: remembering, understanding, applying, analyzing, evaluating, and creating. The researchers changed the nouns from Bloom’s research into action verbs.

domains of understanding and analyzing. They also predicted certain outcomes by setting goals in their plans allowing them to check and critique their activity demonstrating the domain of evaluating. After submitting their plans, the participants executed their plans representing the domain of applying. Several of the participants had to adjust their plans in lieu of what was not working for them, suggesting the domain of analysis. At the end of the experience, they measured and assessed their results and reported their findings signaling the use of evaluating.

Another theoretical presupposition in this project stated that the power or habit can yield beneficial results? Question 5 in the Listening and Reflection Exit Questionnaire revealed seven participants who indicated that they had established a new habit, which was listening to the NT (see Appendix S).

#### Participant Learning and Sharing through Group Meetings

In the project goal, I directed the participants to attend at least two of the three group meetings inclusive of the final meeting (see Chapter 6 and Appendix R). I scheduled the meetings every two weeks within the project dates. The group meetings were affective in that they gave an opportunity for sharing felt perceptions with openness. Most of the participants were eager to share their experience with the others.

#### Participant Learning and Change through Daily Listening and Reflection Template

I directed the participants to not only listen to the NT but reflect upon the text and their listening experience through a series of questions. I provided a template to facilitate the task (see Appendix Q), in which participants recorded learning, thoughts, feelings, prayers, and desire for change. The exercise included all three learning domains as they

listened, learned, composed their experience through checking boxes, and writing in their journals, along with sharing the information with the project administrator. All these elements denoted some form of change. One change evident among the participants was consistency in their listening and reflection experience. Also, they were open in sharing about their listening and reflection experiences with me.

In the daily listening and reflection template questions, the first question called for the participants to register any learned information involving the cognitive domain. One participant wrote, “I am starting to understand the relationships and lineage a little more than I used to. I'm starting to put together and see how amazing God's plan was in bringing Jesus to earth.” Another commented, “I learned not an iota or dot will pass from the law until all is accomplished. Matt 5:18.” Still another said, “Mark gives more details about some things than in Matthew which has been interesting. Also, today when he is talking about the end times and says that it is important to be prepared, it struck me that we shouldn't take our relationship with God for granted and that it is important to always have our heart prepared for his return.”

Question number two called for the participants to use their listening experience for any affective learning. Participants were asked to reflect and reveal any feelings they might have towards others or the Lord. One participant said, “I was overwhelmed by Gods love today while walking and listening.” Another said, “This morning when I woke up I was struggling with anger and impatience, the Lord is so faithful and uses His word to speak to our weariness.” Another said, “Listening to the crucifixion and resurrection reminds me how much Jesus went through for us, makes me feel so grateful.”

Question number three involved analyzing and evaluating by asking if the participants thinking had changed as a result of their listening experience. Change of thinking can result from one examining one's present status with the commands, principles, and promises of Scripture. As the believer leans forward towards Scripture and looks carefully to discover the truth of God, reflection can take place. As a result of listening to Scripture, one participant said, "I need to think more about letting go of my possessions to build God's kingdom." Another said, "I need to pray more and want less." Still, another said, "I need to consider how my interactions with others will affect their willingness to hear me talk about being a Christian."

Question number four asked the participants for any changes in conduct they sought to implement from listening to the text. A change in conduct would involve some aspect of psychomotor skills. For example, one participant said, "I will set an alarm on my watch for some additional time today to pray this afternoon." Another said, "The Lord even blessed me in this today, I was called out of Bible study and instead of disrupting and going back in I was able to sit in the empty dark sanctuary after the choir left and bask in God's word in complete silence. I was blessed to be able to just be still and listen." Still, one more said, "[I will] take a break throughout the day to remember that God is in control." In each of the examples above, as well as many more in the appendices, the participants, as a result of biblical stimuli through an aural method, along with reflection, expressed the desire for change in conduct consistent with the biblical message.

### Participant Learning Feedback through Assessments

Throughout the project experience, I dispensed five assessments to the participants, including two appraisals, one post-workshop evaluation, and two exit questionnaires. To avoid impeding feedback from the participants the administrator made the assessments anonymous. The assessments were cognitive and affective. In a cognitive sense, the assessments required the participants to think about their experience through acquired knowledge from the workshop and plan implementation. From the gained knowledge and experience, the assessments asked for affective responses by asking each participant to describe and identify his or her feelings about the workshop, plan design, implementation, and leadership coaching from the project administrator. Lilian H Hill states that “emotions are enmeshed in neural networks involving reason. . . . Emotions increase the strength of memories and help to recall the context of an experience, rendering it meaningful.”<sup>130</sup> One might also surmise that the five project assessments allowed the participants to articulate their experience in a meaningful and decisive manner.

#### Appraisal 1

Although the first two assessments, Appraisal 1 and 2, were not part of the objectives or goals of the participants I wanted to have some measurement of the participants’ progress in two-week intervals. Appraisal 1 was an assessment that

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<sup>130</sup> Lilian H. Hill, “The Brain and Consciousness: Sources of Information for Understanding Adult Learning,” *New Directions for Adult & Continuing Education* 2001, no. 89 (Spring 2001): 73.



consisted of five questions with the opportunity for suggestions (see Appendix L). I dispensed Appraisal 1 at the closure of the workshop on June 10. The purpose of the appraisal was to ask about the participant's thoughts and feelings on the workshop and my leadership coaching ability before implementing their plans. All eleven participants at the workshop completed the appraisal. They answered each question with positive numbers and gave some constructive comments. They seemed to affirm that they received clear direction for their assignment in the project.

### Appraisal 2

I administered Appraisal 2 two weeks after the workshop, at the end of the first group meeting on June 26. The evaluation consisted of five questions with the opportunity for suggestions (see Appendix L). The purpose of the appraisal was to ask about the participant's experience after fourteen days of plan implementation. Ten of the eleven were present for the group meeting, and each completed the appraisal. P2 was not in attendance but completed the appraisal online the day after the group meeting. The assessment consisted of questions evaluating the participants' progress in respect to the directions given to them two weeks earlier at the workshop. Each of the eleven gave a positive response to each question along with several good comments. All eleven seemed to indicate that they could implement their plan designs from the directions provided to them. One of the comments, however, suggested a graph that would allow the participants to reveal their consistency. As the project administrator, I could track the consistency of each participant in the Google drive, but unless they kept a count, they were unsure of their progress. In retrospect, instead of assuming they would track their

progress on their own, I should have created a measurable method for the participants' benefit.

### Workshop Evaluation

I distributed the workshop evaluation to the participants at the second group meeting on July 10 (see Appendix L). Nine of the eleven were present for the group meeting, and each completed the appraisal. P3, P10, and P11 were not in attendance; however, P3, P10 and P11 completed the appraisal online the next day from another location. The evaluation consisted of twenty-one questions with an added opportunity for suggestions. The purpose of the evaluation asked the participants if they thought their plans were working after four weeks of listening and reflection. Also, as the leadership coach, I wanted to assess the participants' perceived feelings in regards to the tools and direction they needed to accomplish the task. Their answers seemed to supply a positive affirmation to both questions. Once again, however, as in Appraisal 2, one participant asked, "Is there a tracking function that you can add to the journal function?" Another said, "If I missed more days, I am not sure how I could see over time how consistent I was with my listening experience." I should have made more effort in giving a tally to participants as they moved along in the project. The fact that ten of the participants met their project goals and the overall goal of the project seems to suggest the workshop helped them listen to the Scripture with consistency and reflection.

### Final Assessments

In the final group meeting on July 24, the participants completed and submitted the listening and reflection exit questionnaire, leadership coaching exit questionnaire, and

the completed email goals template. P3 did not attend the last meeting but completed the assessments online. Another theoretical presupposition in this project stated that leadership coaching would help drive the scope and compass for success in planning. The Listening and Reflection Exit Questionnaire along with the Leadership Coaching Exit Questionnaire helped identify successful planning among the participants.

### Listening and Reflection Exit Questionnaire

The Listening and Reflection Exit Questionnaire consisted of fifteen questions, the purpose of which was to allow the participants to express their feelings on their overall experience (see Appendix S). All eleven said the actions plans received assisted them in meeting their project goals. A few assessments stood out among the participants. Eight of the participants felt the medium of listening was effective for engaging the NT and two were trending in that direction. Four of the eleven struggled somewhat with the tools needed to measure their progress, seven felt they had established the habit of listening and reflection, and four were trending in that direction. Several commented that weekends were harder in developing their new habit. Journaling was not as popular among five of them, while three indicated they were not sure or were not trending to the habit of journaling. One comment was, “I found journaling to be very hard for me, frustrating as well. However, I have made it a goal to learn to journal.” In the evaluation, I asked the question, “Did you encounter any problems in the project exercise?” One participant wrote, “I struggled with allowing time for reflection. I found myself listening more and more without as much reflection.” Although the participants felt unsure about reflection in the project, all eleven were trending or affirmative in continuing their new habit of listening.

### Leadership Coaching Exit Questionnaire

I administered the Leadership Coaching Exit Questionnaire at the final meeting on July 24 (see Appendix T). The purpose of the assessment was to allow the participants to express their feelings on my leadership coaching ability. The assessment contained seventeen questions with the opportunity for suggestions. All the participants present completed the questionnaire.<sup>131</sup> Almost all the questions asked were answered with affirmation towards my leadership coaching. Question number fifteen, however, was tallied with one no. One comment under question fifteen read, “He did all the encouraging and daily reminders; however, my schedule had continual obstacles.” In fact, one of the most prominent obstacles noted among participants was weekend schedules. In retrospect, I think I should have spent more time helping the participants plan their listening experience during uncertain times like weekends.

Under suggestions, one participant wrote, “I think the daily questions could be a bit more specific—the questions were a bit hard to answer at times because they did not fit what I wanted to say.” I found that experience to be true with me as well. The first question in the template asked, “Did you learn anything new today?” On many days, I did not learn anything new but I was reminded of a great many things. A follow up question helpful to the participants and myself might have asked, “Were you reminded of anything significant today?” Listening to the NT allowed the Lord to remind me of things I already

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<sup>131</sup> Since P3 was not present for the final meeting, I emailed her the link for the questionnaire along with the other two assessments. She completed all three assessments via Google documentation online. P7 was not present for the final meeting and did not complete any of the final assessments.

knew in theory but needed to implement in practice. Question 3 asked about a change in thinking and question 4 asked about a change of activity. In hindsight, a better question might have been, “Do you think you need to change your activity or conduct today as a result of listening to the NT?” The reflection template needs more thought regarding the questions for learning and change. Although some struggled with meaningful reflection at times, the questionnaires indicated that most if not all the participants felt that leadership and effective planning helped them reach their goals for consistency.

## CHAPTER 8

### CONCLUSION

The purpose of this project was to lead members at First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. By obeying God's command, participants of the project had the opportunity for spiritual change. I directed the participants in this project to engage Scripture through an aural medium. Listening and reflection templates along with five assessments provided measurable evaluations. The project revealed new habits and spiritual change for the selected participants. I considered this project successful for both the participants and myself.

Twelve members joined the project experience, and ten of them met their project goals. Besides the goals achieved, they shared their feelings about the subject matter, not only in the assessments but the group meetings. As the project progressed, I became appreciative of the effort, change, and feedback from them.

The process and the outcome of the project affected me in several ways. First, the process gave me a sense of appreciation for the participants. The survey work exposed the inconsistency of Scripture reading with the participants. Selected members did not have a plan for consistency and indicated that they both needed and wanted help. For me, the process of leading willing participants to design a plan to engage God's word for consistency and reflection was an exciting journey. Second, although the journey was rewarding, the outcome was an even greater prize. I identified in some way with the

apostle John when he said, “I have no greater joy than to hear that my children walk in truth (3 John 1:4). I was reassured as a leader coach as I witnessed the spiritual change among the participants.

The project also helped me in my personal Bible engagement with the Lord. Never in my pilgrimage as a believer have I engaged God’s word forty days in succession. In addition to my listening experience, I reflected on my listening experience for thirty-nine days during the project dates. There were many days as I listened and reflected upon Scripture that the Lord encouraged, comforted, and directed me. I also grew in prayer with the Lord as I spent time in solace and silence in a consistent manner.

The experience sets the stage for a church-wide project. I will adjust and improve the planning and implementation. P9 suggested enlisting the software engineers from our church to build a phone application specific to FBCF. The application would also include instant messenger so that the participants can experience and partake in a twenty-four seven days a week meeting place. Although the application will allow members to lock their journals in privacy, they will have the ability to download their journals into an Excel spreadsheet. The learning curve from the project encourages me to adjust the reflection template and give more attention to planning for weekend schedules among participants. My hope is that many more members at FBCF will have the same opportunity as those in the project, and that other pastors and leaders might see the worth of helping believers engage God’s word with consistency and reflection.

## APPENDIX A

### AMERICAN BIBLE SOCIETY STATISTICS

**Table 3.1 | Bible Readers**

*How often, if ever, do you actually read the Bible, not including times when you at a church service or church event?*

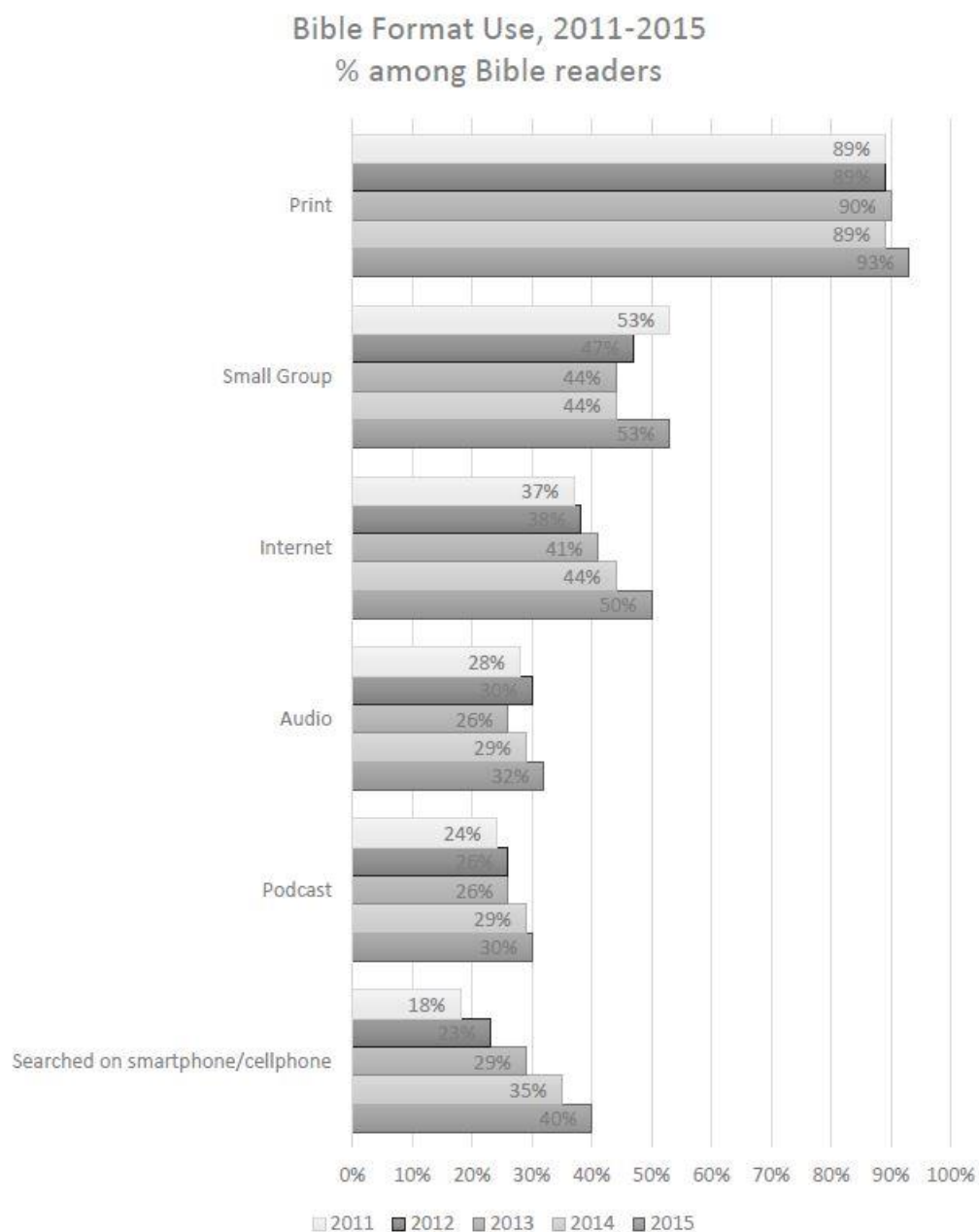
		Generation				Practicing Faith		Non-Practicing Faith	
	All	Millennials 18-30	Gen-Xers 31-49	Boomers 50-68	Elders 69+	Protestant	Catholic	Christian	Other faith / no faith
never	28%	37%↑	30%	23%	20%↓	1%↓	13%↓	32%↑	55%↑
less than once a year	10	11	11	10	6↓	3↓	6	15↑	13
once or twice a year	10	9	9	11	8	3↓	14	14↑	7
three or four times a year	6	7	5	7	8	2↓	11	9↑	7
once a month	9	9	8	11	9	11	9	10	6↓
once a week	8	8	8	9	11	13↑	12	7	4↓
several times/4+ times a week	14	8↓	16	16	15	31↑	20	7↓	4↓
every day	14	11	12	14	22↑	36↑	14	7↓	3↓
not sure	1	1	*	*	2	*	1	*	1
Online + telephone sample size=	1,997	484	576	668	249	489	130	806	444

\* indicates less than one-half of one percent

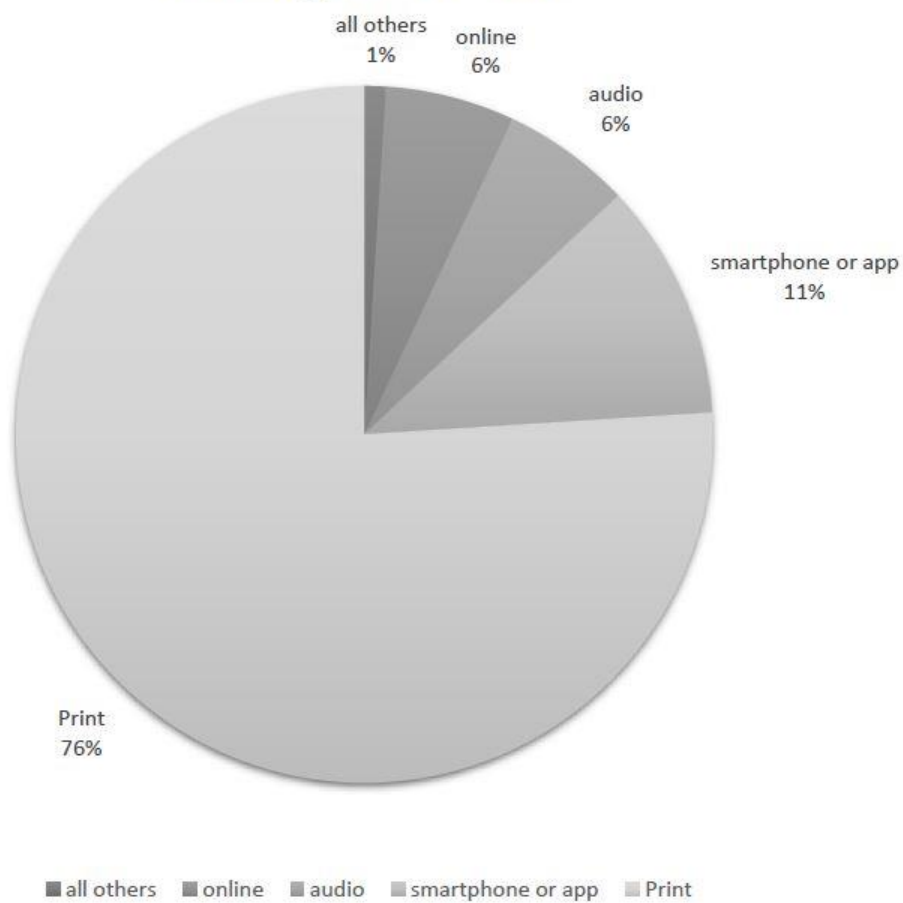
Note: A (↑) or (↓) sign indicates that data for that segment is statistically significantly higher or lower than the total response for all adults. Differences are statistically significant at the 95% confidence level or higher.



## BIBLE FORMAT USE



## BIBLE FORMAT PREFERENCE

**American Bible Readers Still Prefer Printed Bibles**  
**% among Bible readers**

APPENDIX B  
FBCF BIBLE READING CONSISTENCY SURVEY

Name\_\_\_\_\_

Address\_\_\_\_\_

Email  
address\_\_\_\_\_

Cell  
phone\_\_\_\_\_

The following survey will help me in my doctoral studies at Gateway Seminary. Please read each question and supply your best answer. Thank you for your participation!

Age:

☐ 18-34      ☐ 35-50      ☐ 51-69      ☐ 70 or older

Gender:

☐ M      ☐ F

Do you use a cell phone?

☐ Yes      ☐ No

How often do you use your cell phone?

☐ Daily      ☐ every few days      ☐ seldom

Do you feel that your cell phone is user friendly?

☐ Yes            ☐ No

Do you text?

☐ Yes            ☐ No

How often do you text?

☐ Daily            ☐ every few days            ☐ seldom

Do you use email?

☐ Yes            ☐ No

What electronic devices are available to you? (Check all that apply)

☐ smart phone   ☐ tablet device            ☐ laptop computer            ☐ desktop computer

How often do you attend worship services?

☐ four Sundays a month            ☐ three Sundays a month            ☐ two Sundays a month

☐ one Sunday a month            ☐ once every two months            ☐ once every three months

☐ rarely

Are you a member of FBCF?

☐ Yes            ☐ No

Number of years you have been a member of FBCF?

☐ less than 1 year            ☐ 2-10 yrs.            ☐ 11-20 yrs.            ☐ 21-30 yrs.            ☐ 31 or more years

Do you attend Sunday school / Bible study?

☐ Yes            ☐ No

How often do you attend Sunday School?

- ☐ four Sundays a month      ☐ three Sundays a month      ☐ two Sundays a month
- ☐ one Sunday a month      ☐ once every two months      ☐ once every three months
- ☐ rarely

Do you enjoy reading books?

- ☐ Yes      ☐ No

How many books do you read on average in a year? \_\_\_\_\_

Do you listen to audiobooks?

- ☐ Yes      ☐ No

How many audiobooks do you listen to on average in a year? \_\_\_\_\_

Do you believe the Bible is the inspired Word of God?

- ☐ Yes      ☐ No

Do you read the Bible on your own?

- ☐ Yes      ☐ No

How often do you read the Bible on your own?

- ☐ daily      ☐ every few days      ☐ once a week
- ☐ once every two weeks      ☐ once every month      ☐ rarely
- ☐ never

When you read the Bible on your own, approximately how much time do you spend reading?

☐ less than 5 minutes      ☐ 5-10 minutes      ☐ 11-15 minutes      ☐ more than 15 min.

Do you feel you are consistent in your personal Bible reading?

☐ Yes      ☐ No

If not, why do you feel you are not consistent in your Bible reading? Answer all that apply:

☐ I don't have time.      ☐ I don't have a plan of action.      ☐ It isn't a priority.  
☐ I don't enjoy reading.      ☐ I don't understand the Bible when I read it.

Would you like to become more consistent in your personal Bible reading?

☐ Yes      ☐ No

Would you be interested in being contacted by the pastor for help with consistency in Bible reading?

☐ Yes      ☐ No

Are you a born-again believer?

☐ Yes      ☐ No

How long have you been a born-again believer?

☐ less than 1 year      ☐ 2-10 yrs.      ☐ 11-20 yrs.      ☐ 21-30 yrs.      ☐ 31 or more years

Have you read the entire New Testament?

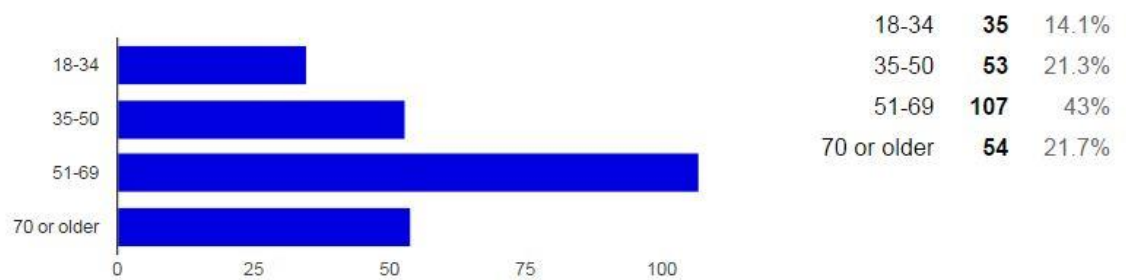
☐ Yes      ☐ No

## APPENDIX C

### BIBLE READING CONSISTENCY SURVEY RESULTS

252 Member and Non-member Participants (All Ages)

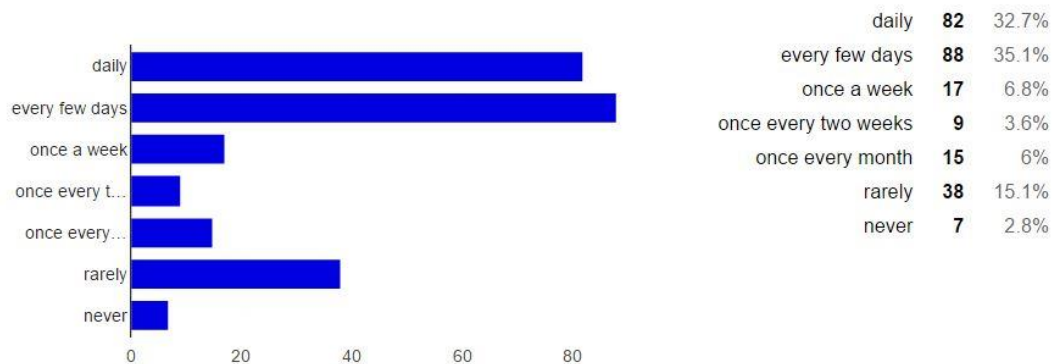
#### Age



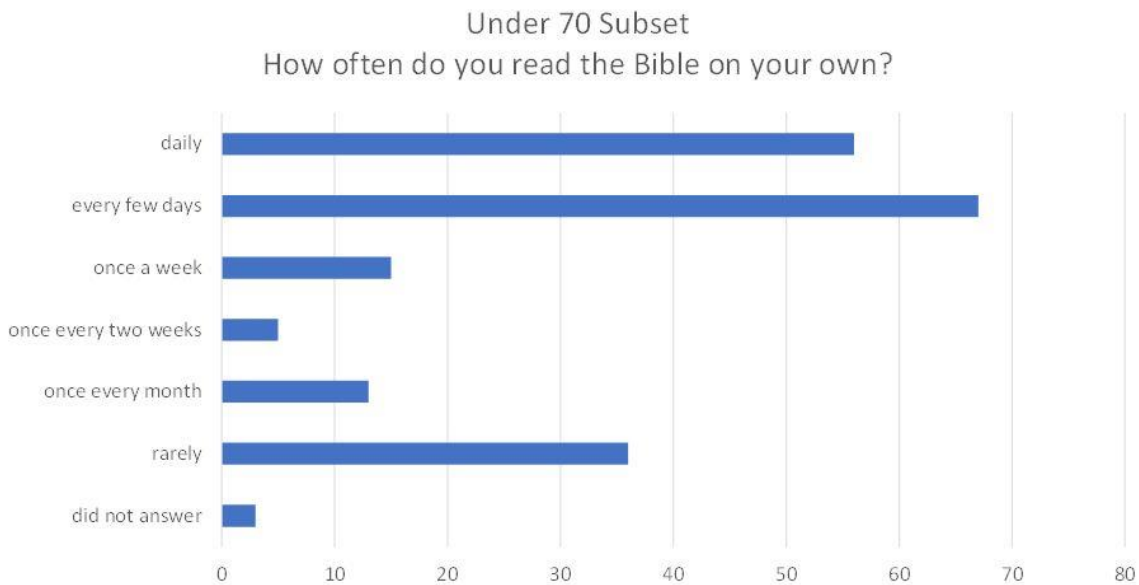
#### Gender



#### How often do you read the Bible on your own?



UNDER 70 SUBSET



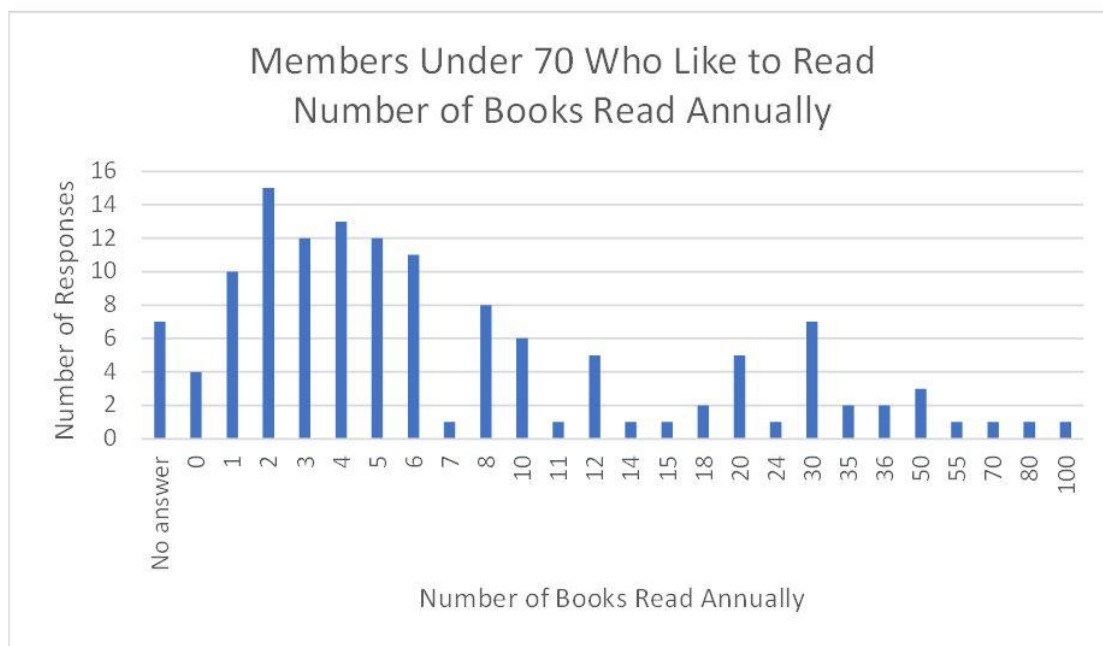
Under 70 Subset  
How often do you read the Bible on your own?

Daily	<b>56</b>	29%
Every few days	<b>67</b>	34%
Once a week	<b>15</b>	8%
Once every two weeks	<b>5</b>	3%
Once every month	<b>13</b>	7%
Rarely	<b>36</b>	18%
Did not answer	<b>3</b>	2%
TOTAL	195	

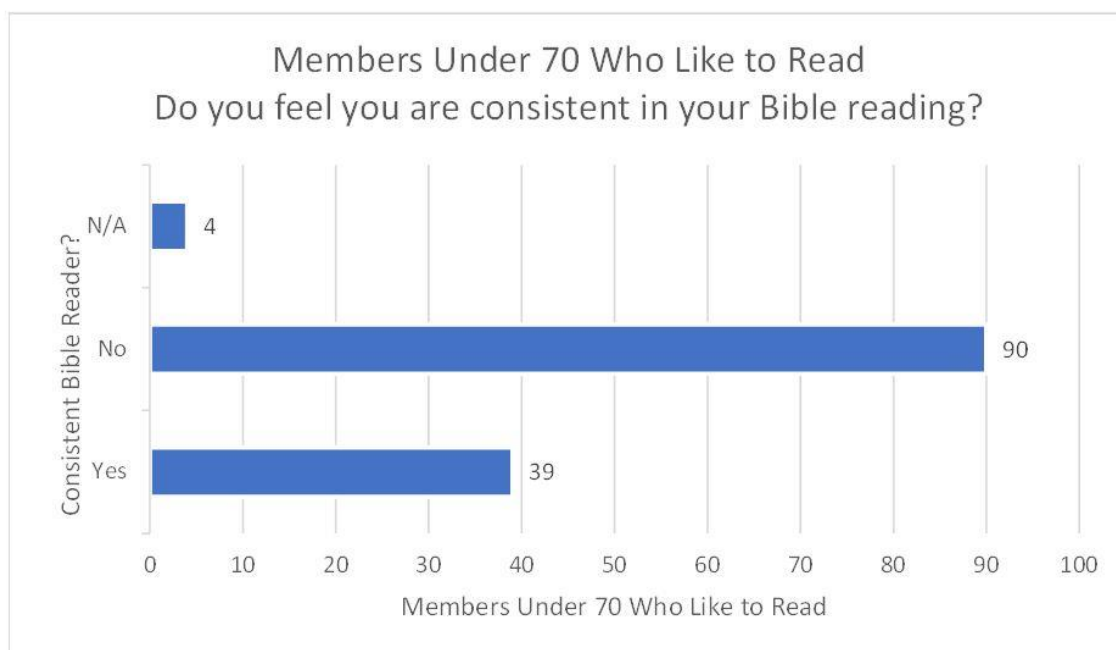


## DESIRE TO READ

Under Seventy Subset: 185 Participants



## DESIRE FOR CONSISTENCY



## APPENDIX D

### FBCF EMAIL FOLLOW UP QUESTION AND RESPONSE

Under 70 Subset

#### Follow-Up Survey Question

From the recent survey, you indicated that you did not feel you were consistent in your Bible reading.

\* Required

Email address \*

Your email

Why do you feel that you are inconsistent in your Bible reading? Check all that apply:

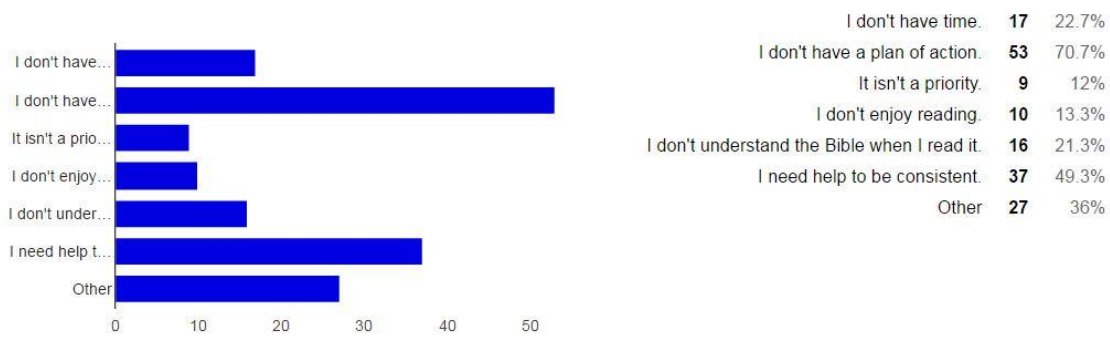
- ☐ I don't have time.
- ☐ I don't have a plan of action.
- ☐ It isn't a priority.
- ☐ I don't enjoy reading.
- ☐ I don't understand the Bible when I read it.
- ☐ I need help to be consistent.
- ☐ Other:

SUBMIT

FBCF EMAIL FOLLOW-UP RESPONSE

Under 70 subset

Why do you feel that you are inconsistent in your Bible reading? Check all that apply:



## APPENDIX E

### FBCF SECOND EMAIL FOLLOW-UP SURVEY

Email Sent to Potential Participants for Additional Survey

Fri 5/19/2017 2:22 PM

Office [office@fbcf.org](mailto:office@fbcf.org)

Very Important Information from Pastor Mike Clements

A note from Pastor Mike:

As you probably know, I have been working toward obtaining my doctorate. Project approval has allowed me to now implement the project.

You are receiving this email because you are a potential participant for my project, and I need a little more information. Please click on the link below and respond to the additional survey. The survey will help me narrow down potential participants for the project as there are specific parameters for candidacy. Please know that if you do not become a participant, you will still receive the same benefit of the project as the entire church will undergo the project exercise at a later date.

<https://goo.gl/forms/b5y2bz0XmnFeG4jG3>

One last thing, a significant criterion for the project is that the participants should be in the age range of 18-65, so if this doesn't apply to you, you may disregard this email.

Please take the time to fill out the survey and return through the submit button on the link.

Thanks so much!

Bro. Mike

## FBCF E-Mail Follow-Up Survey

## GOOGLE DOCUMENT

Dear Potential Participant,

Thank you for taking the time to answer this second survey. You have met the initial criteria for my project. However, I still need further information from you. This second survey has a threefold purpose: potential desire, availability of time, and perceived need towards the purpose of the project.

The purpose of the project is to lead members to engage the New Testament with consistency and reflection. Engaging the New Testament will take place through the medium of listening rather than reading. Listening will take place through a Bible application on your cell phone. The project will include a workshop. The schedule for the workshop will be on a Friday night (6:00 pm - 9:30 pm) and Saturday (8:00 am - 1:45 pm) at FBCF on a specified weekend. Dinner on Friday night, along with breakfast and lunch on Saturday will be provided for all participants at the workshop. The project will inspire and assist all the participants in developing the new habit of listening to the New Testament.

After the workshop, participants will begin listening to an audio recording of the New Testament. The time-span for the project will be forty-days with the addition of the workshop. There will also be three group meetings along with daily texts. Group meetings will encourage feedback and fellowship. After a second survey analysis, I will select potential participants for an orientation meeting. A presentation of the project as well as a question and answer period will provide clarity for potential participants at the orientation. After the orientation, a final analysis of the project criteria will select participants for the project.

Please answer the following questions to help me in this project endeavor. Mark the best answer.

Bro. Mike

\* Required Email address \*

Your email:

Age:

☐ 18-30

☐ 31-40

☐ 41-50

☐ 51-55

O 56-65

Gender

O M

O F

My personal Bible reading lacks consistency.

O True

O False

My personal Bible reading needs improvement.

O False

O True

I feel my personal Bible reading needs help.

O True

O False

How often do you read the Bible on a personal basis?

O Daily

O Every few days

O Once a week

O Seldom

O Once a month

O Never

Does the project purpose interest you?

O Very much

O Somewhat

O Not at all

O Need to know more

Do you feel God desires consistency in personal Bible reading for your life?

O Yes

O No

O Not sure

Have you desired to be more consistent in Bible reading?

O Yes

O No

O Not thought about it

Although you do not know everything required for the project, do you think you can allot the time needed for the project?

O Absolutely

O Maybe

- ☐ No way
- ☐ Need to know more

Do you feel you need help with a plan for consistency in Bible reading?

- ☐ Absolutely
- ☐ Maybe
- ☐ No way
- ☐ Need to know more

Do you feel you need help allotting time for consistency in Bible reading?

- ☐ Yes
- ☐ No
- ☐ Not sure
- ☐ Need more information

If selected as a participant for the project, do you feel you could follow through on your commitment with the project exercise?

- ☐ Yes
- ☐ No
- ☐ Not sure
- ☐ Need more information

Would you like to be contacted by the pastor as a potential participant in the project?

- ☐ Yes
- ☐ No

If you are interested in being contacted by the pastor for help with consistency in Bible reading, then leave your name and address.

Name:

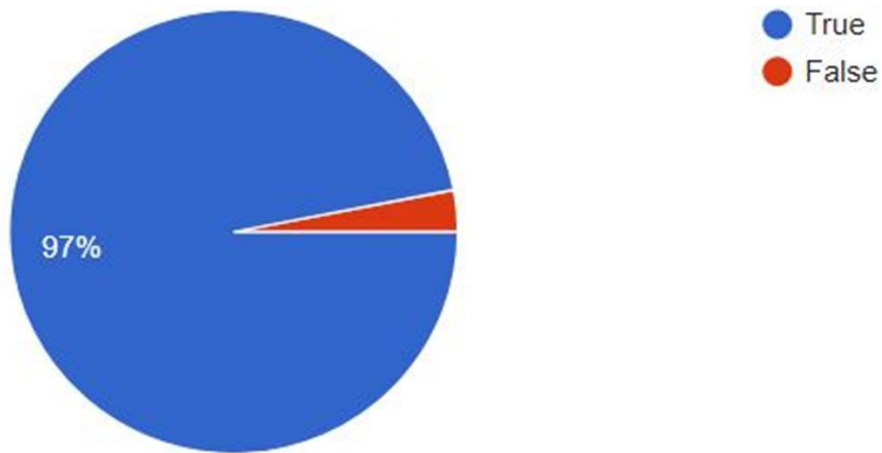
Address:

Cell phone number:



**SECOND EMAIL RESPONSES**

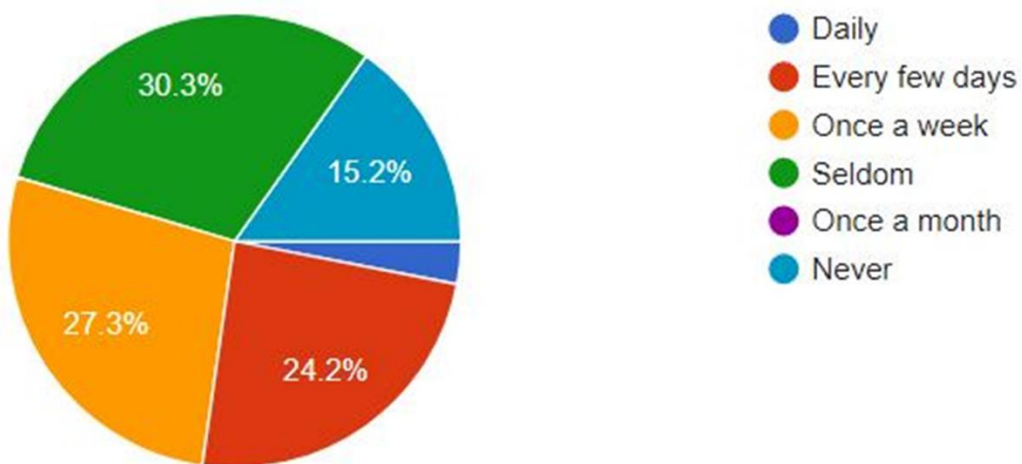
I feel my personal Bible reading needs help.



True: 97

False: 3

How often do you read the Bible on a personal basis?



Daily: 3

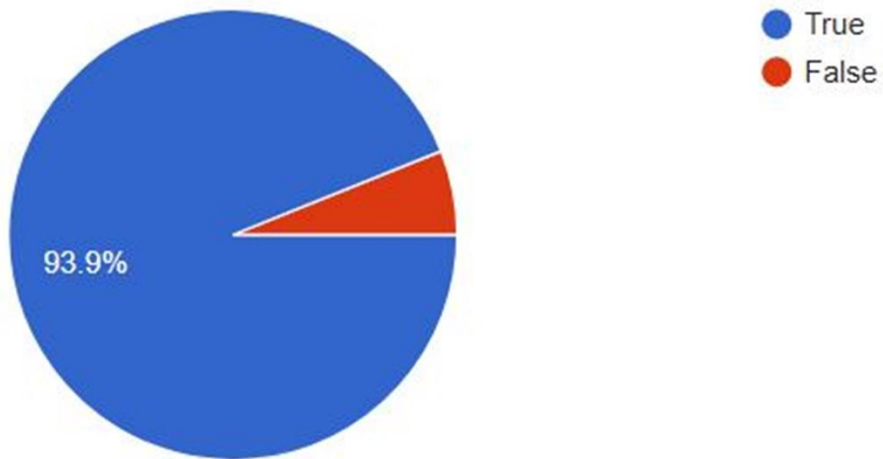
Every few days: 24.2

Once a week: 27.3

Seldom: 30.3

Once a month: 15.2

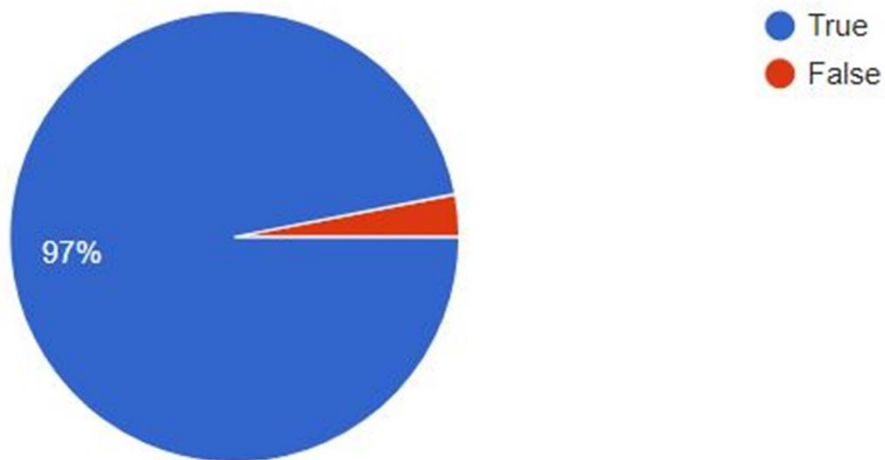
My personal Bible reading lacks consistency.



True: 93.9

False: < 1

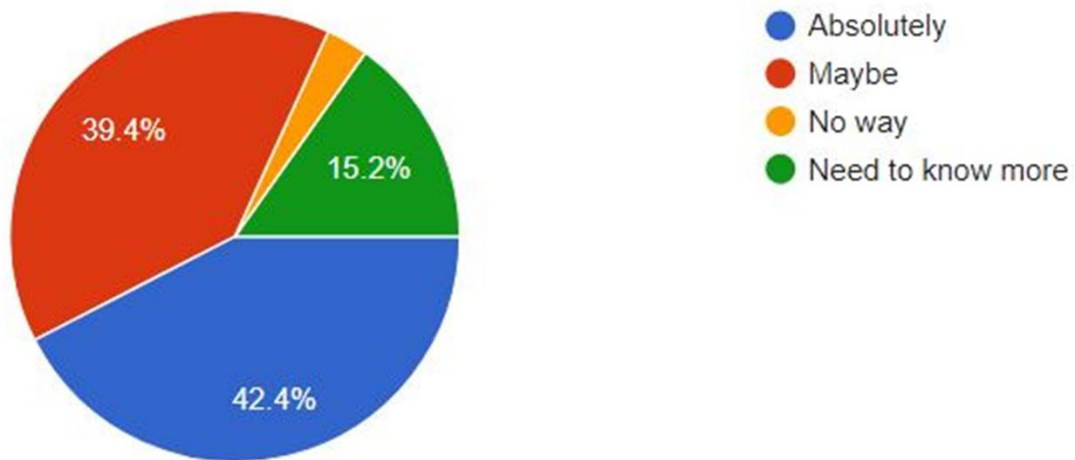
My personal Bible reading needs improvement.



True: 97

False: 3

Although you do not know everything required for the project, do you think you can allot the time needed for the project?



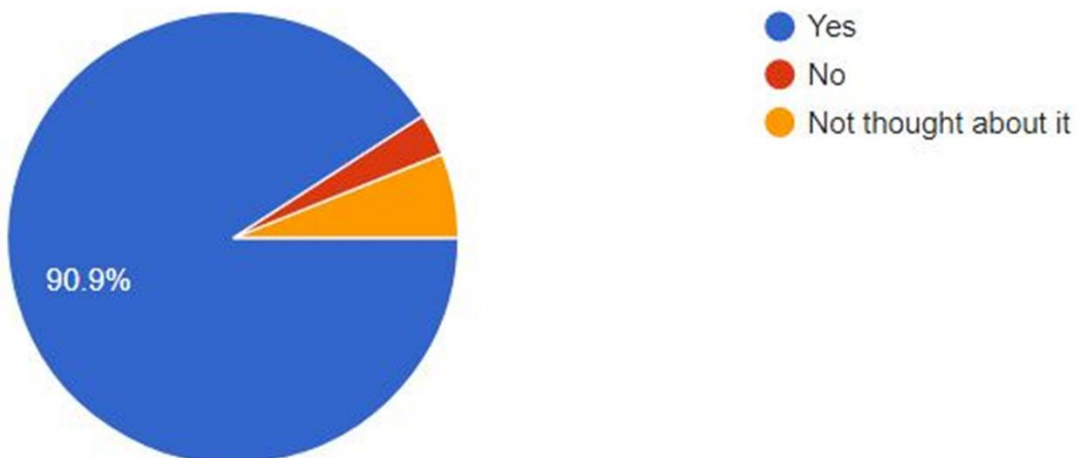
Absolutely: 42.4

Maybe: 39.4

No way: < 3

Need to know more: 15.2

Have you desired to be more consistent in Bible reading?

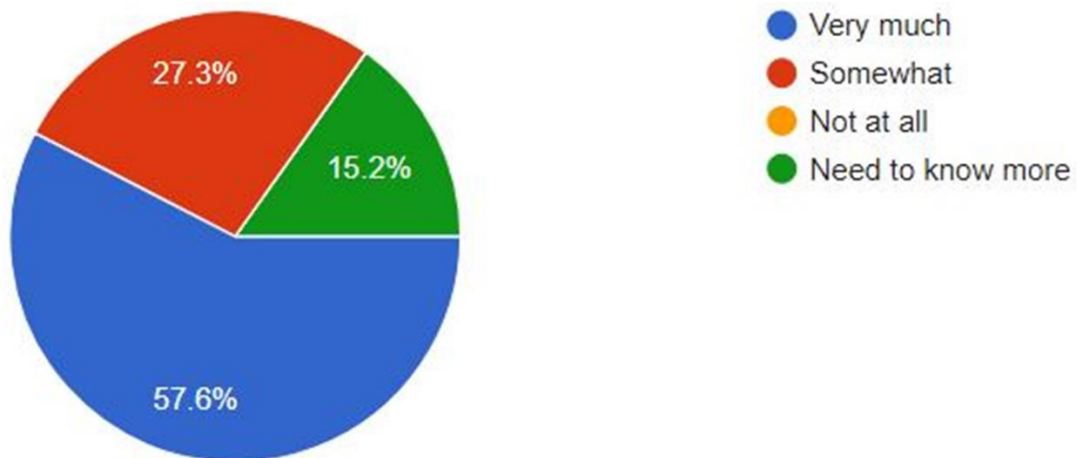


Yes: 90.1

No: < 3

Not thought about it: 7

Does the project purpose interest you?

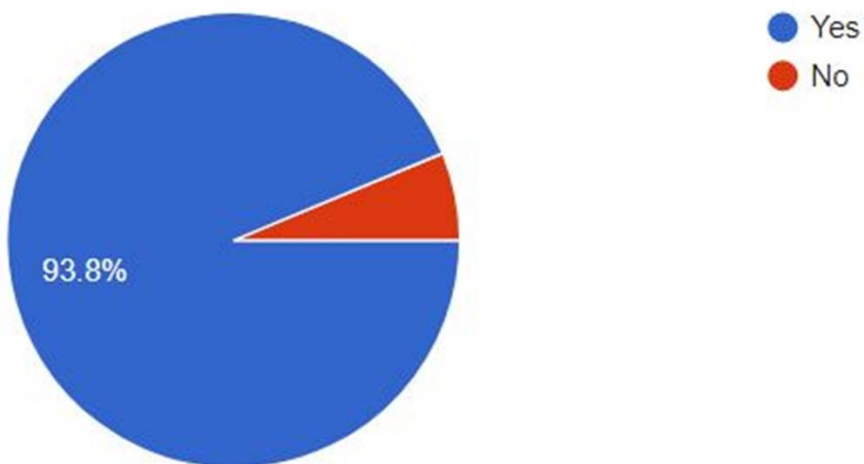


Very much: 57.6

Somewhat: 27.3

Need to know more: 15.2

Would you like to be contacted by the pastor as a potential participant in the project?



Yes: 93.8

No: 6

APPENDIX F

ENLISTMENT AND ORIENTATION

SURVEY WORK

I administered a survey to 252 members and nonmembers attending worship services at FBCF on January 15, 2017 (see Appendix C).<sup>132</sup> To muster a reduced focus for the project, I excluded those under the age of eighteen and those over seventy from the project. This reduction yielded 113 members and nonmembers who responded by acknowledging a need for Bible consistency, thereby establishing a need for this project. The subset of those under seventy further revealed that these 113 members and nonmembers answered three important questions in the following way:

1. Do you feel you are consistent in your Bible reading? No
2. Would you like to become more consistent in your personal Bible reading? Yes
3. Could the pastor contact you for help with consistency in Bible reading? Yes

On January 23, I sent a follow-up email survey to the 113 responders to establish the need for Bible consistency and potential enlistment (see Appendix D). Potential participants were asked in a follow-up email why they lacked Bible consistency. Eighty-one of the 113 surveyed responded to the email. Of those surveyed with captured emails,

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<sup>132</sup> All calendar dates referenced in Chapters 6 and 7 are 2017 dates.

sixty-nine gave three primary reasons for inconsistency: they did not have a plan of action, they needed help with consistency, and they did not have enough time.

On May 17, I sent a second follow-up email to the 113 potential participants to further scrutinize the need, desire for change, and commitment to the project (see Appendix E). I emailed all 113 respondents in the attempt to discover any uncaptured names from the former survey since several of those uncaptured demonstrated a need for consistency. I hoped in the process of surveying to obtain names, phone numbers, and addresses from each responder to help determine who to invite to the orientation meeting.

In the second follow-up email, I asked for only those who responded to the first email follow-up to reply. I also petitioned those below the age of eighteen and above the age of sixty-five to disregard the survey since I determined to narrow the scope of the project to Millennials, Gen-Xers, and Boomers to enhance the project focus. The second follow-up email garnered thirty-three responses. Twenty-nine of the responders indicated the availability of time for the project, need for consistency, desire for help, and interest in the project. I deemed the need for consistency and desire for help in the responder's answers as a quest for change. The answers provided from twenty-nine of the respondents made them potential participants for the project, warranting further investigation through an orientation invitation.

On May 26, a third follow-up email invited the twenty-nine responders to an orientation meeting (see Appendix F). I provided a link to RSVP for the orientation in the email invitation. Thirteen of the twenty-nine responders were in favor of the invitation with one declining. Two others said they would meet with me on another day for the orientation since they had a schedule conflict.

## ORIENTATION

I held the orientation meeting on May 31 in the Annex building of FBCF at 6:30 p.m. I wondered if anyone would attend the meeting since the area was flooding with heavy rain that night. Seeing the twelve potential participants weathering the storm to attend the meeting filled me with joy. In fact, I surmised that their attendance might be a precursor espousing their commitment to the project goals and objectives. The twelve potential participants included six men and six women. The orientation meeting lasted for one hour and fifteen minutes. My agenda for the meeting was as follows: welcome, prayer, introduction, problem, solution, model, activities, and interest level, along with a question and answer period (see Appendices F and G).

At the meeting, I presented the potential participants with a folder containing a commitment card, workshop schedule, participant covenant, daily listening and reflection plan, and completed template for participant goals. In the orientation survey, I allowed two different dates for the workshop. All but two of the twelve indicated they could attend either weekend for the workshop. At the orientation, I told all of those in attendance that I was leaning towards the workshop on June 9 and 10 rather than the later date of June 23 and 24. One woman changed her schedule so that she could attend the workshop on the prescribed weekend and another dropped out because of a schedule conflict. The remaining eleven potential participants indicated their desire to participate in the project through a commitment card (see Appendix G). During the question and answer period, one of the attendees asked an unexpected question, “How will we receive the listening and reflection template each day of the project experience?” The next day, my secretary described the Google link process to me about the daily listening and

reflection template. After emailing the Google link to each participant one time, they used the same link for the duration of the project. I shared the link information with the entire group at the workshop. At the close of the orientation meeting, I told the potential participants that I would make my decision concerning enlistment after reading the commitment cards and availability for the workshop. I closed the meeting with prayer.

Next, I contacted one of the two potential participants who wanted to come to the orientation but could not because of a schedule conflict. Since her schedule was in question, we decided to correspond through email (see Appendix F). After explaining the project through email, she completed the commitment card with a favorable response.



## Email Sent to Potential Participants for Orientation Meeting

May 26, 2017

Dear Potential Participant,

Hope you are having a great day! The next step for determining participants in my project is an orientation meeting. I have scheduled the orientation meeting at 6:30 PM in the Bank building on campus this coming Wednesday, May 31, 2017. The meeting will last about an hour. Childcare will be provided during that time if needed. The meeting will describe details of the project along with your necessary participation and commitment. You will also have the opportunity to ask any and all questions you might have for understanding your part in the project. A commitment card will be sent to your cell phone for your potential commitment to the project. One can complete card immediately after the meeting, or one can take a day or two to consider one's participation.

Please email me back two things in response to this letter:

1. Will you be able to attend the May 31, 2017, meeting?

Yes no

2. If enlisted as a participant for the project can you attend the mandatory workshop (The workshop will entail a Friday night session 6:00 – 9:15 pm along with a Saturday session 8:00 am – 2:00 pm)? I will hold the workshop on one of two dates (June 9 -10, or June 23-24). I would like to see the number of participants who will be able to attend the workshop for one or both of these dates. Please identify your schedule:

Yes, I will be able to attend either date of June 9-10 or June 23-24

Yes, I will only be able to attend

June 9-10      June 23-24

No, I cannot attend either date

## EMAIL DIALOGUE WITH P3 ON JUNE 3, 2017

P3,

I will send you docs for orientation. Look them over and if you do not have any questions fill out the commitment card I am sending you as well. I will email you this afternoon with the docs and CC. The orientation docs will come from me – [mike@fbcf.org](mailto:mike@fbcf.org) and the commitment card will come from [office@fbcf.org](mailto:office@fbcf.org). Thanks so much and looking forward to the project with you and the other participants.

Bro. Mike

**From:** P3

**Sent:** Saturday, June 3, 2017, 8:53 PM

**To:** Mike Clements <[mike@fbcf.org](mailto:mike@fbcf.org)>

**Subject:** Re: ?

I'm not going to be able to make it to church tomorrow, but I can be there Fri and sat for the workshop. Just let me know what u need from me. Looking forward to helping with this project.

On Sat, Jun 3, 2017, at 7:13 PM; P3 wrote:

Ok see you then

On Sat, Jun 3, 2017, at 9:54 AM Mike Clements <[mike@fbcf.org](mailto:mike@fbcf.org)> wrote:

Let's meet in the church foyer after the early service. I get through around 10:10. Thanks and have a great day!

Bro Mike

**From:** P3

**Sent:** Saturday, June 3, 2017, 9:51 AM

**To:** Mike Clements <[mike@fbcf.org](mailto:mike@fbcf.org)>

**Subject:** Re: ?

My plans are to be at church tomorrow. So that sounds good.

On Sat, Jun 3, 2017, at 9:17 AM Mike Clements <[mike@fbcf.org](mailto:mike@fbcf.org)> wrote:

P3,

Are you coming to church tomorrow morning? If so, I could go over the project with you for about 15 minutes during Sunday school? Would that work? We are planning the workshop this Friday night and Saturday.

If not, I can email a few docs to you and call you on the phone during a good time for you.

Mike

[mike@fbcf.org](mailto:mike@fbcf.org)

## EMAIL DIALOGUE WITH P3 ON JUNE 4, 2017

P3,

See the notes doc for orientation info.

I will go into greater detail in the workshop. Each of the 12 participants will design a plan for listening:

Mission – the what

Values – the why

Strategy – the how (Here we come up with a trigger, routine, and reward to develop the new habit of listening regarding the New Testament). One may want to walk or sit or whatever while listening. I will send a google doc link to you next Monday and each day you and click on the link to indicate your listening and reflection experience for that day (see the listening doc attached).

There is a goal template as well – we will only check the boxes in correlation with the completed goals. I will explain all of this during the workshop.

I am about to send you the commitment card as a Google doc. Please complete the doc and hit submit. It will come to you as office@fbcf.org

After I receive the commitment card from you, I will send you a letter of participation and invitation to the workshop as a google doc also. Please sign and hit submit as well.

The workshop will begin with dinner on Friday night at 6 pm.

Let me know if you have any other questions. Thanks a lot. Have a great rest of the day.

Bro. Mike

## NOTES FOR ORIENTATION MEETING

**Welcome:** Thank you for coming to this orientation. We will scan the details of the project together to define expectations. Scanning the details of the project should help you in assessing your possible commitment. We have more potential participants in the meeting tonight than I can facilitate in the project. As you may know, I can only choose 12 PC. However, please know that I will include the entire church after the project although it will be a little different. Maybe what we ought to do is work through the details a little bit to give you the big picture, and then we can have a Q and A for any questions you might have.

**Introduction:** I have pastored for more than twenty-eight years. One requirement for pastors is the development and delivery of sermons to the congregation. Developing a sermon demands disciplined bible study. Studying Scripture for sermon preparation has not been a problem for me since facing the congregants each week is a strong motivator. Over the years, reading God's word with consistency for personal devotion has been a struggle at various times. Sermon preparation should not take the place of personal devotion. The minister is no different from his congregants as he needs to hear from God for spiritual growth. After scrutiny of my devotion time, I surmised that others might be having the same difficulty with consistency in God's word.

**Problem:** In my research, I found that the problem was widespread in Western culture. The American Bible Society survey in 2015 showed some significant results for bible reading. Of all the adults surveyed in the ABS study, only one in seven said they read the Bible daily. One sample of the study showed that only 36 percent of practicing Protestants read their Bibles on a daily basis. The inverse means that more than six out of

ten practicing Protestants were not engaging their Bibles with regularity. The paradigm shift caused by the innovation of electronic media is partly to blame for the numerous distractions faced by believers in the West. A glance over the landscape of Western culture reveals masses of people engrossed with their cell phones, social media, gaming, surfing the Internet, and sending text messages. The proliferation of electronic media seems to consume the minds and schedules of many in North America.

The media shift in Western culture seems to have affected the reading habits of many Westerners. Dana Gioia frames the results from U.S. Bureau of the Census poll spanning twenty years and involving more than seventeen thousand adults. Gioia assesses the results to expose the problem and possible cause of the deficiency:

Reading a book requires a degree of active attention and engagement. Indeed, reading itself is a progressive skill that depends on years of education and practice. By contrast, most electronic media such as television, recordings, and radio make fewer demands on their audiences, and indeed often require no more than passive participation. Even interactive electronic media, such as video games and the Internet, foster shorter attention spans and accelerated gratification.<sup>133</sup>

Even those who say they like to read, read very little. My research indicated that the lack of general reading among Westerners had an adverse impact on bible readers. However, the media influence on Western readers is not the only agent hindering Bible consistency among Western believers. In fact, the number one reason given among practicing Protestants for not reading God's word with consistency was 'not enough time.' The question I posed was "Has this trend found it's way into our church?" For discovery, I distributed a survey with a follow-up email to members and non-members attending FBCF. 69 participants responding to the email survey gave three primary reasons for their

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<sup>133</sup> Gioia, *Reading at Risk*, vii.

inconsistency: they did not have a plan of action, they needed help with consistency, and they did not have enough time. The survey from FBCF established a definite need for bible consistency. The need for consistency in God's word calls for a solution in our church.

**Solution:** The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. The thrust of this project is to encourage a select group of believers at FBCF to engage God's word. The word *engagement* issues a call for one to commence or carry on an activity or enterprise that gives attention to something.<sup>134</sup> Consistency means "action with regularity."<sup>135</sup> Reflection means consideration of some subject matter, idea, or purpose.<sup>136</sup> The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. The process of leading selected members towards consistency with Bible exposure will involve three essential measures. First, selected members need to develop a plan for developing new habits involving the engagement with God's word. Second, selected members need leadership that can help them break through the barriers of hectic schedules, bad habits, and poor planning, in the hopes of spiritual change. Third, selected members need to develop an alternative to print for engagement with Scripture. As project director, I plan to lead and

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<sup>134</sup> Dictionary.com, s.v. "Engage," accessed July 20, 2016, <http://www.merriam-webster.com/dictionary/engage>.

<sup>135</sup> Philip D. Morehead, ed., s.v. "Consistency," *The New American Roget's College Thesaurus in Dictionary Form* (New York: Signet, 2001), 155-6.

<sup>136</sup> Dictionary.com., s.v. "Reflection," accessed January 5, 2017, <https://www.merriam-webster.com/dictionary/reflection>

coach the enlisted participants in each of these areas for consistency and reflection in God's word.

**Model:** What a blessing from the Lord to possess the Scripture in written form for personal devotion and study. However, the biblical record also demonstrates the medium of listening for engaging God's word. Through this project, I will assist selected members to engage the Scriptures through the medium of listening. Many Christian groups and leaders have encouraged the mode of listening for engagement with God's word. In response to the need at FBCF, I will lead twelve selected members to engage Scripture through an aural approach as an alternative to reading the Bible in print form. As members listen to the words of Scripture with consistency, they should respond to God's word with some degree of reflection. The intended outcome is that as reflection occurs, members may give evidence of spiritual change. The leadership aspect of the project will feature two key stages: (1) directing the participants in the development of a plan for consistent and reflective engagement with God's word and (2) coaching them in the implementation of the plan.

**Participant activities:** Participants will be required to attend an eight-hour workshop. Each participant will design a plan for listening and reflection (I will provide a plan template for each member)

See – Commitment Card

See– Workshop Schedule

See– Member Covenant

See– Daily Listening and Reflection Template



See– Completed Template for Goals

Participants will be required to incorporate their listening and reflection plans on a daily basis for six weeks. Listening will occur through one's cell phone. Reflection will occur through email. Other activities may occur while one is listening. For example, one could listen while walking, bicycling, or driving. Plans will include:

Goals

1 minute of listening

20 minutes of listening

30 minutes of listening

Daily reflection

Listening goals and reflection will be emailed each day to project director for tabulation.

Attend two of three group meetings (participants must attend the final group meeting)

Group meetings will have group feedback along with Q & A.

Final group meeting will include group participation and two exit questionnaires

**Interest level:** See commitment card. Fill out the commitment card and return to the project director. I will go through the commitment cards and enlist twelve participants from the group. The group will offer more than twelve, but I can only choose twelve. I hope you will not be disappointed if I am not able to select you for the project. Later, I will lead the entire church through the process so that everyone can participate. I will contact everyone through email and let them know whether or not they are selected for the project. **Q and A**

## ENLISTMENT

After surveying the commitment cards, I chose to send a letter to the selected participants for the project on June 5 giving notification of their selection (see Appendix I). The letter was also intended to inform them of the workshop schedule and further document their commitment to the workshop and the project experience. All twelve of the participants signed the letter indicating their commitment to the workshop and the project experience (see Appendix J for workshop preparation).

On the project information sheet, I assigned a number for each participant and gave my email address and cell phone number. I sent the information sheet by email and distributed a hard copy to all those attending the workshop (see Appendix H for participant description).

## APPENDIX G

### COMMITMENT CARD

Check the boxes in questions 1-6 that apply. In questions 4, 7-8 circle the correct answer that applies. If you have checked all the boxes 1-6, print and sign your name along with date if you desire to participate. Otherwise, leave the signature line blank.

1. ☐ I desire to be a participant in the project:

Leading select members of FBCF to develop a plan for engaging the New Testament with consistency and reflection

2. ☐ I affirm that I need to develop the habit of listening to the New Testament with consistency and reflection.

3. ☐ To the best of my knowledge, I am eager to develop the new habit of listening to the New Testament with consistency and reflection.

4. ☐ My calendar is open and reserved for the dates of the project.

Project dates: Friday night/Saturday: Circle one or both: June 9/10   June 23/24

5. ☐ I understand the importance of the workshop, and I plan to attend.

6. ☐ I am willing to attempt the project requirements during the project calendar period of June 12 – July 24 or June 28 – August 7. Circle one or both

7. Age of Participant: Circle  
18 -29   30-39   40-49   50-55   56-65

8. Gender: Circle

Male    Female

Print Name \_\_\_\_\_

Sign name \_\_\_\_\_

Date \_\_\_\_\_

## APPENDIX H

### PARTICIPANT DESCRIPTION

P1 works in the nursing field. She is married with three children. She is in the 35-50 age bracket. She has been a member for eight years who attended Sunday school and worship services an average of three times a month.

P2 owns his own oil field business. P1 and P2 are husband and wife. He is also in the 35-50 age bracket, he also has been a member for eight years, and has also attended Sunday school and worship services with his wife.

P3 works an educator. She is single with two daughters. She is in the 51-69 age bracket. She has been a member for less than one year who attended worship an average of three times a month but rarely attended Sunday school.

P4 works as a stay-at-home mom. She is married with three children. She is in the 18-34 age bracket. She has been a member for two and a half years who attended Sunday school and worship service an average of four times a month.

P5 works as an educator. She is single with one child. She is in the 35-50 age bracket. She has been a member for one year who attended worship an average of three times a month but rarely attended Sunday school.

P6 works an assistant manager of a local lumber business. She is married with two children. She is in the 35-50 age bracket. She has been a member for one year who attends worship and Sunday school four Sundays a month. P6 and P8 are married.

P7 works as a stay-at-home mom. She is married with eight children. She is in the 35-50 age bracket. She has been a member for two years who attended Sunday school and worship service an average of three times a month.

P8 works as a diesel mechanic. He is married with two children. He is in the 35-50 age bracket. He has been a member for one year who attended Sunday school and church service four Sundays a month.

P9 works as an Internet security employer. He is married with three children. He is in the 35-50 age bracket. He has been a member for nine years who attended worship and Sunday school four Sundays a month.

P10 works as a civil engineer. He is married with three children. He is in the 35-50 age bracket. He has been a member for one year who attended worship and Sunday school three Sundays a month.

P11 owns his own landscaping business. He is married with two children. He is in the 51-69 age bracket. He has been a member for three years who attended worship and Sunday school two Sundays a month.

P12 own his own plumbing business. He is married with one child. He is in the 51-69 age bracket. He has been a member for twenty-one years who attended worship four Sundays a month and rarely attended Sunday school because he volunteered in during that time to monitor the sound board.

## APPENDIX I

### WORKSHOP EMAILS AND SCHEDULE

#### EMAIL LETTER TO SELECTED PARTICIPANTS

Dear Participants:

Please click on the link and read through the schedule, time and place for the workshop this Friday and Saturday. A second email will come to you shortly from [office@fbcf.org](mailto:office@fbcf.org). Should you be in agreement with the workshop information, please complete the form sent from [office@fbcf.org](mailto:office@fbcf.org), sign and submit.

Here's a link to the schedule:

[https://docs.google.com/document/d/1sWZ6THaMkYkzlpODkimEogCifT\\_8kcp03tGIULDBw0k/edit?usp=sharing](https://docs.google.com/document/d/1sWZ6THaMkYkzlpODkimEogCifT_8kcp03tGIULDBw0k/edit?usp=sharing)

P.S. would you reply with 'got it' so that I know you received this email? This is my first group email to all 12 participants.

Thanks

Preacher

#### LETTER SENT TO PARTICIPANTS FOR WORKSHOP THROUGH EMAIL LINK

Date: June 5<sup>th</sup>, 2017

Dear Participant,

I am so excited about your participation in my project. Two possible outcomes exist. First, you will have the opportunity to develop the habit of listening to the Bible with consistency and reflection. When we engage God's word on a regular basis, we also have the opportunity for change. We are blessed when we allow the Lord to transform our lives through his word. Consequently, as the Lord blesses us, He also gives us the opportunity to bless others. I hope and pray that the encouragement you receive from the other participants and myself during the process will be a blessing as well. Second, your participation in this project will be a great benefit to me in my DMin process.

Please sign at the bottom of the schedule indicating your commitment and intention to attend the workshop on the given date.

## PROJECT SCHEDULE

The Project workshop is the first action step in the process. Please note the information and schedule of the workshop:

### Workshop Presentation

- Dates: June 9 - 10
- Place: First Baptist Church: The workshop dinner location on Friday night will be the Fellowship Hall, and the workshop location will be the annex building.
- Things to bring: Bible, cell phone, charger, laptop computer if available. Wi-Fi will be available.
- Please advise pastor if you need childcare
- Meals: The workshop will include three meals. One meal on Friday night at 6 p.m. and two meals on Saturday – breakfast at 8 a.m. and lunch at 1 p.m. The workshop will also include snacks.
- Please try and get a good night sleep both Thursday and Friday night to achieve the most from the workshop.

### Friday Night and Saturday Workshop

Date: June 9-10

#### Friday *Orientation and Introduction*

6:00 pm	Dinner
6:45 pm	Welcome and Introductory Thoughts
7:30 pm	Movie on <i>Shackleton</i> by Kenneth Branagh
9:15 pm	Dismiss

#### Saturday *Direction*

8:00 am	Breakfast
8:30 am	Session 1 Need – Solution – Benefits



	Introduce: <i>Shackleton</i> – Plan with the end in mind
9:15 am	Break
9:30 am	Session 2 <i>What and Why – Mission and Values</i> <i>How – Strategy</i> <ul style="list-style-type: none"> <li>• Variety in learning/listening</li> <li>• Duhigg’s Process</li> <li>• Mini-Habits</li> <li>• Doran’s Action Steps</li> <li>• Journaling</li> </ul>
10:15 am	Break
10:30 am	Session 3 <i>How – Strategy</i> <ul style="list-style-type: none"> <li>• Listening to the NT</li> </ul> Logistics <ul style="list-style-type: none"> <li>• “Faith Comes By Hearing” smart phone application</li> <li>• Listening plan template</li> <li>• Journal template/texting and emailing instructions</li> <li>• <i>Shackleton</i> – Adjustments with plan</li> <li>• Group Meeting Agenda</li> </ul>
11:15 am	Break
11:30 am	Session 4 <ul style="list-style-type: none"> <li>• Personal plan formulated through group discussion and individual planning;</li> <li>• Plans submitted to leader</li> <li>• Plans include signed covenant. Covenant also include written understanding of the need and expected outcomes for engaging the New Testament with consistency and reflection.</li> </ul>
1:00 pm	Lunch
1:45 pm	Q and A Post Workshop evaluation 1 Dismiss (Any extra time needed by P will be available with LC)

## IMPLEMENTATION OF PROJECT PLAN

*June/July/2017*

- At the conclusion of the workshop, personal plans will commence.

- Listening to the New Testament for a forty-day period
- Reflecting on the New Testament for a forty-day period
- Daily emails to Leader
- Three Group Meetings including final meeting
- Final Group Meeting – exit questionnaires

Should you have any questions or need any assistance, please contact me. Our first action step in the project is the workshop on June 9<sup>th</sup> at 6 pm for dinner and introductions.

To the best of my ability I will attend the workshop on \_\_\_\_\_. I also know the success of the project requires my attendance.

Printed name: \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

Thank you.

Mike Clements

Project Administrator

Cell: 830-391-2016

mike@fbcf.org

## EMAIL SENT TO ALL PARTICIPANTS FOR WORKSHOP GOOGLE LINKS

Sent June 9, 2017

Dear Participant,

I am looking forward to our workshop this weekend, and I'm thrilled you have agreed to be a part of it.

This email contains six links to Google Docs that you will access throughout the project. You may choose to "flag" this email, create an email folder for all correspondence related to the project, or copy/paste these links into a "notes" page on your phone. Whichever method you prefer, make sure you can access each of these forms easily.

Please don't click on the links until I give you instructions at the workshop.

### DAILY LISTENING AND REFLECTION TEMPLATE

- <https://goo.gl/forms/0cbizI3yhFiCblcJ2>

This document has a gray-colored header, and it will be your most frequently-accessed document.

### LISTENING AND REFLECTION PLAN - <https://goo.gl/forms/TlrLDdBwAQ0lyusW2>

You will implement this document with a blue-colored header during the workshop.

### PLAN ADJUSTMENT - <https://goo.gl/forms/rv1eJqAyk0cNP48C2>

You will implement the Plan Adjustment with an orange header as needed in your listening experience.

### MEMBER COVENANT - <https://goo.gl/forms/n1SqAFgexgJcSeRL2>

The header has a graphic with confetti and will be accessed once during the workshop.

### WORKSHOP EVALUATION - <https://goo.gl/forms/Y5wXrPq9GvrWU7nI3>

This document will be completed at the end of the workshop, and will be anonymous. The header is brown on this document.

COMPLETED EMAIL TEMPLATE FOR GOALS -

<https://goo.gl/forms/eQFzNeKv3t0CBKrf1>

You will access this document with a yellow header at the end of the workshop and the final meeting.

See you Friday night for dinner at 6 pm!

-Mike

## APPENDIX J

### WORKSHOP PRESENTATION

#### INTRODUCTION

##### FRIDAY NIGHT/WELCOME

Thank you for taking time out of your lives for the next few weeks in this endeavor. Thank you for your commitment to the project, to the workshop and the Lord. My hope is that the project experience will enrich your personal life as you encounter God's word through the next few weeks. The workshop is a vital part of the project.

#### SCHEDULE

Let's go over the schedule for the workshop: See handout - Appendix H

Logistics: Meals, childcare, media, time frame and sessions, Bible, cell phones, laptop, internet service

Q and A

#### WORKSHOP GOALS

1. Member Covenant – see handout appendix K. Pledging your commitment at the end of the workshop to the project.  
Q and A
2. Listening and Reflection plan – see handout, Appendix M  
Adjustment plan – Each participant will design a plan for listening and reflection during the six week period using the template provided. For example, you may design a plan for listening for twenty minutes a day while walking one or two miles. You may want to sit in your favorite chair and listen to the Scripture each day, or you may want to listen while you are driving to work – we will dive into the listening and reflection plan later on in the workshop. I am just giving you a preview.





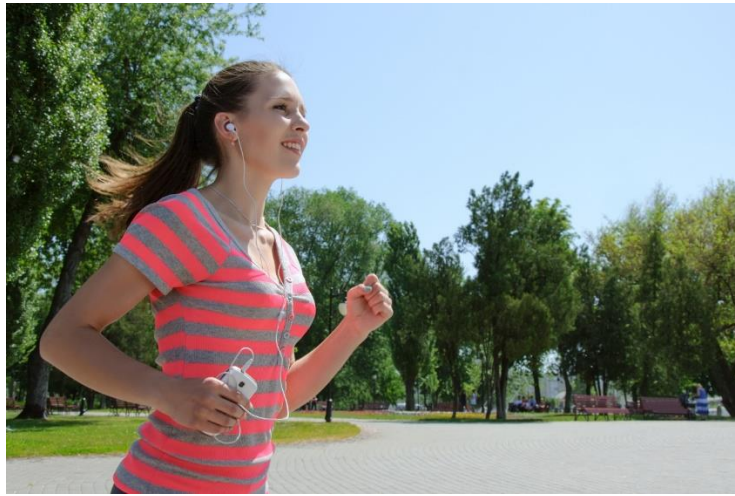
Student sleeping at the desk with book. Image by Andrei Krauchuk. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 83465232. Reproduced with permission.

This is what we are looking for:



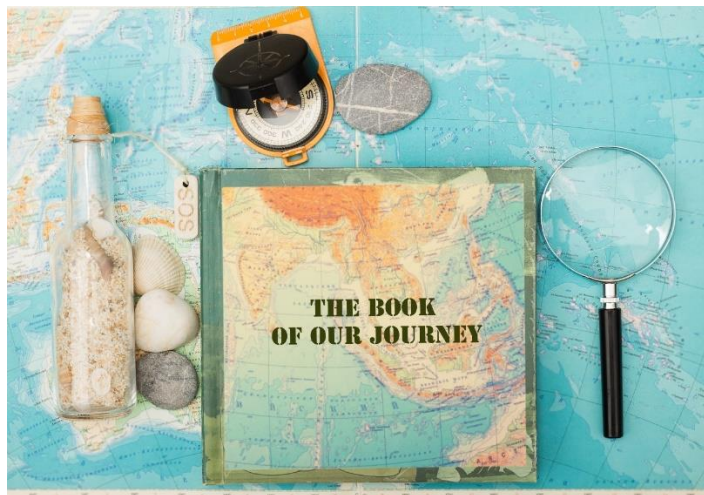
Smiling young woman with head phones. Image by Syda Productions. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 41936547. Reproduced with permission.

Or this:



Sports woman running and listening to music. Image by Oleksli Shalamov. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 55379952. Reproduced with permission.

Tomorrow we are going to design a plan for listening to the New Testament for consistency and reflection. After the workshop, we will begin to implement our listening and reflection plans. Tonight I want you to watch a movie. Tomorrow we are going to talk about the experience of Shackleton and his men. Think about what strikes you in this movie that may be pertinent to our purpose?



Ocean travel. Image by Yuliya Stankevych. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 48952099. Reproduced with permission.



Q and A

WATCH MOVIE *SHACKELTON*

See you in the morning at 8:00 AM for breakfast. Menu -  
Dismiss for evening

## SATURDAY MORNING BREAKFAST

8:00 – 8:30

SESSION 1

8:30 – 9:15

## NEED-SOLUTION-BENEFITS

## NEED

People have all kinds of different needs:



Composite of a green cup of coffee. Image by Wavebreakmedia, LTD. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 5431734. Reproduced with permission.

Here is a significant spiritual need among many North Americans: A deficiency in Bible reading. Since the Scripture is God's revelation to his people (2 Tim. 3:16-17), Bible engagement should be a priority among believers. Daniel Block instructs his readers, “In hearing the Scriptures

We hear the voice of God himself.”



Hebrew Bible scroll. Image by Shotsmaker. Accessed July 6, 2017, <http://dreamstime.com, file ID: 26714358>. Reproduced with permission.

God commands believers to engage his word.

P1 read Matt. 17:5

P2 read Mark 7:14

P3 read 1 Thess. 5:27

P4 read 1 Tim. 4:13

P5 read 1 Pet. 2:2

Researchers George Gallup and Jim Castelli voiced their commentary on Scripture reading by believers in the West: “Americans revere the Bible—but, by and large, they do not read [the Scriptures].” Many infer that the lack of Bible reading in the North American church is a real problem. Ed Stetzer laments the obstruction: “Study after study in the last quarter-century has revealed that American Christians increasingly don't read their Bibles, don't engage their Bibles, and don't know their Bibles. [The dilemma is that] we are living in a post-biblical literate culture.”

What impedes Western believers from interacting with God's word consistently? Recent studies suggest two possible factors influencing inconsistency in Bible reading among believers in the West.

1. One explanation for inconsistency may be the influence of Western culture on the reading habits of believers. In one study, The Barna Group examined the relationship between Americans and their bookshelves. The study found that one-quarter of all adults rarely read any books. Studies conducted during the last quarter-century reveal that although Western readers are literate, they are reading

less than previous generations did. For example, 32 percent of Gen-Xers report reading zero books.

Most would argue that technology has made life easier and more efficient. Reading a book requires a degree of active attention and engagement. Indeed, reading itself is a progressive skill that depends on years of education and practice. By contrast, most electronic media such as television, recordings, and radio make fewer demands on their audiences, and indeed often require no more than passive participation. Even interactive electronic media, such as video games and the Internet, foster shorter attention spans and accelerated gratification.

Dana Gioia also contends, “This literary decrease reflects a massive shift toward electronic media for entertainment and information. The result is that many in the West are reading less and this has carried over into bible reading among believers.”<sup>137</sup>

New Testament scholar George Guthrie presents the sobering news that believers in the West are “not reading the Bible, much less reading it well. . . . Ask one hundred church members if they have read the Bible today, and eighty-four of them will say no.”<sup>138</sup> However, the influence of media is not the only inhibitor for Bible engagement among believers in the West.

2. The second possible explanation for inconsistency in Bible reading among believers in the West may be the unavailability of time. Participants in the ABS study listed busy schedules as the major reason for the absence of Bible reading. In fact, among all the adults in the American Bible Society study, 46 percent said they never had time to read the Bible. Those most likely to say they never had enough time to read the Bible were practicing Protestants. Ed Stetzer interviewed Trevin Wax, a publisher with Lifeway Christian Resources. In an article, he quotes wax, who said, “Research shows that people often own several Bibles, respect the Bible as a sacred text, and want to read it, but tend to not open it up with great frequency.” According to Wax, the “top reason people give . . . for not reading their Bibles is that . . . they are too busy and don’t have time.”<sup>139</sup>

Closer to home: The recent survey at FBCF confirmed much of my research on the subject. Of the 252 participants, 33 percent indicated they read the Bible every day. This number is a considerable increase over the 11 percent reported by the Lifeway study but less than the 36 percent of Protestant daily readers reported by the ABS. However, the flip side showed the absence of daily Bible reading for 71 percent of those under 70.

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<sup>137</sup> Gioia, *Reading at Risk*, vii.

<sup>138</sup> Guthrie, *Read the Bible for Life*, Kindle Location 127, 136, 162.

<sup>139</sup> Stetzer, *Q and A with Trevin Wax*.

Closer scrutiny of Bible reading habits of those who attend FBCF occurred through a follow-up email to 133 members and non-members under the age of 70. Each of the 133 participants emailed had indicated inconsistency in their Bible reading habits from the initial survey. The survey asked the respondents for their opinion on the reason or reasons for their inconsistency. Respondents could give one or more answers to the question asked in the email. The 69 responding to the email survey gave three primary reasons for their inconsistency: they did not have a plan of action, they needed help with consistency, and they did not have enough time. In the FBCF survey, respondents noted the lack of planning as the number one reason for their inconsistency.

You are here today because you recognize a spiritual need in your life. You have indicated that you need help in engaging God's word with consistency. Help has arrived.

Q and A

## SOLUTION

The purpose of this project is to lead members of First Baptist Church of Floresville, Texas to engage the Scripture with consistency and reflection. Engaging God's word with consistency will align you with God's commands. Aligning with God's command toward engaging his word affords you with power for spiritual transformation. The power of God's word occurs as you interact with God's word through careful reading and reflection.

The word *engagement* issues a call for one to commence or carry on an activity or enterprise that gives attention to something. Consistency means "action with regularity." Reflection means consideration of some subject matter, idea, or purpose. The thrust of this project is to encourage you to engage God's word with consistency and reflection. In this project we want you to give attention to the Scripture with regularity. Consistent attention with God's word will allow you to obey the command of the Lord.

Reading the Scripture is a traditional method for comprehending God's word. Advocating the reading of God's word is also a biblical practice. Jesus asked many of his listeners, "Have you not read?" (Matt. 12:3, 5; 19:4; 21:16, 42; 22:31). The Lord commanded those who had access to read the text. The Apostle Paul also expected believers to read his letters (1 Thess. 5:27).

What a blessing from the Lord to possess the Scripture in written form for personal devotion and study. For one reason or another, all of you in the project have indicated you lack consistency in God's word. Some of you indicated you like reading yet you have

neglected reading the Scripture. Let's try another biblical approach that is different than reading. The medium of listening is also a viable and biblical approach for engaging God's word.

God the Father spoke from heaven and commanded the followers of Jesus to listen to him.

P6 read Mark 4:3.

Today, believers hear the words of Jesus through the Scriptures. Paul instructed Timothy as a leader of the church to read the Scripture so the church could hear God's word (1 Tim. 4:13). Listening and reading are both biblical practices for engaging Scripture. Moreover, believers in antiquity obeyed God's revelation through both reading and listening.

Instead of trying to force you into reading the text which has not been successful in the past, let's encourage you to approach the text through a medium you are already using – listening. All day long you are listening to others at home, work, church, and with friends. Let's take advantage of what you are already doing and direct your effort toward the Scripture.

This study will meet the threshold of success if participants listen to an audio production of the New Testament for twenty-one days for twenty minutes a day and then reflect on it through the process of journaling.

Q and A

## BENEFITS

Engaging God's word allows the believer to obey God's command. As members listen to the words of Scripture with consistency, they should respond to God's word with some degree of reflection. As you reflect with Scripture spiritual change may occur.

## MOVIE – PLAN WITH THE END IN MIND

What leaped out at you in the movie?

- ❖ leadership
- ❖ planning

- ❖ man power
- ❖ endurance
- ❖ emotion
- ❖ perseverance
- ❖ tenacity
- ❖ hope
- ❖ fatigue
- ❖ need for warmth, food and home
- ❖ plan adjustment
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

One thing we may all agree on as we reflect upon the movie is that even the best plans sometimes require adjustments during implementation.



Tools. Image by Les Cunliffe. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 72961696. Reproduced with permission.

Shackleton's goal changed after the ice crushed the Endeavor. That is to say; the expedition was no longer about exploration but about getting each man home safely. At that point, Shackleton adjusted his plans. Shackleton began to plan with the end in mind – getting his men home.



Yellow ribbon tied around a maple tree. Image by Hideanna. Accessed July 6, 2017, <http://dreamstime.com, file ID: 49723318>. Reproduced with permission.

As believers, we also will have a homecoming with the Lord and all the saints. 1 Thess.4:17 Then we who are alive *and* remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.

We want to be found faithful when we the Lord comes. Matt. 25:21 "His lord said to him, 'Well *done*, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.'

Our plan 'with the end in mind' is listening to the New Testament and reflecting upon it for the possibility of change. As you implement your plan, you may find you need to adjust. As we implement our goals for listening and reflection, we may need to adjust our strategy. Life happens.

Should you decide that you want to walk while listening to the New Testament, you may find that your walk is too strenuous and distracting your attention span. You may need to adjust your plan. Shackleton's expedition to Antarctica in many ways represents the hills, valleys, curves, and detours of ordinary life. Planning is paramount for each of us as we strive to follow God's commands. Life has a way of changing our plans. We must be flexible and make adjustments to reach the goal.

See Appendix N for plan adjustment

Not allowing the hills, valleys, curves, and detours of life to curtail our plans will see us through to the goal. Obeying the command to listen to God's word with consistency takes effort and perseverance. It may also take an adjustment to our original plan. The benefits far outweigh the sacrifice. As we listen to God's word and reflect on His direction for our lives, we will have an opportunity for spiritual change. The change God seeks and wants for us is to become like Him.

P7 read 2 Cor. 3:18 Q and A Break till 9:30



## SESSION 2



Compass on a map. Image by Keith Burn. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 52023320. Reproduced with permission.

Mission – The what

Values – The why

Strategy – The how

For our endeavor, the mission *informs the believer on the need* to fulfill the purpose of God, and the strategy enlightens the believer on *how* one travels to the purposed end. Steven Covey states, “The mission helps people know not only if they are in the right jungle but the right tree.”

The Mission – what should we be doing?

Values – why should we be doing what we are doing?

Strategy – how will we accomplish our mission?

### The Mission – The What



Arrows and target. Image by Iulius Costache. Accessed July 6, 2017, <http://dreamstime.com, file ID: 74831252>. Reproduced with permission.

????? What should believers be doing with God's Word?

Believers should engage God's word through reading or listening. Obviously, Scripture was not meant to collect dust on the coffee table. The Lord offered his word to the world through the Gospel and to us as believers for spiritual growth. Paul wrote Timothy, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (1 Tim. 3:15-16). The Scripture is God's revelation to man and provides what man needs to understand God's purpose in life.

The Scripture gives many examples of God's people engaging his word. Moses "took the Book of the Covenant and read it to the people" (Exod. 24:7). After Moses's death, Joshua continued this practice: "There was not a word of all that Moses had commanded that Joshua did not read to the whole assembly of Israel, including the women and children, and the aliens who lived among them" (Josh. 8:35). After the return from exile, Ezra "read aloud the [Scriptures] from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand. And all the people listened attentively to the Book of the Law" (Neh. 8:3).

In the New Testament Jesus assumed the Jews were cognizant of the Scriptures through the act of reading. Many times Jesus asked those around him "Haven't you read?" (e.g., Matt. 12:3, 5, 19:4, 21:16; Mk 12:26; Luke 10:26). Paul assumed the Colossian, and Thessalonian believers would hear his letters at their gatherings, he charged them to have them read aloud so the whole church would hear. Paul wrote to the Colossians, "Now when this epistle is read among you, see that it is also read in the church of the Laodiceans and that you likewise read the epistle from Laodicea (Col. 4:16). Paul also

charged the Thessalonians, “I charge you before the Lord to have this letter read to all the brothers” (1 Thess. 5:27). What should believers be doing with the word of God? Believers should be reading and/or listening to the revelation of God through his word.

### Values – The Why

Why should the believer engage God’s word?

1. Believers should engage God’s word because doing so aligns the believer with God’s command. Moses commanded Israel, “Their children who do not know this law, must hear it. . . ” (Deut. 31:13). To be sure, the Old Testament command to hear God’s word is a principle for Christian living today; however, the New Testament offers much more than a principle for engaging God’s word. The New Testament commands believers to engage God’s word. The synoptic writers recorded the audible voice heard by the disciples from God the Father about his son: “This is My beloved Son. Hear Him!” (Matt. 17:5).

The synoptic writers used the strongest possible verb tense in commanding the disciples to listen to the Son. William Mounce defines the Greek tense in the imperative mood: “There is no more forceful way in the Greek language to tell someone to do something than a simple imperative—particularly the second person imperative. Especially when such a command is given regarding a specific situation, the one giving the command sees himself as an authority figure. He expects those addressed to do exactly as he has ordered.”

God the Father commanded the disciples to listen to the words of his Son. In Mark 4:3, Jesus said, “Listen.” Again, in Mark 7:14, Jesus used the imperative form: “Again Jesus called the crowd to him and said, ‘Listen to me, everyone, and understand this.’” Peter also used the imperative form for listening to or hearing the Gospel in Acts 2:22: “Men of Israel, listen to this: Jesus of Nazareth was a man accredited by God to you by miracles, wonders, and signs, which God did among you through him, as you yourselves know.” Later, speaking to the same group of people, he instructed them concerning Christ, saying, “Him you shall hear in all things, whatever He says to you” (Acts 3:22). Believers are commanded by the Lord to engage his word through reading or listening. Paul instructs believers in the imperative to earmark their attention for God’s word: “Devote yourself to the public reading of Scripture, to preaching and to teaching” (1 Tim. 4:13).

2. Engaging the Scripture supplies power for spiritual change in the believer. Peter uses the metaphor of milk to show the desire and object for the Christian life: “Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation” (1 Pet. 2:2). Growth is a natural progression for children. Children as newborns need their mother’s milk for sustenance. As babies long for milk for bodily growth, in a similar

way, believers should desire milk for growth in salvation. Milk then becomes the very substance of life, comprising that which all Christians need for spiritual growth. Peter spoke of a changed life just before giving his directive about craving the milk of the word, instructing believers, “Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind” (1 Pet. 2:1). Spiritual change can occur as the believer engages the power of God's word. Hearing or reading God's word activates faith for change.

3. We become the Lord's disciples by listening to God's word. In the New Testament, the Apostle John writes, “To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples” (John 8:31). The meaning of *me,nw* (continue) is “hold to” or “remain.” Followers of Jesus must engage God's word. Luke chronicles the early church believers engaging God's word with fervor: “They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer” (Acts 2:42). The description Luke gives of the early-church believers is that they “were continually devoting themselves to the apostles' teaching.” What was the apostles' teaching? Luke noted the apostles' teaching as “the full message of this Life” (Acts 5:20) and “the whole will of God” (Acts 20:27)

Why – 1. God commands 2. Spiritual growth 3. We become his disciples

Q and A

#### Strategy



Football tactics. Image by Goir. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 54508834. Reproduced with permission.

Our strategy will involve the mission – what, values – the why, and strategy – the how.

We will obey God's command to engage his word through listening and reflection.

## Listening

Listening to God's word converts lost people into saints:

In recent times, Mark and Gloria Zook entered the world of the Mouk people in Papua New Guinea, a previously unreached people group. After months of intense culture and language study, the couple was ready to communicate God's word with them. None of the Mouk people had any previous exposure to the Scriptures, so the Zooks decided to tell the stories of the Bible in chronological order. Over the next few weeks, the Mouks became so intent on the stories that they stopped eating and would not sleep. They spent every waking moment discussing the message and listening with redundancy to the lessons on cassette tape. As they listened to the trials leading up to the crucifixion, the Mouks felt that somehow Jesus would escape. Fear and reverence for God fell over the them as they heard God's word. Mark and Gloria shared from their experience, "[I went back] to the story of Abraham and Isaac, just as a real lamb was substituted for Isaac, Jesus' death and blood was shed as the Mouks' substitution. At that point, the lights really went on." Mark could see and hear the people responding, "EE-Taow! EE-Taow! [I believe! I believe!] It's a true . . . it's very true!" Hearing God's word offers power for the unbeliever to trust in Christ through the Gospel message.<sup>140</sup>

Listening to God's word also turns believers into disciples:

God's word acts as heaven's hands that shape and mold into his image.

Spiritual formation author, M. Robert Mulholland, Jr. describes God's word as a "living and productive scalpel in the loving hands of [God]."<sup>141</sup> In his book, Phillip Keller, a former shepherd, educates the reader on the rod of the Shepherd:

A sheep that passed "under the rod" was one which had been counted and looked over with great care to make sure all was well with it. The [shepherd] will take his rod and part the sheep's wool to determine the condition of the skin, the cleanliness of the fleece and the conformation of the body. . . . for only in this way can its hidden problems be laid bare before the shepherd . . . If we allow it, if we will submit to it, God by his word will search us. There will be no "pulling the wool over his eyes."<sup>142</sup>

During the modern era, biblical stewardship in the West relied on a single approach to biblical literacy. Engaging the Scriptures through both reading and listening is a biblical medium for approaching God's word. The biblical record is clear; believers have both

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<sup>140</sup> Willis and Snowden, *Truth That Sticks*, 32-3.

<sup>141</sup> Mulholland Jr., *Shaped by the Word*, 40.

<sup>142</sup> Keller, *A Shepherd Looks at Psalm 23*, 96-7.

read and listened to God's word throughout history. Believers have benefited from God's word as the Scripture offers power for change. At times believers have reflected and sought change through isolated engagements with Scripture. Sometimes a single hearing of the word can ignite faith for an epiphany of change. For example, during the eighteenth year of Josiah's reign, Hilkiah the priest found the Book of the Law of the LORD given by Moses. At the request of Josiah, Shaphan, the priest, read the book before the king. On hearing God's word, Josiah tore his clothes in humility and repentance (2 Chron. 34:14-19). Consider also Ezra as he returned from Babylonian exile. Ezra read God's word to his people (Nehemiah 8), and the people responded with mourning and weeping. In both instances, someone read the Scripture while others listened. Listening to the reading of God's word offered Josiah and God's people the power to reflect on their own lives. As Josiah and the people of God in Nehemiah reflected, they became cognizant of the need for change.

Modern day believers also need consistency with God's word for daily Christian living (John 8:31; Acts 2:42; 1 Tim. 4:13; 2 Tim. 3:14-17; James 1:23-25). Acts 2:42 describes the devotion of the early church disciples toward God's word. The disciples in the early church must have remembered the emphasis Jesus stressed upon his word. Scriptures texts like "I will show you what he is like who comes to me and hears my words and puts them into practice" (Luke 6:47) and "If you remain in me and my words remain in you..." (John 15:7) and "Remember the words I spoke to you..." (John 15:20) may have encouraged the early disciples to devote themselves to God's word. Luke's words in Acts 2:42 reveal that consistent reading and listening to God's word from the apostles' teaching became the lifeblood of the church. The results from engaging God's word demonstrated the power of God for change. Awe filled the early saints as a result of listening to the word of God (Acts 2:42-47).



Boy listening through a can phone. Image from Wavebreakmedia LTD. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 77905480. Reproduced with permission.

## Journaling

### Reflection through journaling

Engaging God's word requires more than just listening. The Lord wants us to reflect on his word in relationship with him. Reflection through journaling can aid the believer. Writing what one feels, thinks, perceives, and needs facilitate a biblical practice. The books of Psalms and Lamentations are spiritual journals. In each book, the writers reflect upon their lives through writing. In Psalm 3, for example, David describes his experience and feelings as Absalom pursues his demise. David's pen reflects upon the blessings of God: "You have filled my heart with greater joy than when their grain and new wine abound" (Ps. 4:7).

The rod of God's word allowed the prophet Jeremiah to reflect on his life and ministry. Jeremiah remembered how the people of God had repaid him with abuse for obeying the voice of the Lord. As he contemplated on his suffering, he complained to the Lord in the first twenty verses of chapter 3. In the verse following his complaint, however, the man of God remembered God's words: "I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness" (Lam. 3:20-23). Musing on the purpose of God's word created a change in Jeremiah's attitude and perspective. One might conclude that Jeremiah reflected on God's word as directed in the Epistle of James (James 1:23-25). The prophet's mind aligned with God's will and purpose as he leaned forward to reflect on God's promises.



Reflection through journaling gives believers an opportunity to record spontaneous devotional thoughts, as Whitney and Packer articulate; “A journal is a place where we can give expression . . . it slows us down and prompts us to think more promptly about God.”<sup>143</sup> Journaling also adds variety in learning for listeners, which Gina Ochsner celebrates, “Writing is a journey and no two journeys are exactly alike. The road will look and feel different under each unique set of feet. We will travel at different speeds; then we will stop to ponder different potholes, various pitfalls, and experience different epiphanies. For all the varieties, rejoice!”<sup>144</sup>

In this project, we will approach God’s word through listening and journaling.

Q and A

How will we listen and journal?

A. Dughigg’s three-step loop



Blackboard sign. Image by Goir. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 77051896. Reproduced with permission.

You are here in this workshop because you have indicated a lack of engagement with God’s word. This will require a new habit. Jesus also told his disciples to develop the habit of continuing or remaining in his word (John 8:31, 15:7). To remain in something requires consistency and habit formation. To remain does not mean to do something

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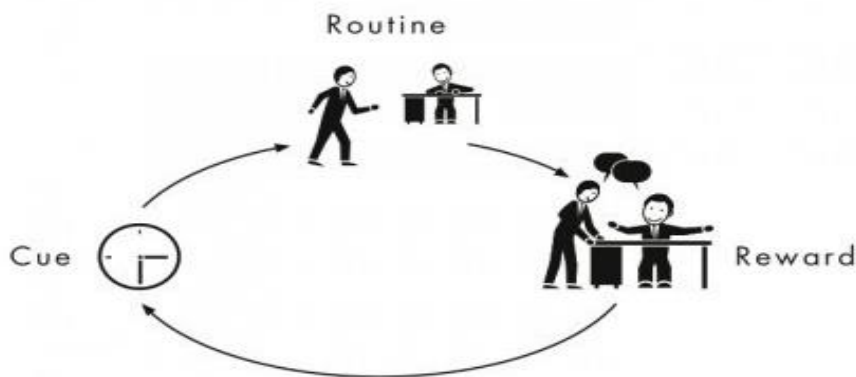
<sup>143</sup> Whitney and Packer, *Spiritual Disciplines for the Christian Life*, 209-10.

<sup>144</sup> Ochsner, *Power in the Word: Writing in Faith and on Faith*, 68.



intermittently. To continue an activity denotes a habit. Jesus encouraged the habit of reading or listening to God's word.

Duhigg's Process for habit formation



Duhigg, *The Power of Habit: Why We Do What We Do in Life and Business*, 286.

Note the process for Duhigg's three-step loop:

First, there is a CUE or TRIGGER that tells your brain to go into automatic mode and which habit to use. Then there is ROUTINE, which can be physical, mental, or emotional exercise. Finally, there is a REWARD, which helps your brain figure out if this particular loop is worth remembering for the future. . . . Over time, this loop-cue, routine, reward . . . becomes more and more automatic. The cue and reward become intertwined until a powerful sense of anticipation and craving emerges. Eventually . . . a habit is born.”<sup>145</sup>

Each of us will design a template for listening to God's word by utilizing Duhigg's three-step loop.

Let me give you my template:

Each morning (Monday through Friday) I wake up at 5:30 AM. After personal care, I put on my workout clothes. I get my cell phone and turn on map my run which connects to my google watch. My watch and phone record my walking distance and time. Next, I turn on my bible application in my cell phone. The text automatically begins where I left off the day before. I walk for three miles. I can walk two miles in approximately thirty

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<sup>145</sup> Duhigg, *The Power of Habit*, 19

minutes. I listen to the New Testament for the first two miles or the first thirty minutes. The last mile or fifteen minutes I pray and reflect upon what I heard from God's word. When I get home, I drink two glasses of water and put some vegetables in my instant pot – takes around 10 minutes for them to pressure cook. I then sit in my specific chair at home for ten minutes and engage in my new spiritual activity of active rest. Afterward, I eat my vegetables and a piece of cheese or two eggs. I then sit down with a cup of coffee and reflect upon my listening experience in my journal.

Cue – waking up in the morning is my cue to exercise and listen to God's word. I tried doing it later in the day. I noticed that later in the day my reserves were lower, excuses were readily available and the opportunity to miss my cue and forget to listen occurred too often.

Routine – listening while walking – go together for me.

Reward – 1. Exercise makes me feel better. 2. Cup of coffee during reflection. If something keeps me from listening to God's word in the morning I do not get the pleasure of drinking a cup of coffee. I do this M-F. On Saturday I wake up a little later but perform the same exercise. On Sunday I make sure I listen if only for one minute. Sunday is different for me since I review my sermon notes for the 8 AM service.

You will design your plan: For example, you could listen while sitting in your favorite chair inside your home. You could be listening while exercising or driving to work. However, you need a cue to remind you of the routine. You also need to reward yourself in some way to tell your brain – this is worth the sacrifice.

## B. Mini-habits



Small steps, big changes. Image by Constantin Stanciu. Accessed July 6, 2017, <http://dreamstime.com>, file ID: 52733263. Reproduced with permission.

Our strategy will include mini-habits. Developing a new habit requires effort. As you begin a new habit your old ways, try to pull you back. Freelance writer Stephen Guise proposes using mini-habits to reduce resistance in habit formation. The brain resists big changes, and mini habits reduce the size of the resistance toward the goal. Once the inertia of the habit commences, momentum can carry the participant further towards the goal. Mini habits utilize willpower. How so? Willpower can overcome the lack of motivation should the routine be short and easy. Since feelings fuel motivation, habit formation must come from another construct. One day a person may feel good, but another day he or she may feel bad. Events that can alter feelings are blood sugar, chemical fluctuations, hormones, health, energy levels, and external stimuli like the weather.

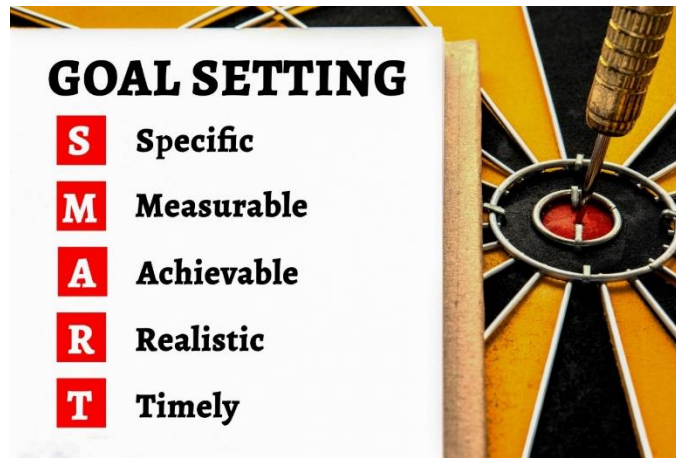
We will use mini-habits for success. Not less than twenty-one days of listening to the New Testament for twenty minutes a day along reflection will serve as the benchmark for consistency in this project. The former amount of days and minutes is the ultimate goal I have for each participant. However, sometimes our plans change and sometimes 'life just happens.' Therefore, a mini-habit of listening for one minute will be considered a success.

How so? Two ways: 1. You may think on a given day, "I can't listen for twenty minutes today. I don't feel good or I don't have time." However, with a mini-habit of one minute – no matter what your predicament – you can listen for one minute. That way you have a good chance in not missing one day of listening to God's word during the six week period. How many verses can you listen to in one minute? About seven verses. Let me remind you of the power of just one verse: Lazarus, come forth! John 11:43. However, even though you say to yourself you will only listen to one verse, your brain will likely

say after listening to one verse, “That was easy. This is good stuff. Let’s keep going”. We need each of you to break free of the gravitational pull of your old ways. Listening for only one minute gives us some momentum towards the goal. Listening for only one minute is a successful action for that day. 2. Certainly, I want you to do more than that – twenty minutes for twenty days is the benchmark, but I also want you to have success every day of the project. Each day you listen if only for a minute, you reinforce your new habit. I want you to have success every day. Success helps motivate us in habit formation.

Richard O'Connor, a psychotherapist, and author of the book *Rewire* states, “Willpower comes in limited supply; the more we use it during the day . . . the more it gets depleted . . . which means we're more likely to give up on later attempts.” He adds, “Fortunately, our reserves are restored overnight, so we start with a fresh supply each day.” I want to strongly suggest that each participant set up his or her cue first thing in the morning while your reserves are full and fresh.

## Doran's Action Steps



Goal setting. Image by Chandara Tubchand. Accessed July 6, 2017, <http://dreamstime.com, file ID: 69161344>. Reproduced with permission.

Guidance through action steps will supply the scope and compass needed for the success of this project. To set goals for listening and reflection, we will need actions steps. Action steps fuel the how with the end in mind. Keith Webb tweaked George T. Doran's *S.M.A.R.T.* process for action steps.

6. Specific: Our action steps should be clear and unambiguous.
7. Measurable: The completion of our action steps should be measurable.
8. Attainable: Our action steps should be challenging but possible.
9. Relevant: Our action steps should be meaningful.
10. Time Limited: A certain date completing the action step displays discretion.

In the next session, we will explain the strategy of listening and journaling to meet the goals of this project. In Session 4 we will design our plans for submission and complete our covenants. We will then break for lunch and finish any work from the previous session and complete the workshop evaluation.

Q and A

Break at 10:15

Next session begins at 10:30

## Session Three

10:30 – 11:15

Instructions for:

Listening and Journaling template – see Appendix M, O, and P

Completed email template for goals - see Appendix P

Faith comes by hearing I phone and Android instructions and download

Practice – Listen to New Testament for a few minutes. Use the timer.

Now click on listening and reflection links sent from project administrator for download of templates. Complete them and submit.

Daily routine:

Trigger

Routine

Reward

Click on link

Complete listening and reflection template (if applicable, complete goal template)

Click on submit

Group meeting– see Appendix R

Member covenant – see Appendix K

Workshop evaluation – see Appendix L

Matrix – see Appendix U

Q and A

Break 11:15 – 11:30

## Session Four

11:30 – 1

Develop personal plan

Plans submitted

Q and A

Lunch

1:00 -?

Q and A

Covenant's signed and submitted

Workshop evaluation completed and submitted

Leader/coach will stay as long as needed to help any and every participant fulfill the goals of the workshop.

Listening and reflection experience will commence on June 12<sup>th</sup>, 2017 and end on July 21, 2017.

- ❖ Footnotes and Bibliography for authors and resources quoted available upon request.

## APPENDIX K

### PARTICIPANT COVENANT

NEED: Project surveys, commitment card, and personal statement will establish need from members.

EXPECTED ASSIGNMENT:

EXPECTED OUTCOME:

COMMITMENT:

1. ☐ I commit myself as a participant in the project:

LEADING SELECT MEMBERS OF FBCF TO DEVELOP A PLAN FOR  
ENGAGING THE NEW TESTAMENT WITH CONSISTENCY AND  
REFLECTION

For the project period of \_\_\_\_\_.

2. ☐ I affirm my need for developing the habit of listening to the New Testament with consistency and reflection.



3. ☐ To the best of my knowledge, I will do my best to design and implement a plan for listening and reflecting on the New Testament.
4. ☐ Should a problem develop in implementing my project design; I will contact the project administrator as soon as possible for assistance in adjusting my progress.
5. ☐ To the best of my ability, I will follow the directions of my designed plan as led by the project administer.
6. ☐ My calendar is open and reserved for the dates of the workshop and to the best of my ability I will attend all sessions of the workshop.  
Project dates: Friday night and Saturday \_\_\_\_\_
7. ☐ To the best of my ability, I will follow the directions of my designed plan as led by the project administer.
8. ☐ To the best of my ability, I will pray for the process and each member in the project.
9. ☐ To the best of my ability, I will be a positive participant and will enthusiastically support the process.
10. ☐ To the best of my ability, I will attend at least two of three group meetings and give my input and feedback where needed.
11. ☐ To the best of my ability, I will be candid and honest as I give the project administrator feedback from the workshop evaluation, and exit questionnaire.  
Project dates: Friday night and Saturday \_\_\_\_\_

SIGNATURE/DATE

## GOOGLE DOCUMENT EXAMPLE FOR PARTICIPANT COVENANT

### **P10**

#### **NEED:**

Project surveys, commitment card, and personal statement will establish need from members.

Would like to improve my consistency on studying the bible to help align my will with the lord's will.

#### **EXPECTED ASSIGNMENT:**

Daily listening to the New testament and recording my thoughts about it daily.

#### **EXPECTED OUTCOME:**

To develop a habit of engaging the bible daily, and my life to be more focused toward God.

#### **COMMITMENT:**

I commit myself as a participant of the project:

**LEADING SELECT MEMBERS OF FBCF TO DEVELOP A PLAN FOR ENGAGING THE NEW TESTAMENT WITH CONSISTENCY AND REFLECTION**

For the project period of June 12, 2017, to July 24, 2017.

I affirm my need for developing the habit of listening to the New Testament with consistency and reflection.

Yes

To the best of my knowledge, I will do my best to design and implement a plan for listening and reflecting on the New Testament.

Yes

Should a problem develop in implementing my project design, I will contact the project administrator as soon as possible for assistance in adjusting my progress.

Yes

To the best of my ability, I will follow the directions of my designed plan as led by the project administrator.

Yes

To the best of my ability, I will be a positive participant and will enthusiastically support the process.

Yes

To the best of my ability, I will attend at least two of three group meetings and give any input and feedback where needed.

Yes

To the best of my ability, I will be candid and honest as I give the project administrator feedback from the workshop evaluation and exit questionnaire.

Yes

Electronic Signature (type your name below):

My typed name is intended to be my electronic signature, and in conjunction with the electronic submission of this document, will be binding on me.

P10

*Submitted 6/10/17, 12:15 PM*

APPENDIX L  
POST-WORKSHOP EVALUATIONS  
APPRAISAL 1 TOTALS  
WORKSHOP CLOSURE

JUNE 10, 2017, 6:30 PM  
Annex building at FBCF

11 Responses

Please circle the options you feel best represents your answer. Feel free to add any further comments for each question. Your answers will be anonymous to the leader and all participants. Do not include your name.

Did the workshop help you understand the mission (the "what") of the project?

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- I can't wait to start.
- Would not have had a clear understanding without it.

Did the workshop help you understand why the mission was important?

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- The opportunity to make a daily habit to listen to God's word, the motivation, guides helps tremendously.
- For me it helps me in an area where I know it's truly needed.
- It gave me greater clarity since I already believed it was important to me.
- The verses that highlight that God commands us to "listen" and "hear" his word were pretty direct.

Did the workshop help you design a plan for success in the project?

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- It helped me to commit.
- Yes, and realize that I will have to adjust as time goes on.

Did the leader give clear directions in the workshop enabling you to pursue your plan for success in the project?

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- I believe I'm on the right track. The help was great.

How would you rate the effectiveness of the leader/coach's workshop presentation?

	1	2	3	4	5
TOTALS	0	0	0	3	9

Comments:

- I thank God for his devotion.
- Patient and understanding.
- It seemed like we needed to enter the same type of statements multiple times on different forms or in different ways. Appreciated the step-by-step instructions to fill out the google forms, and the practice listening and recording my thoughts.

Do you feel inspired after the workshop presentation to begin the new habit of listening and reflecting with the New Testament?

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- The workshop was not only informative but extremely motivational. I look forward to seeing the long-term impact.
- I believe it gave me the boost I needed.
- I'm glad we reviewed the scriptures that mirrored listening and being in God's word – I learned more scriptures today.
- Can't wait to get started.
- Excited to begin.
- Yes, I'm craving the word, and this will help me get into his word and closer to God.

Are there any suggestions you might add to making the workshop better for additional participants?

- No, it's been good.
- It was helpful.
- I made myself a list of forms to be completed during the workshop, during the project, and every day during the project. This seems to help me stay on track with the commitments that I made.
- Perfect.
- The food was great! I liked the 2 half-day format.

## APPRAISAL 2 TOTALS

## DORAN'S ACTION STEPS

## GROUP MEETING 1

June 26, 2017, 6:30 P.M.

Annex building at FBCF

11 Responses

Instructions:

- Circle Yes or No
- Add any further comment
- Do not write your name or participant number as this is an anonymous survey
- Feel free to write on back if necessary

After two weeks of listening and reflecting on the New Testament do you feel the directive administered by the project administrator has been clear and unambiguous?

	YES	NO
TOTALS	11	0

Comments:

- The workshop provided a good understanding of the purpose and need for the project. The instructions and hands-on part of the workshop worked well.
- I know what to do.
- I feel that the workshop was very clear in providing directions and expectations.

After two weeks of listening and reflecting on the New Testament do you feel the project administrator has given you the tools necessary to measure your progress accurately?

	YES	NO
TOTALS	11	0

Comments:

- Daily reflection has helped me see how much scripture impacts my daily walk.
- One possible tool that might be nice is a graph that shows our daily listening over time. That could be some type of app.
- Use of journal.

- Emails that keep participants in “the loop” on meeting reminders and encouragement to continue.

After two weeks of listening and reflecting on the New Testament do you feel the actions steps have been challenging but possible?

	YES	NO
TOTALS	11	0

Comments:

- Finding time.
- The challenging part for me is keeping on track on the weekends. I need to modify my plan for the weekend.
- I am motivated to do this daily.
- It has been exciting to try to make God an important part of my life.
- Not as challenging as I expected it to be. More rewarding than expected.

After two weeks of listening and reflecting on the New Testament do you feel the experience has been meaningful?

	YES	NO
TOTALS	11	0

Comments:

- I feel closer to the Lord and he has been talking to me about things that need to change in my life.
- Better understanding of the Gospel.
- I have learned so much.
- I look forward to my listening time and expect to gain a different sort of knowledge from listening than I do from reading.
- I am learning to make God be a major part of my life.
- I feel better and am more positive throughout the day.
- Jesus’ humility seems clearer.

Has a project date helped motivate you in any way towards reaching your goal in the experience?

	YES	NO
--	-----	----



TOTALS	11	1
--------	----	---

Comments:

- Keeps me on track/focused.
- I think at the beginning setting a date was motivating, but now that date really doesn't mean anything; I just want to listen.
- Yes, I feel as though having a goal spurs me on when I might have been more distracted otherwise.
- Gives me a reason.
- Keeps me on track and from procrastinating at the beginning of the project.
- Yes and no; it may have in the beginning, but now the joy of hearing the word is the motivation.

## POST WORKSHOP EVALUATION TOTALS

## GROUP MEETING 2

JULY 10, 2017, 6:30 P.M.

Annex building at FBCF

1. Do you feel the action steps in the workshop were clear and unambiguous? (Specific)

11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 4 responses

- Very simple and easily understood.
- They have led me well throughout this experience.
- For me it helped me form a habit of getting into the word on a daily basis,
- My action is to continue on the same schedule that I am on.

2. Do you feel that the goals set in your plan will allow you to measure your progress? +

	YES	NO	SOMEWHAT
TOTALS	9	0	2

Comments: 9 responses

- I've definitely listen to God's word on my own more than usual, and made a lot of progress.
- My secondary goal has become more important than my first.
- I like that there are two separate goals not just listening for forty days but also just listening for one minute. It was broken up in such a way that there are many opportunities for success.
- I have been craving the word but I struggle with ready this has helped me by listening to the word. I can also highlight scripture to go back to.
- I feel I am meeting most of the goals I set for myself My bible study is getting better and am not so worried about how long anymore
- I have met my goal to listen at least 1 minute a day.
- To track my progress I would have to take pen to paper. Is there a tracking function that could be added to the journal function?
- I think it's quantifiable by the fact that I have listened more as time went on

- My goal of 20 minutes a day for a minimum of 21 days is measurable, however if I had missed more days, I'm not sure how I can see over time how consistent I was with my listening. Possibly I should have a system to track my listening for myself, outside of the Google forms. Or, if possible, the software may be able to show a graph of my listening over time that I could access in Google.

### 3. Has the project goal made you feel challenged? (Attainable) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

#### Comments: 9 responses

- Involving yourself in a group project, definitely helps you commit to listening to God's word.
- They have been motivating.
- The goals allow a little wiggle room but don't allow me to get too off course.
- I have been challenged by the forty days, after missing a few consecutive days I felt very defeated. At our last group meeting I was encouraged that there is still time to readjust and even one minute a day counts as a success.
- yes no matter how my day was or how tired I am I make time for my bible now,
- I need a challenge to help keep me motivated
- Some days it was more difficult to listen even for 1 minute.
- I didn't find the goal difficult because I have enjoyed spending time listening
- I am challenged to maintain the listening on the weekends or when my routine is disrupted.

### 4. Do you feel that the project goal is possible? (Attainable) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

#### Comments: 6 responses

- Yes, when you are on a normal schedule.
- Yes with self-discipline, and wanting to be closer to God, makes this project goal possible.
- It's all about forming that habit, creating time to be in the word.
- The goal that I will not meet is my fault but it was very attainable
- I will listen every day for the entire project
- I found it easy

5. Do you feel the project goal is applicable toward your spiritual need of engaging Scripture? (Relevant) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 7 responses

- God's word is never void when applied in your life. Especially on a daily basis. I look forward to listening.
- I do feel that the more times I listen- the greater the impact. As you listen there is so much info that it needs multiple times to be absorbed.
- Being in scripture has revealed in me a hunger for God's word. Even the small times spent in the word has made me feel much closer to the Lord, showing me that you can have a lot of the right pieces in place but if you aren't in the word you are missing a huge blessing in your walk with the Lord.
- Seek Him, Feel Him, Trust Him ... Faith!
- I have learned so much more than I would have from reading.
- I have felt a profound change in my level of peace
- I feel like this project has helped me to enjoy engaging God's Word. For some reason it seems like I have more of a desire to keep up with the plan than when I read. Probably because of the ability to listen while driving, also, it seems like listening is easier than reading.

6. Do you feel the project date for completing your goal is realistic? (Time Limited) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 5 responses

- I'm looking forward to the completion of my goal.
- I am on track to reach my goals.
- Wish I had more time to continue
- Important too for possibly establishing a habit.
- Easily

7. Do you feel the leader/coach listened to your questions, concerns or objections in a meaningful way? (Core Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 7 responses

- Very much so
- Brother Mike has been a good director during this experience and has been helpful by answering questions when they arise.
- Every question I've had has been answered extremely thoughtfully.
- Answered all my questions very well and explained them in a way I could understand
- questions were answered with understanding
- I've never felt a lack of understanding of the goal
- The leader is very accessible and frequently makes contact to check on our progress.

8. Do you feel that the leader/coach asked questions that were precise to the project goal?  
(Core Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 2 responses

- Definitely
- Questions asked made me think about what I am accomplishing

9. Do you feel the leader/coach stayed focused on the task at hand during the project?  
(Core Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 5 responses

- I feel like this project was taken very seriously.
- Good leadership
- I have been encouraged by the texts.

- Throughout we've been encouraged to just be in the word, whether it is 1 minute, 5 minutes or 30. The goal has always been clearly to be ended in God's word consistently.
- Kept group from straying off topic

10. Did the leader/coach give clear directions in the workshop enabling you to pursue your plan for success in the project? (Essential Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 2 responses

- Each person was given assistance, and clarification on a personal level, along with Class discussions.
- Feel confident that I will complete my plan

11. Do you feel that the leader/coach delivered statements or questions that were concise and helped you move forward to the project goal? (Essential Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	10	0	1

Comments: 5 responses

- Most definitely during the first get together after we had started the project. A lot was clarified.
- We had a great group discussion. He helped us with individual needs concerning our goals. Great examples helped me to personalize my goal.
- I know what I need to do
- Only in communicating that the daily reflection was the journaling requirement.
- One thing that is encouraging is to know that the others in the group are also listening along, including the leader. The occasional update by the leader on his progress and the progress of the other participants is encouraging/motivating.

12. Do you feel the leader/coach identified the action (strategy) needed for success in the project? (Essential Skill) 11 responses

	YES	NO	SOMEWHAT
--	-----	----	----------

TOTALS	11	0	0
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Comments: 3 responses

- His tips were great
- I liked the meetings that helped us discuss the scriptures throughout the project.
- pointed out ways to succeed

13. Do you feel the leader/coach helped you to take intentional action towards the project goal? (Essential Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 6 responses

- With great enthusiasm
- The meetings were helpful too to allow us to talk and reconnect during this project.
- I feel I'm growing now in my faith.
- Motivated me to continue
- It wasn't difficult because I wasted my drive time
- Knowing that the leader is checking progress often or possibly daily, helps keep me accountable and makes me not want to miss any days.

14. Do you feel that the leader/coach acknowledged your input and suggestions towards the project goal promptly? (Supporting Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 5 responses

- He was very supportive.
- I felt very open to share thoughts and ask questions.
- Provided support to keep me motivated
- I especially liked the way you allowed us to compose our thoughts from feelings.
- I had immediate responses

15. Do you feel the leader/coach shared his own life in a relevant way that helped you toward the project goal? (Supporting Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 6 responses

- Gave us an example of his plan.
- I enjoyed listening to how he has changed his plan to continue to his goal
- I think everyone in the group has shared in a way that helped everyone in the group
- I understood what he is doing
- The counsel Calvinism answered many questions.
- Comments about new things that the leader learned while listening to the New Testament were exciting. If someone who is already very familiar with the Bible is realizing new things, people with less time in the Bible will discover all kinds of new things for themselves.

16. Do you feel the leader/coach made himself available during the workshop for your success? (Supporting Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 2 responses

- He helped everybody in need.
- easily approachable

17. Do you feel the leader/coach was interested in what you had to say during the workshop? (Supporting Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 4 responses

- I always felt that what I shared was received openly and honestly.



- Has listen and also taken into consideration all that has been discussed
- motivated me to speak
- The leader was interested, patient, and sincere while addressing our questions.

18. Do you feel the leader/coach helped you understand the mission (the what) of the project by delivering direct messages? (Essential Skill) 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 2 responses

- In my opinion I thought he did very well.
- I have complete understanding

19. Do you feel the leader/coach helped you understand the values (the why) of the project by delivering direct messages? (Essential Skill) 10 responses

	YES	NO	SOMEWHAT
TOTALS	10	0	0

Comments: 3 responses

- Yes creating a habit of learning God's word.
- Being able to listen to the scriptures and hear the word has been a great way for me to learn. Although I find myself going back and listening again because I didn't get something the first time. I struggle with reading and this kept me from learning and reading the word and forming my bond my faith with God. This project was an answer to my prayers.
- I understand the worth

20. How would you rate the effectiveness of the leader/coach's workshop presentation? 11 responses

	Excellent	Good	Average	Below Average	Poor
TOTALS	10	1	0	0	0

Comments: 4 responses

- I think that he did a great job, I'm still listening to God's word.
- The workshop has got me back to wanting to be in God's word every day and I miss it when I miss a day
- I feel re-motivated to continue
- I'm very thankful for the experience

21. My general opinion of the workshop is: 11 responses

	Excellent	Good	Average	Below Average	Poor
TOTALS	10	1	0	0	0

22. Are there any suggestions you might add to making the workshop better for additional members? 7 responses

- No I think we had a great Workshop, and met some people that I never knew. I would recommend it for everybody.
- Have the members share their contact info with each other so they can connect outside of the mtgs.
- This whole experience has been great. No, I don't have any suggestions. Everything from the group size, discussions, and reading plan has been extremely well thought out.
- maybe the question could be designed for a more open answer
- provide background information to the books being read
- Round table in a cooler room. Lol
- For me there was a little confusion on how the different media (the listening App., email, text, and google forms) were intended to work together. Now that I am in the project, it is pretty simple.

## APPENDIX M

### LISTENING AND REFLECTION PLAN FOR PARTICIPANTS

MEMBER # \_\_\_\_\_ PA \_\_\_\_\_

#### MALPHURS COMPONENTS

MISSION STATEMENT    What?

VALUES STATEMENT    Why?

STRATEGY                      How?

#### DORAN'S SMART PROCESS

- A. *Specific – (The action step should be clear and unambiguous)*
- Attend Project Workshop
  - Sign Project Covenant
  - Take Workshop evaluation
  - Plan for listening experience with the New Testament (NT) through cell phone application *Faith comes by Hearing*. Listening experience will span over a forty-day project period.
  - Plan for reflection in a personal journal. Reflection experience will span over a forty-day project period.
  - Follow email instructions for sending and receiving
  - Attend two of three group meetings inclusive of final meeting
  - Take exit questionnaires in final meeting

## DUHIGG'S HABIT PROCESS

Develop the habit of listening and reflecting:

Cue or situation – (what trigger will tell your brain to begin the new habit?)

Listening and Reflecting:

Routine or action – (what is the physical, mental or emotional exercise associated with the new habit?)

Listening and Reflecting:

Reward – (How will you help your brain figure out the new habit is worth remembering)

Listening and Reflecting:

B. *Measurable* – (The completion of the action step should be measurable)

## EMAIL PROTOCOL

### POST/WORKSHOP

#### EMAIL AS COMPLETED:

Email action steps 1-4 when completed to leader. Check boxes that are completed:

1. ☐ Attend workshop
2. ☐ Sign project covenant
3. ☐ Complete workshop evaluations
4. ☐ Complete personal plan template

## LISTENING AND REFLECTION

### DAILY EMAIL

Check the appropriate boxes each day and email response to the leader each day of the project. If a participant misses a day in listening to the New Testament, participant will not generate an email for that day.

1. ☐ Listen to the NT for one minute each day
2. ☐ Listen to the NT for twenty minutes each day
3. ☐ Listen to the NT for thirty minutes each day
4. ☐ Reflect in journal each day

### FIRST TIER GOALS

#### EMAIL AS COMPLETED:

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

1. ☐ Amen Corner L– Listen for one minute a day for twenty-one days.
2. ☐ Success L – Listen for twenty minutes a day for twenty-one days.
3. ☐ Success R – Reflect in journal each day for twenty-one days.

### **C. Attainable – (The action step should be challenging but possible)**

### SECOND TIER GOALS

#### EMAIL AS COMPLETED:

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

1. ☐ PTL – Listen for thirty minutes a day for twenty-one days
2. ☐ Hallelujah 1 – Listen for thirty minutes a day for thirty days

3. ☐ Hallelujah 2 – Reflect in journal each day for thirty days
4. ☐ Glory – Listen for thirty minutes a day for forty days.
5. ☐ Glory – Reflect in journal each day for forty days.

#### FINAL MEETING

#### EMAILED AS COMPLETED:

After a forty-day period and final meeting, participants email action steps 1-3 to the leader. Check completed boxes:

1. ☐ Attend two of three group meetings inclusive of final meeting
2. ☐ Complete the Exit Questionnaires in the final meeting

#### **D. Relevant – (The action step should be meaningful)**

Explain any positive benefits you anticipate from listening and reflecting upon the NT?

#### REFLECTION TEMPLATE:

##### EMAIL DAILY

Email reflection to the leader after checking appropriate boxes along with any desired comments.

As you reflected on your listening experience:

1. Did you learn anything new about the Scripture today?

☐

YES

☐

NO

Comments:

2. Did you notice any change in your feelings today towards the Lord or others?

☐ Yes ☐ No

Comments:

3. Do you need to make any changes in your thinking today?

☐ Yes ☐ No

Comments:

4. Do you need to make any changes in your activity today?

☐ Yes ☐ No

Comments:

5. Is there anything that you would like to say to the Lord today?

☐ Yes ☐ No

Prayer:

*E. Time Limited – (The action step should be completed by certain date)*

Start Date of project:

Completion Date of project:

## GOOGLE DOCUMENT EXAMPLE FROM P5

## LISTENING AND REFLECTION PLAN

\* Required

What is your Participant Number? \*

P5

### Malphurs Components

#### MISSION STATEMENT - What?

My mission is to create a daily habit of listening and reflection upon God's word.

#### VALUES STATEMENT - Why?

By completing this mission, I will become closer to the Lord by engaging in his word on a consistent basis, which God commands of me.

#### STRATEGY - How?

I will be accessing the bible.is application on my phone or computer to listen to the New Testament. See details of strategy below.

### A. SPECIFIC

The action step should be clear and unambiguous.

- ✓ Doran's Smart Process
- ✓ Attend Project Workshop. A computer will be necessary for the workshop and submission of Google Electronic Document (GED)'s. A cell phone will be necessary for listening to the NT.
- ✓ Write, sign, and submit completed project covenant via GED.
- ✓ Plan for listening experience with the New Testament (NT) through cell phone application FAITH COMES BY HEARING. Listening experience will span over a forty-day project period.
- ✓ Plan for reflection in journal. Reflection experience will span over a forty-day project period.
- ✓ Complete project plan and submit via GED.
- ✓ Complete workshop evaluation and submit to proctor. Confirm completion of workshop evaluation via GED.
- ✓ Write and submit any plan adjustments via GED.
- ✓ Attend two of three group meetings inclusive of the final meeting. Confirm attendance via GED.
- ✓ Complete exit questionnaire and submit to proctor. Confirm completed questionnaire through GED.



- ✓ Participate in exit meeting. Confirm participation via GED.

### Duhigg's Habit Process

Developing the habit of listening and reflecting:

Cue or situation - What trigger will tell your brain to begin the new habit?

Listening and Reflecting:

Getting up in the morning.

Routine or action - What is the physical, mental, or emotional exercise associated with the new habit?

Listening and Reflecting:

While getting ready in the morning (taking a shower, washing face, brushing teeth, fixing hair, putting on makeup) I will access the app on my cell phone to listen to the New Testament. Directly after listening, I will journal my reflections of the daily listening.

Reward - How will you help your brain figure out the new habit is worth remembering.

Listening and Reflecting:

After my daily listening of the New Testament and reflection, I will reward myself with a soda.

### B. MEASURABLE

The completion of the action step should be measurable.

For Informational Purposes Only

### DAILY LISTENING

Submit Google Electronic Document (GED) when completed:

Check appropriate boxes when completed and submit GED each day of the project. If a participant misses a day in listening to the New Testament, do not submit a GED for that day.

Listen to the NT for one minute today.

Listen to the NT for twenty minutes today.

Listen to the NT for thirty minutes today.

Reflect in my journal today.

### C. ATTAINABLE

The action step should be challenging, but possible.

### FIRST TIER GOALS

Submit GED when completed:

Check appropriate box when completed and submit GED. Goals can be satisfied without sequence.

- ✓ Amen Corner L - Listen for one minute a day for twenty-one days.
- ✓ Success L - Listen for twenty minutes a day for twenty-one days.
- ✓ Success R - Reflect in my journal each day for twenty-one days.

### SECOND TIER GOALS

Submit GED when completed:

Check appropriate box when completed and submit GED. Goals can be satisfied without sequence.

- ✓ PTL - Listen for thirty minutes a day for twenty-one days.
- Hallelujah 1 - Listen for thirty minutes a day for thirty days.
- Hallelujah 2 - Reflect in my journal each day for thirty days.
- Glory - Listen for thirty minutes a day for forty days.
- Glory - Reflect in my journal each day for forty days.

### WORKSHOP GOALS

Submit as completed through GED:

Submit GED as correlated with action steps 1-4 when completed. Check completed boxes:

Attend workshop

Sign project covenant

Complete workshop evaluation

Complete personal plan template

### FINAL MEETING GOALS

Submit GED when completed:

After forty-day period and final meeting, participants submit GED correlated with action steps 1-3. Check completed boxes:

Attend two of three group meetings inclusive of final meeting

Complete the Exit Questionnaire in the final meeting

Participate in the Exit Interview

**D. RELEVANT**

The action step should be meaningful.

**DAILY REFLECTION - Submit GED as completed:**

Submit daily GED reflection to leader only after checking appropriate boxes along with any desired comments.

As you reflect on your listening experience, did you learn anything new about the Scripture today?

YES

NO

Comments

As you reflect on your listening experience, did you notice any change in your feelings today towards the Lord or others?

YES

NO

Comments

As you reflect on your listening experience, do you need to make any changes in your thinking today?

YES

NO

Comments

As you reflect on your listening experience, do you need to make any changes in your activity today?

YES

NO

Comments

As you reflect on your listening experience, is there anything that you would like to say to the Lord today?

YES

NO

Comments

#### E. TIME LIMITED

The action step should be completed by certain date.

Start Date of Project:

MM

06

/

DD

12

/

YYYY

2017

Completion Date of Project:

MM

07

/

DD

24

/

YYYY

2017

Electronic Signature: (type your name below)

My typed name is intended to be my electronic signature, and in conjunction with the electronic submission of this document, will be binding on me.

P5

*Submitted 6/10/17, 11:54 AM*

## APPENDIX N

### LISTENING AND REFLECTION PLAN FOR PROJECT ADMINISTRATOR

My plan led me to success as I listened to the NT for forty days. I also reflected upon my listening experience for thirty-nine days.

#### Malphurs Components

##### MISSION STATEMENT - What?

To listen to the New Testament with consistency and reflection.

##### VALUES STATEMENT - Why?

To align my life with the command to listen to God's word. Listening and reflecting upon God's word with consistency will also afford me the opportunity for spiritual change.

##### STRATEGY - How?

See below

#### A. SPECIFIC

The action step should be clear and unambiguous.

##### Doran's Smart Process

- ✓ Lead Workshop.
- ✓ Plan for listening experience with the New Testament (NT) through cell phone application FAITH COMES BY HEARING. Listening experience will span over a forty-day project period.
- ✓ Plan for reflection in personal journal. Reflection experience will span over a forty-day project period.
- ✓ Complete project plan and submit via GED.

- ✓ Write and submit any plan adjustments via GED.
- ✓ Lead three group meetings with participants.

### Duhigg's Habit Process

Developing the habit of listening and reflecting:

**Cue or situation - What trigger will tell your brain to begin the new habit?**

Listening and Reflecting:

My cue or trigger is waking up in the morning. After waking up, I will put on my walking clothes along with my ear phones and cell phone. I will listen to the New Testament through the application, Faith comes by Hearing.

**Routine or action - What is the physical, mental, or emotional exercise associated with the new habit?**

Listening and Reflecting:

My routine is walking. I will listen while I walk each day.

**Reward - How will you help your brain figure out the new habit is worth remembering.**

Listening and Reflecting:

Should I meet my goal of listening to the New Testament or thirty minutes on any given day along with reflection, I will reward myself with carb free chocolate milk (Almond milk, cocoa, whipping cream and artificial sweetener). Should I not meet my goal I will not reward myself for that day.

### B. MEASURABLE

The completion of the action step should be measurable.

For Informational Purposes Only

DAILY LISTENING

SECOND TIER GOALS

Submit GED when completed:

Check appropriate box when completed and submit GED. Goals can be satisfied without sequence.

PTL - Listen for thirty minutes a day for twenty-one days.

- ✓ Hallelujah 1 - Listen for thirty minutes a day for thirty days.
- ✓ Hallelujah 2 - Reflect in my journal each day for thirty days.
- Glory - Listen for thirty minutes a day for forty days.

Glory - Reflect in my journal each day for forty days.

## WORKSHOP GOALS

Submit as completed through GED:

Submit GED as correlated with action steps 1-4 when completed. Check completed boxes:

- ✓ Lead workshop
- ✓ Complete personal plan template

APPENDIX O

PLAN ADJUSTMENT

GOOGLE DOCUMENT

PLAN ADJUSTMENTS

5 responses

What is your Participant Number?

1 0

2 0

3 0

4 1

5 0

6 0

7 0

8 0

9 0

10 1

11 0

12 1

PA 2

You're First Name: 5 responses



**Value Count**

P4 1

PA 2

P10 1

P12 1

**CUE OR SITUATION**

Listening and Reflecting4 responses

My new trigger will be getting out of bed in the morning.

Turning on the kitchen light in the morning

My trigger will be starting to drive to work on weekdays. Usually, it helps to start my listening once I get just out of town and reach a particular intersection. My trigger on the weekends will be to listen with the kids at their bed time before we say prayers together.

Same - first thing in the morning - listen and reflect

**ROUTINE OR ACTION**

Listening and Reflecting6 responses

PA Part of my reflection will include practicing a new skill for my prayer life. I plan to sit for a few minutes as I recognize the presence of the Lord in my life. Psalm 46:10 says "Be still and know that I am God." One aspect of my new skill will include the practice of slowing my thoughts as well as hindering any competing voices for my attention.

I plan on listening as I make beds and cook breakfast.

Pushing the switch up.

Week days driving will be associated with the exercise, and on Saturday and Sunday evening it is spending that time with the kids. To make it a little fun, we always have a quiz game about what we read or listened to.

PA What is the physical, mental, or emotional exercise associated with the new habit? I had been listening while walking but my left knee is bothering me - a very sharp pain on the left side. From now on I will awake in the morning and listen while sitting in my living room chair. After reflection and prayer skill I will exercise on the rowing machine.

PA Change - starting walking again yesterday and today (July 9 and 10th). My knee feels better, and I think I can walk while listening. Back to the original plan.

**REWARD**

#### Listening and Reflecting4 responses

When I am done listening, I will go get myself a fountain drink Dr. Pepper.

So far the joy of completing such a worthwhile assignment seems reward enough.😊

Week days is a small candy bar at work. Weekends with the kids, the fun of the quiz game is the reward.

reward same after listening and reflecting

## APPENDIX P

### COMPLETED EMAIL TEMPLATE FOR GOALS

PARTICIPANT # \_\_\_\_\_ PA \_\_\_\_\_

#### POST/WORKSHOP

##### EMAIL AS COMPLETED:

Email action steps 1-4 when completed to the leader. Check completed boxes:

1. ☐ Workshop attended
2. ☐ Project covenant signed
3. ☐ Workshop evaluation taken
4. ☐ Personal plan template completed
5. ☐ Made adjustment to plan

#### FIRST TIER GOALS

##### EMAIL AS COMPLETED:

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

1. ☐ Amen Corner L– I listened for one minute a day for twenty-one days.
2. ☐ Success L – I listened for twenty minutes a day for twenty-one days.
3. ☐ Success R - I reflected in my journal a day for twenty-one days.

**F. Attainable – (The action step should be challenging but possible)****SECOND TIER GOALS****EMAIL AS COMPLETED:**

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

1. ☐ PTL – I listened for thirty minutes a day for twenty-one days
2. ☐ Hallelujah 1 – I listened for thirty minutes a day for thirty days
3. ☐ Hallelujah 2 – I reflected in my journal each day for thirty days
4. ☐ Glory – I listened for thirty minutes a day for forty days.
5. ☐ Glory – I reflected in my journal each day for forty days.

**FINAL MEETING****EMAILED AS COMPLETED:**

After a forty-day period and final meeting, participants email action steps 1-3 to the leader. Check completed boxes:

1. ☐ I attended two of three group meetings inclusive of final meeting
2. ☐ Completed the Exit Questionnaires in the final meeting

## Example of Completed Email Template for Goals

### Completed E-mail Template for Goals

\* Required

P12

Participant's first name: \* Michael

#### POST/WORKSHOP

EMAIL AS COMPLETED:

#### FIRST TIER GOALS

EMAIL AS COMPLETED:

Email action steps 1-4 when completed to the leader. Check completed boxes:

- ✓ Workshop attended
- ✓ Project covenant signed
- ✓ Workshop evaluation taken
- ✓ Personal plan template completed
- ✓ Make adjustment to plan

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

- Amen Corner L - I listened for one minute a day for twenty-one days.
- Success L - I listened for twenty minutes a day for twenty-one days.
- Success R - I reflected in my journal a day for twenty-one days.
- Attainable - (The action step should be challenging but possible)

#### SECOND TIER GOALS

EMAIL AS COMPLETED:

Check appropriate box when completed and email to the leader. Goals can be satisfied without sequence.

- ✓ PTL - I listened for thirty minutes a day for twenty-one days.

- ✓ Hallelujah 1 - I listened for thirty minutes a day for thirty days.
- ✓ Hallelujah 2 - I reflected in my journal each day for thirty days.
- Glory - I listened for thirty minutes a day for forty days.

Glory - I reflected in my journal each day for forty days.

## FINAL MEETING

### EMAILED AS COMPLETED:

After a forty-day period and final meeting, participants email action steps 1-3 to the leader. Check completed boxes:

- ✓ I attended two of three group meetings inclusive of final meeting.
- ✓ Completed the Exit Questionnaires in the final meeting.

## APPENDIX Q

### DAILY LISTENING AND REFLECTION TEMPLATE

PARTICIPANT # \_\_\_\_\_ PA \_\_\_\_\_

#### LISTENING AND REFLECTION

##### DAILY EMAIL

Check appropriate boxes when completed and email to leader each day of the project. If a member misses a day in listening to the New Testament, do not generate an email for that day.

1. ☐ I listened to the NT for one minute today
2. ☐ I listened to the NT for twenty minutes today
3. ☐ I listened to the NT for thirty minutes today
4. ☐ I reflected in my journal today

#### REFLECTION FORMAT DURING FORTY-DAY PERIOD

Email reflection to the leader after checking appropriate boxes along with any desired comments.

As you reflect on your listening experience:

1. Did you learn anything new about the Scripture today?  
☐ YES ☐ NO

Comments:

2. Did you notice any change in your feelings toward the Lord or others today?

☐

Yes

☐

No

Comments:

3. Do you need to make any changes in your thinking today?

☐

Yes

☐

No

Comments:

4. Do you need to make any changes in your activity today?

☐

Yes

☐

No

Comments:

5. Is there anything that you would like to say to the Lord today?

☐

Yes

☐

No

Comments/Prayer:

Additional reflection notes from Bible listening:



## Daily Listening and Reflection Examples from PA

### Example 1

Participant's First Name: PA

MC

LISTENING AND REFLECTION

DAILY EMAIL

Check appropriate boxes when completed and email to leader each day of the project. If a member misses a day in listening to the New Testament, do not generate an email for that day.

- ✓ I listened to the NT for one minute today
- ✓ I listened to the NT for twenty minutes today
- ✓ I listened to the NT for thirty minutes today
- ✓ I reflected in my journal today
- ✓

### REFLECTION FORMAT DURING FORTY-DAY PERIOD

Email reflection to the leader after checking appropriate boxes along with any desired comments.

As you reflect on your learning experience:

1. Did you learn anything new about the Scripture today?

- ✓ Yes
- No

Comments:

Paul addressed some of the saints in Corinth as 'in the flesh.' Possible to practice carnality as a believer.

2. Did you notice any change in your feelings toward the Lord or others today?

- ✓ Yes
- No

Comments:

Once again I recognize His holiness, and I fear Him. His word is like a hot knife through butter.

3. Do you need to make any changes in your thinking today?

- ✓ Yes  
No

Comments:

Be diligent in living a holy life.

4. Do you need to make any changes in your activity today?

Yes

- ✓ No

Comments:

5. Is there anything that you would like to say to the Lord today?

- ✓ Yes  
No

Comments/Prayer: Your word is like the refiner's fire - it heats up the ore and allows the dross to float to the top so that you can skim it off. What is left is pure and valuable. Lord use my circumstance and life to skim the sinful dross so that what is left will be useful for your kingdom.

Additional reflection notes from Bible listening:

Prayer skill: centering down with palms down and palms up. Palms down - I am closed to unrighteous judgment and the lack of forgiveness. I am closed to any ungodly thought or action. Palms up - I am open to the Lord, my life is an open book before the Lord - he sees everything. I receive the filling of your Spirit. I am still before the Lord. Blessed be the name of the Lord. Nothing greater than spending time with Him.

## Example 2

Participant Number: PA

Participant's First Name: MC

## LISTENING AND REFLECTION

### DAILY EMAIL

Check appropriate boxes when completed and email to leader each day of the project. If a member misses a day in listening to the New Testament, do not generate an email for that day.

- ✓ I listened to the NT for one minute today
- ✓ I listened to the NT for twenty minutes today
- ✓ I listened to the NT for thirty minutes today
- ✓ I reflected in my journal today

### REFLECTION FORMAT DURING FORTY-DAY PERIOD

Email reflection to the leader after checking appropriate boxes along with any desired comments.

As you reflect on your learning experience:

1. Did you learn anything new about the Scripture today?

Yes

✓ No

Comments:

2. Did you notice any change in your feelings toward the Lord or others today?

Yes

✓ No

Comments:

3. Do you need to make any changes in your thinking today?

Yes

✓ No

Comments: Need for humility - James says, 'God resists the proud but gives grace to the humble.'

4. Do you need to make any changes in your activity today?

- ✓ Yes
- No

Comments: Trust the Lord to give me a humble spirit - meekness, eager to forgive

5. Is there anything that you would like to say to the Lord today?

- ✓ Yes
- No

Comments/Prayer: Enjoyed walking and listening to the Lord once again. Finished Hebrews and James today. Your word shines a light on my life and exposes my weaknesses. Your word humbles me and shows me my desperate need for you. Who is like you? Who is like the Most High? Is anything too hard for you Lord?

Additional reflection notes from Bible listening:

Prayer skill: Thank you, Lord, for spending time with me. For laying your hands on me each morning. I feel your hand on me. It is so special to just be with you. To recognize your worth and being. Palms down: I choose to deny myself - the flesh and the things of this world - coveting for example. I choose to turn away from worthless things. Palms up: I ask for you to fill me with your Spirit. I am an open book to you, Lord. My life is not my own. You bought me. I am yours. I am your servant. I trust you to live in my place and live your life through me. Express your love thru me to others.

## Participant and PA Examples from Daily Listening and Reflection

### Chronicle of PA's prayer skill formatted in Appendix X

#### 1. Did you learn anything new about the Scripture today?

Out of 406 responses, 294 answered yes (72%), and 115 said no (28%)

- The humble spirit of those who ask Jesus for help especially the Canaanite woman.
- I didn't realize that Jesus feed the people twice.
- It was pleasant to listen to.
- Yes and no. Today I was reminded of the power of our words.
- Dreams were used a lot to communicate things
- For the first time on my own, I heard the Lord discuss about divorced women. And that they are forgiven on grounds of sexual immorality. That is something very important in my life.
- I learned not an iota or dot will pass from the law until all is accomplished. Matt 5:18
- Never gave much thought about Jesus referring to the Gentiles
- James and John were brothers
- I thought that in Peter asking to be bid to walk on the water, he was confident that only Jesus would bid him and another spirit would not.
- Today I listened through the parables, some of which I had not heard the explanation for. Also, after a difficult night following very little sleep I listened to how Jesus fed the thousands on very little, it made it clear to me that at times I don't demonstrate my faith that the Lord will sustain me.
- The reference to the Queen of the South (Matthew 12:42) caught my attention. I looked at some commentaries to get some more info.
- I did not know that the death of John the Baptist was connected to the feeding of the 5000.
- I did not know of Herod Dynasty until today.
- Still in Matthew, very interesting how the people were afraid of Jesus performing miracles.
- I did not know Mary Magdalene had demons cast out
- Today in my listening Jesus was talking about the Pharisees and Sadducees. I feel like this spoke to me today because at times when we are coasting spiritually it's easy to keep up appearances just like they did but we neglect the inside at times.
- Not sure I understood right That Elias must come back first, John the Baptist came and did Elias work
- Jesus Feed more than 1 crowd with Bread when there was not enough
- I learned that a phrase regarding a red sun at night vs red sun in the morning predicting the weather was from Matthew. Also seemed to get a better understanding of the parable about the workers in the vineyard all getting the same pay even though some had worked all day and some only worked a short time.

- Temptation is necessary for the time. Matt. 18:7; a trap, offense, temptation, but woe to the ones who are the cause.
- I knew Jesus perform miracles. But I did not realize how many
- Jesus said he came with the sword. That's a perspective I've never looked at before
- The saints coming out of their graves and walking around the people when Jesus died on cross
- In Matthew 22, the man who was not wearing the wedding garment was thrown out, (maybe his clothes were dirty also). This reminds me of how our sins make us not acceptable to God without being cleaned by Jesus' sacrifice on the cross.
- Jesus made it known how he felt about their laws versus his law hurting the guiltless
- I understand more about God's forgiveness and how if we seek it from him, then we should forgive others just as much. As a human, that can be difficult to do. It is definitely something I need to continue to work on.

2. Did you notice any change in your feelings toward the Lord or others today?

Out of 405 responses 218 said yes (53%) and 187 said no (46%)

- May be too early in day to tell... (2)
- Yes, I'm asking for forgiveness and a renewal in my faith my salvation. (2)
- I felt like the Lord helped me with my patience today.
- I woke up today feeling so thankful for God's grace and mercy, for us despite being totally undeserving.
- Realizing I need to develop a better relationship with Jesus/God Which will help me help others
- I was reminded that the Lord will take care of us, and not to worry so much about tomorrow.
- I am more grateful than before. I also better understand the faith of the apostles that followed him.
- Feel closer to the Lord as I hear his word.
- I wasn't as upset on the drive with others
- Hearing, with drama seems to make the word more personal and less historical facts.
- This morning when I woke up I was struggling with anger and impatience, the Lord is so faithful and uses His word to speak to our weariness.
- I want to do more for the Lord while I still have time.
- A little confusion on how Jesus had so much compassion for the people he was healing, but did not want the man to go to bury his father. Let the dead bury the dead.
- I just feel better, closer to the Lord.
- He's very clear in His explaining right and wrong.
- Has me thinking, how, Jesus said to treat others
- I did not feel well emotionally this morning and made a prayer of thanks and felt better.

- I was comforted a little that even Jesus disciples had trouble understanding everything he was saying, and sometimes showed little faith (Peter walking on the water), but Jesus still used them.
- enjoyed spending time with the Lord
- I have tried to be more patient with others.
- Be careful not to judge others. It was a refreshing reminder
- My Lord's humanity seems tactile.
- Listening to the crucifixion and resurrection reminds me how much Jesus went through for us, makes me feel so grateful.
- He didn't play around and he told it like it is.
- I did my listening later today, instead of my usual morning. And I knew something was missing
- So grateful for his forgiveness.
- In light of recent events where a riot, in this country, can so easily be organized. Pilot's very difficult situation. He seems less a bad guy and more a man who did not want to see his community destroyed.
- Every day that I read I am more grateful to Jesus for what he had to endure for me.
- I was overwhelmed by Gods love today while walking and listening

### 3. Do you need to make any changes in your thinking today?

Out of 403 responses 229 said yes (56%) and 175 said no (43%).

- Positive thoughts (4)
- I don't want to be like the disciples where they saw the miracles and still doubted. (2)
- Positive thoughts (2)
- I feel that may come later in the day.
- Yes Need to spend more time improving my relationship with our Father
- I need to rely more on God and not think that I am in control of everything.
- Need to control anger
- Need to learn the man made rules and the biblical one
- My trigger needs changing.
- Need to be alert and on guard throughout my day to stay clear of any and all temptations.
- Similar to yesterday, I need to constantly try to remind myself to not become stressed out trying get everything done, but to ask help from the lord.
- Positive thoughts toward others
- I need to be clear in my ideas of right and wrong.
- Keep things between me and the Lord when I'm trying to do things for him.
- I need to have more faith in the Lord And give him control of my life
- continue to trust the Lord for His life in me
- I need to think on a positive level.
- Jesus came for the Sinners and we need to keep that in mind

- But yesterday, while playing one of choirs Christmas practice CD, s, I found similarity in the singing with narration; a story telling format, which I received a blessing as having a part of a story teller.
- Yes I want to make the most of the opportunity God has giving me to build his kingdom today I want to think about that
- An especially hectic morning. I need to refocus and learn to step back and count my blessings.
- Make sure I stay on track of listening to God's word in the morning
- To strive to be more forgiving.
- I remembered to pray & ask the Lord for discernment before I listened.
- Beware of the traditions of man
- I really need to talk to Him today about things going on in my life
- Look for ways to build Gods kingdom
- I need to remember that even Jesus prayed to keep in fellowship with the Father- how much more I need prayer.

4. Do you need to make any changes in your activity today?

Out of 404 responses 208 said yes (51%) and 198 said no (49%).

- Positive actions (7)
- Pray more (4)
- More prayer. (2)
- I forgot to pray for discernment before I began listening.
- I listened while I was doing morning activities instead of nap time. I had planned on nap time but if the opportunity comes earlier in the day I would like to try in the morning. I know it won't always be possible though.
- Talk with Him more
- Take a break throughout the day to remember that God is in control.
- Disregard stumbling blocks
- Control anger
- Need to be salt and light as Jesus spoke about in the Sermon on the Mount
- Be more open to God's urging.
- Yes, again I was able to listen while I cooked breakfast.
- Thought about Josh. Would like to see him today to share the Gospel with him.
- Positive actions toward others
- Trust more in our Father
- more conscious of Him
- Keep what I've listened to in mind
- I need to make sure I don't lead people in to misunderstanding- always making my plans/information known helps people around me know what I am thinking and they don't have to assume what I mean
- Still need to visit with the Lord more through the day
- Yes listening to God's word in the morning is much better then afternoon
- Having trouble talking to the Lord during the day Need to remember to include Him and talking to Him during the day
- More disciplined in thinking



- Try to absorb more scripture
- Make sure that I live in a way that honors the lord and to resist temptation and sin.
- Need to talk with the Lord to become closer to him Really need a better relationship with Him
- Made an adjustment to my listing experience today its Saturday the day after the wedding. Schedule thrown off really tired but I still listen to the New Testament for 30 minutes but did my reflection time in the evening.
- Need to keep the lord my priority and guard against being distracted from that.
- I was unable to listen this morning so I listened while rocking baby to sleep.
- I need to Increase pray in my life.
- Let God shine through me
- Remember to work like Christ for others
- I had to listen to it in the car on the way to Sam's today, instead of during my morning routine.
- Offer continuous prayers
- share my faith where possible
- When having my daily time I need to try and concentrate more on him and what is being said
- I had to wait until nap time, my phone was dead when I woke up because I forgot to plug it in.
- I need to be aware of his presence in my life as I think, move and live.
- I did something different by listening with my kids today. I think they really enjoyed it.
- Be more understanding
- Make the choice to deny myself and take up my cross throughout the day - choose to reject any temptation. For example, resist temptation to worry - my confession today "I'm resting in the Lord'.
- I had to listen while on the road to pick the girls up at my in-laws.
- I need to act as if the Lord is always with me- to stop some of those things that I should not be doing in His presence.
- Include the Father in all I do
- Share when the opportunity avails itself.
- Less worry
- All my actions need to show who I serve
- Yes, I am trying to find the best time to listen where I can focus the most on what I am hearing. Today I decided to wait until after we had settled into our morning.
- Need to look for opportunities to share Gods word with others.
- Be bold and not hide the Truth.
- I have to work on my patience daily.
- I had to listen this afternoon.
- More prayer and talking to Jesus
- I will set an alarm on my watch for some additional time today to pray this afternoon.
- Again this morning did not go well, so I had to listen during nap time.
- I need to remember that my body is Gods temple and his. I need to take better care of it so it can be an example and do His work for as long as it can.

- Try to be productive in all that I do.
- I need to be more open to the opportunity and utilize the gifts I have been given.
- I need to work on being still
- I need to be on guard and remember I need to lead by example
- Think more about what I say before saying it
- Like Paul I need to be thinking of helping others connect with the Lord each and every day. One way is through my prayers for others; another way is through witnessing.
- I need to focus my activity on productive things and not waste time. I need to keep my priorities straight.
- I was travelling all day so I had to listen after bedtime.
- I need to be still and listen but found it hard to do today.
- Stand strong- get more in the word and become stronger
- To be more forgiving of others.
- make the most of my time each day
- Today I had to wait until bedtime.
- Need to show reverence for God's purpose and will today - fearing the Lord. In Hebrews - keeping from sin.
- It seems Paul wanted to make a point on how to live- it repeated himself to Ephesians, Corinthians, and Thessalonians- I need to change some of my inappropriate ways.
- I listened this evening instead of in the morning.
- Pay more attention to my actions and responses to things during the day
- Make a concerted effort to remind myself of all the blessings the Lord has provided and that he will take care of me.
- Trust the Lord to give me a humble spirit - meekness, eager to forgive
- Today I listened as I cooked dinner.
- Continue in prayer
- I should be praying more
- Pray for brothers & sisters as their name comes to mind.
- Be more reverent in prayer and action
- The Lord even blessed me in this today, I was called out of Bible study and instead of disrupting and going back in I was able to sit in the empty dark sanctuary after the choir left and bask God's word in complete silence. I was blessed to be able to just be still and listen.
- Fearing the Lord with reverence in my daily activity.
- James gives very clear direction and instruction- I need to be more aware and receptive.

5. Is there anything that you would like to say to the Lord today?

Out of 401 responses 356 said yes (88%) and 46 said no (11%)

- I'm committed to listening to your word and I'm asking for knowledge of your word that I might be a light in someone's life as you are the light in mine. I also

would like to ask for your forgiveness and ask to renew my salvation. Thank you Lord for everything you have given me. Thank you for all things. (2)

- Thank you Lord for another beautiful day. (2)
- Thank you for today and the opportunity to be in your word and fellowship with other believers.
- Thank you Lord for your mercy and forgiveness each day, so that regardless of the day before we are able to come to you with a clean slate each day.
- Help me to keep you in sight in all I do
- I am grateful to you, Lord, for leading me to this experience.
- Help me understand the Law better.
- Help me during this process of listening to absorb as much as possible
- Bless me with patience and peace
- I'm asking God to transform me in my life in my everyday routines and that others see him through me.
- Thank you Lord for allowing me to not only listen to your word but lead others to so the same. Your word is life-changing.
- Thank you for the wonderful examples of obedience as exhibited by Joseph and Peter.
- Lord help me to include you in all I do today
- Thank you for this opportunity brought through your Sheppard/servant Bro. Mike.
- Thank you Lord for sustaining me, even in weariness and when I don't know how I will get through the day you give me more than I need. Thank you for using your word to speak to my heart today.
- Father, I loved spending time with you today. What a blessing to walk and listen to your word. Your word is a lamp unto my feet and a light unto my path. I am not walking alone - I am walking with you. Lord - I am listening to you.
- Thank you lord for all the blessings you have provided. Please help us to trust in you, and not on our own abilities.
- Help me to be as trustworthy and awed by your power as those that trusted your healing.
- Thank you Lord for helping me lay my foundation in building my relationship with you.
- Lord, thank you for your love and gentle reminders when we have made errors. You are so loving to not want to see your children falter.
- Lord help me to have more faith in you I want a personal relationship with you and need to give you the control to lead me where I need to go
- Thank you for the opportunity to feed me
- Thank you Lord for all that you have provided. Please help me to rely on you more and to help strengthen my and my family's faith in you.
- You're majestic Lord and above all. Thank you for allowing me to live under your reign.
- I'm very thankful for having the opportunity to listen to his word
- Please help me recognize situations where I can avoid an argument by keeping my mouth shut.
- Help me to listen and remember your word

6. Additional reflection notes from Bible listening:

- Thank you. (2)
- Very interesting - reason for divorce
- Today I learned about the early days in Jesus' ministry and listened to a few different parables. One parable in particular shed light on a specific situation I have been in and found very frustrating. The Lord spoke through this to me this morning. I'm so thankful for that.
- Really need to grow my relationship with the Father
- Reopening a lot of questions concerning the Law I have always struggled with.
- Can't wait to listen further, really gets me to thinking
- Driving and listening not a good thing for me
- Jesus healed a whole lot of people.
- I am enjoying the adventure. Also In Matt 20:24 Jesus quiets grumbling by the disciples quickly. Maybe Shackleton read it too?
- I strayed a lot during my time today Has trouble staying focused My mind was going everywhere Need to concentrate more
- Jesus was steadfast and strong willed.
- Jesus has a plan and timing for all things
- I noticed that Jesus spoke about himself in 3rd person when He spoke about his death- I need to investigate why He did that.
- Did leprosy ever heal Why was the leper told to go to priest and do the ceremony for the healing if it never healed Seems to me that not everyone in all towns were healed Only those that came and believed were healed
- Today I finished Matthew and began Mark. I did have to relist to some of Matthew so that I could better understand what was being said. I am excited to begin Mark.
- I am often amazed at the contemporariness of Romans chapter one.
- I think I have already decided listening to the Bible is a much better way of spending my drive time than listening to sports talk.
- 2 Cor., says that Satan blinds the people of the world from seeing God's truth. I have never heard that.
- middle of acts

### Notation on P7

P7 was not able to attend the Saturday session of the workshop due to circumstances out of her control. Since she did not attend the Saturday session, she was not able to complete the personal listening and reflection plan along with the workshop and group meeting goals. While she had a strong desire to listen to the NT with the group during the project specific dates, the project objectives mandated workshop attendance along with completing the necessary documents and goals. To allow her to submit her listening experience through the Google drive would skew the total results for the group. In the interest of the project and the participant, I supplied her with hard copies of the listening and reflection template (see Appendix Q). She also planned to attend each of the three group meetings and supply feedback on her listening experience. I theorized as leader coach that the listening experience of P7 would not only benefit her, but it would register as a valuable measurement for the project. One could measure the value of P7's experience in contrast with the listening experience of the other participants. Unlike the other participants, P7 did not have the benefit of the workshop along with the other helpful documents and goals.

Email sent by P7 on August 7 to PA

I listened for a total of 33 days.

1 minute - 4 days

20 minutes - 24

30 minutes - 5

### Summary of my experience

My background: When I was 9, my Catholic momma decided to take her 4 children to church. I was saved 2 years later. When I was 19, I heard God speak to me, cautioning me from making a bad decision, telling me to go home to my parents. I did. After losing an infant to a heart defect 16 years ago, (I gave birth to twins, one was born with a mild defect, then died 3 days later), I gave my life to bearing God's children, even if it meant that their only experience was in the womb (much like my baby that died), because I realized that all lives mattered. I have since taken that commitment to teaching His people about Him (primarily women), because I believe that all lives matter, whether in the womb or walking on this earth. To that end, this spring semester I taught the moms group at Oak Hills Community Church as well as a group of moms at FEAST (a regional homeschool organization in San Antonio). I have long been a lecture junkie and done a jillion bible studies on my own.

The Project: This project has had an unexpectedly profound impact on me. Last summer, I went back to college, accepting the fact that I would need to enter the workforce at some point, hopefully later rather than sooner. After 2 semesters, I realized that the time it took for me to go to college was too prohibitive with my current schedule of homeschooling my 8 children. I shifted gears this spring to teaching 2 moms groups

(each met once a month) and began attending an online school for holistic health (a 1 year program). Confident that I was in God's will, when your project came up, I assumed that it would support me in all that I was accomplishing. I hoped to gain a fresh perspective for what really mattered in life (I didn't really love all the busyness). The idea that transformation only occurs when time is spent in the Word fascinated me. I resolved to be a passive participant, doing only what was required, and sat back to see what would happen.

I struggled. In spite of my heartfelt commitment to participate in the project, my participation fell apart from the beginning. My husband was called out of town to work the weekend of our beginning workshop. While babysitting each other that first night, my children fell apart in ways that were completely uncharacteristic of them, requiring that I miss the second part of the workshop the next day. I was devastated, because I felt the Lord had called me to participate in this.

I struggled to find time to listen. I tried every time I could think of, finding the most success listening while being in my van. My emotions were up and down throughout the whole project, frustrated that I couldn't will myself to listening "better" or pay better attention.

I struggled to find time to journal. Even if I got the listening in, something would call me away, distracting me from journaling or praying over what I was learning.

My transformation: At the concluding days of the project, I was convinced that I had "failed" and the naysayers were "right", moms just couldn't spend time in the Word like everyone else. We were so busy, so distracted, that a deep relationship with Him would have to be an emotional one.

## Daily Listening and Reflection example from P7

6/21

## DAILY LISTENING AND REFLECTION TEMPLATE

Participant Number:

Participant's First Name:

Mark 8-12

## LISTENING AND REFLECTION

DAILY EMAIL

Check appropriate boxes when completed and email to leader each day of the project. If member misses a day in listening to the New Testament, email will not be generated for that day.

- ☐ I listened to the NT for one minute today
- ☒ I listened to the NT for twenty minutes today
- ☐ I listened to the NT for thirty minutes today
- ☒ I reflected in my journal today

## REFLECTION FORMAT DURING FORTY-DAY PERIOD

Email reflection to leader after checking appropriate boxes along with any desired comments.

As you reflect on your learning experience:

1. Did you learn anything new about the Scripture today?

Yes

No

Comments:

So much! I feel as though I am beginning to understand Jesus's humanity so much better. Before, I guess I saw him only as a deity in a human body.

2. Did you notice any change in your feelings toward the Lord or others today?

Yes

No

Comments:

A greater sense of humility and gratefulness for Jesus' purpose, experience on earth, & sacrifice.

3. Do you need to make any changes in your thinking today?

Yes

No

Comments:

4. Do you need to make any changes in your activity today?

Yes

No

Comments:

5. Is there anything that you would like to say to the Lord today?

Yes

No

Comments/Prayer:

Again, thank you for your Revelation + the possibility for our growth. Yesterday, I was unexpectedly caught in an impossible situation. On one hand, I wanted to panic + cause a scene. Instead, with Jesus so fresh on my mind, I put my head down + kept putting one foot in front of the other, faithful to hang in there until the situation was resolved. At one point, I was angry at the unfairness of being stuck in that situation. Being in Your Word daily gave me the self-awareness to heed Your hand over my mouth + thoughts. When I was able to discuss the situation

with those involved late that night, I was thankful again for You. Had I opened my mouth + complained, I would have made a tough situation that really was a mess.

Additional reflection notes from Bible listening:



Example typed by Secretary for clarity

## DAILY LISTENING AND REFLECTION TEMPLATE

Participant Number: 7

June 21, 2017

Mark 8-12

### LISTENING AND REFLECTION

#### DAILY EMAIL

Check appropriate boxes when completed and email to leader each day of the project. If a member misses a day in listening to the New Testament, do not generate an email for that day.

I listened to the NT for one minute today

- ✓ I listened to the NT for twenty minutes today
- I listened to the NT for thirty minutes today
- ✓ I reflected in my journal today

### REFLECTION FORMAT DURING FORTY-DAY PERIOD

Email reflection to the leader after checking appropriate boxes along with any desired comments.

As you reflect on your learning experience:

1. Did you learn anything new about the Scripture today?

- ✓ Yes
- No

Comments: So much! I feel as though I am beginning to understand Jesus' humanity so much better. Before, I guess I saw Him only as a deity in a human body.

2. Did you notice any change in your feelings toward the Lord or others today?

- ✓ Yes

No

Comments: A greater sense of humility and gratefulness for Jesus' purpose, experience on earth, and sacrifice.

3. Do you need to make any changes in your thinking today?

Yes

✓ No

Comments:

4. Do you need to make any changes in your activity today?

Yes

✓ No

Comments:

5. Is there anything that you would like to say to the Lord today?

✓ Yes

No

Comments/Prayer: Again, thank you for Your Revelation and the possibility for our growth. Yesterday, I was unexpectedly caught in an impossible situation. On one hand, I wanted to panic and cause a scene. Instead, with Jesus so fresh on my mind, I put my head down and kept putting one foot in front of the other, faithful to hang there until the situation was resolved. At one point, I was angry at the unfairness of being stuck in the situation. Being in Your Word daily gave me the self-awareness to heed Your hand over my mouth and thoughts. When I was able to discuss the situation with those involved late that night, I was so thankful again for You. Had I opened my mouth and complained, I would have made a tough situation that really was no one's fault worse.

Additional reflection notes from Bible listening:

## APPENDIX R

### GROUP MEETINGS

#### MEETING 1

1. WELCOME
2. HIGHLIGHTS/REFLECTION/WHAT'S WORKING WELL
3. PROBLEMS/NEEDS
4. SUGGESTIONS
5. PRAYER
6. FELLOWSHIP
7. APPENDIX 2 ASSESSMENT

#### MEETING 2

1. WELCOME
2. HIGHLIGHTS/REFLECTION/WHAT'S WORKING WELL
3. PROBLEMS/NEEDS
4. SUGGESTIONS
5. PRAYER
6. FELLOWSHIP
7. POST WORKSHOP EVALUATION

#### FINAL GROUP MEETING

1. WELCOME
2. WHAT WORKED WELL
3. SUGGESTIONS FOR IMPROVEMENT
4. EXIT QUESTIONNAIRES
5. FINAL EMAIL WITH COMPLETED GOALS

## GROUP INTERACTION

### First Meeting

P12 responded, “I found after listening to the NT I did not need a reward. Listening to the Word became reward enough to motivate me to listen.” P3 said, “I found that I like to listen and read at the same time. She told the group that she is a visual person. She also said her mother would stay with her each day and ask her, “Have you listened yet today to meet your goal?” P5 said she was learning so much about the Bible. At that point, I told the group, “Your work in the project will be the foundation for the church wide project next spring.” P5 responded, “That is so exciting—I have never been the foundation for anything.”

I asked for any clarification, suggestions, or problems. P9 asked about question number two on the reflection template, which asked for any change in one’s feelings toward the Lord or others. He asked me, “What do you mean by others?” I said, “You might run across a passage of Scripture on forgiveness, and the Holy Spirit reminds you of someone in the present or the past that you have not fully forgiven. As you listen to the text, the Holy Spirit, for example, could also remind you of the lack of compassion and gentleness towards someone in your past. That person could be your wife, children, boss, or peer. Does that help?” “Yes,” said P9.

P5 wanted some measurement of her goal as she was not writing down her days of listening and reflection. I told her that the Google documentation was recording each listening and reflection experience. In my planning, however, I failed to create a way for feedback to show each participant the days, minutes of listening, and reflection during the implementation of the project. While Google documentation allowed me to see how many days at a glance for each participant, tallying minutes for the participants required

careful observation. I along with the participants, however, did tally the days and minutes for listening and reflection at the last group meeting.

P10 said he loved listening to the Gospel of Luke. He noted Luke's detail in describing the various material, and the text fascinated him. P11 said he wasted so much time driving to work sites before participating in the project. He said he drove one hour and a half each way to work listening to people he disagreed with on talk radio. He now said he listened to God's word while driving to and from work.

As a word of instruction, I told the participants that they should complete the adjustment template if they needed to change their plan. I also reminded them of the big picture, that their experience involved more than listening to God's word. The rationale of the project stated that while listening and reflecting with consistency in respect to God's word, the opportunity for spiritual change will arise.

I also shared my experience from a few days earlier from listening to John 4: "The text says that Jesus was tired and thus sat down at the well in Samaria. His exhaustion demonstrated his humanity. Jesus spoke to a woman who was a Samaritan. The woman at the well had four husbands in the past and was living with a man who was not her husband at that present time. Rarely did Jesus announce himself as Messiah, yet he did so with a woman who was not only immoral but a Samaritan. No wonder that they called Jesus the friend of sinners." As I related my story to them, I also told them that I do not always glean something new, "Sometimes I listen, and nothing resonates, but other times as I listen, truth from Scripture captures my attention." Many in the group stated their experience was like mine.

P4 spoke of her experience that coincided with the day of the group meeting. She said that nothing seemed to resonate from the text that day. I said, “Yes, but your mind is still listening to the word, and the Holy Spirit can bring something to your attention later in the day from your listening experience.” P4 told the group that in fact she had listened that morning but with no new insight or obvious effect. Later in the day, a situation occurred that triggered a Scripture she had encountered in her listening experience that morning.

The group seemed encouraged and excited to talk about their experiences, about which everyone shared. The group experience was a meaningful time to hear what God was doing in the lives of each participant. In fact, I highlighted the importance of the group time as beneficial for encouragement, and everyone agreed. I told each of them I was proud of them and that they were all doing a great job.

### Second Meeting

I asked, “Did you notice any difference in listening to the Epistles in contrast to the Gospels?” Several asked, “What is an Epistle?” so I explained to the group the format of the NT beginning with the Epistle of Romans.

P5 said she did not like the Epistles as much as the Gospels and Acts. She also said that the Epistles were different from the narrative Gospels as they seemed to include many rules. She also noted, however, some information that she gleaned from 2 Corinthians that had helped her. For example, she understood from listening to Paul’s writings that God is okay with one being single rather than married. She also found Paul’s instruction for a woman keeping silent in the church as interesting. Later in the

meeting, she mentioned how Paul wanted to be all things so that he might reach all people.

P5 said that her first goal was to listen for one minute a day, which gave her confidence and the feeling of success. In fact, she explained that one night she laid down to go to sleep at 11:40 pm. Upon lying down, she at once remembered that she had not listened to the text that day. The one-minute goal encouraged her to rise and listen. Although exhausted from the day, she immediately retrieved her phone and listened to the word for one minute, thus reaching her goal for that day.

P1 noted how Paul showed such care and concern for others in both Epistles to the Thessalonians. P4 said that she had lost control of her schedule the last few days in trying to manage her children. She said she did not know what to do about her routine and felt defeated. P5 reminded her that the first goal for all the participants was to listen for one minute a day. I reminded the group, “Listening for one minute per day was a successful day.”

P4 said she had forgotten all about the baby step goal. P5’s reminder seemed to bring relief and encouragement to her. As a result, she believed she could continue to listen with the baby step goal of one minute a day, even with her hectic schedule. I reminded the group, “Life gets in the way sometimes, and although the goal of listening to the Scripture for twenty or thirty minutes can be difficult, we can find time to listen for one minute.” I said, “Remember, when we have success, our brain reinforces our habit formation.” I asked the group, “How does everyone feel about missing a day?” “Terrible, horrible,” many of them said. I said, “The baby step goal solves that problem. Moreover, just a few verses can make your day.”

P9 felt different about the Epistles. In fact, he liked the Epistles more than the Gospel narratives. He told the group that in the Epistles, “I hear so much more new information.” P1 told the group that in twenty minutes one could listen to an entire Epistle. I said, “Most people read a few verses or an entire chapter, but few read or listen to an entire book in the Bible in one sitting.”

P8 commented that the Epistles contained lots of rules. “Yes, in thirty minutes the Epistles contain lots of information, but your goal is to just catch one or two things such as laws, principles, ideas or concepts,” I exclaimed. I also told them, “I feel listening to a vast amount of Scripture helps me to become more fluent with the word. Texts like 1 Corinthians and Hebrews impart holy fear and reverence in my life. As I listen to Scripture like these, they remind me of the seriousness of living for the Lord. Look at 2 Corinthians as Paul’s writing gives hope for the saints in Corinth. In 1 Corinthians, Paul addressed one of the most dysfunctional assemblies in the NT, but 2 Corinthians speaks of their repentance and restoration as a result of listening to God's word.”

P5 said, “If I get ten percent of what I hear, I feel success.” P1 noted that her interest was waning somewhat for the reflection questions. I commented that maybe instead of just answering questions on the reflection sheet, she could write out her prayer to the Lord for that day. I told her, “I find that as I write my prayers, they are sometimes more articulate and creative.”

P8 then asked about the meaning of a new word he ran across in his listening experience, which was “predestination.” I told the group I would try and give an answer, but my explanation would likely not satisfy their curiosity. I talked to the group about hyper, strict, and moderate Calvinism. I said, “Yes, God chooses, and yet we choose



also.” The two parallel lines represent both choices. The lines do not meet on earth, but they do meet in heaven. There is a mystery involved. The Lord chose not to reveal all the information about the subject matter. Therefore, I focus on my responsibility, which is the duty and privilege of sharing the Gospel with others so they might accept the Lord into their lives.”

Everyone seemed to nod in agreement with my comments, so we moved on to the project at hand. All of them said they were going to finish and keep listening after the project end. Their feedback and comments seemed to reveal that change was occurring in their lives.

As a post-meeting script, P2 stayed behind and shared some trouble he was experiencing with P12 and myself. One of his problems was a physical ailment that caused him much pain. After listening to him, P12 and I laid hands on his shoulders and prayed for healing in his life. P12 and I agreed that we would continue to pray for him. The time was special for all of us.

### Third Meeting

P12 noted that he had listened to the entire NT in sixteen hours and thirty minutes. P4 expressed that some transformation occurred in her life. In her reflection time, she prayed for certain family members, although doubting the change would occur. Change did occur, however, with some of her family members in concert with her prayers. She told the group she saw the power of God in response to her prayers.

P10 commented that the reflection sheet helped drive him to be consistent. He listened to the NT as he drove to work but would complete his reflection later in the day because of his work schedule. He knew that he had to complete the reflection before

reaching his goal that day. P10 also said that staying on track with the plan design was more difficult during the weekends. “Yes,” I responded, “One’s schedule usually changes during the weekend as opposed to the workweek.” Everyone in the group seemed to agree. He also said that while listening to the NT in his car on the way to work he would sometimes get caught in heavy traffic. He realized he missed some of what he had heard during the tense moments of driving and would go back again later and listen to what he had missed.

P8 felt frustrated at times because the text messages did not reveal the participant’s name or number but often would only reveal the person’s phone number. One participant suggested the identification of each member in the texting group for clarification. Everyone in the group concurred with the need for text identification.

P1 said that listening to several chapters in one sitting through the Book of Revelations helped her to see the big picture. She also told the group that the enemy seemed to throw many obstacles in her way because of listening to the NT. P9 also commented that traveling during the summer made listening with consistency more difficult. I said, “What each participant accomplished in the project experience was phenomenal. In my opinion, an easier time to build consistency for listening and reflection would be during the fall and spring. In those seasons of the year, most people follow a routine. The season of summer is anything but routine. In the most chaotic time of the year, look at what each of you has accomplished. She also exclaimed, “I cannot believe the forty days of listening are already over. This has been the fastest six weeks of my life.” Many others concurred.

P5 told the group that having the opportunity to use her phone to listen to the NT was a huge help. She said that when her family went on vacation, she did take her laptop, but since her cell phone was at her disposal, she could continue to listen and reflect each day.

I asked the group to brainstorm with me in presenting the listening experience to the entire church in spring 2018. I asked, “What do you think of the technology in regards to the reflection template? At this point, would you rather use the Google document for reflection or a paper journal?” By a show of hands, six of the participants preferred using the Google document for reflection, and four preferred a paper journal. I said that keeping up with reflection for eleven of you was a difficult task. In all, I recorded four hundred and twenty reflection templates on the server. What if we have two hundred people who desired to participate in the listening experience with reflection? P9 said that he knew several members of FBCF who could create a church wide application exclusively for our church membership. One could format the application so that each participant’s listening and reflection experience could download into an Excel spreadsheet. He also told the group that software engineers could format the application so that the participant data could remain private. We all thought the idea to format a personal application for the church-wide project was a great suggestion.

P5 also commented on the group experience. For her, the group time was a tremendous time of encouragement. She loved hearing from others on their progress. She also said she enjoyed getting to know others in the group she had not known before. She suggested we coordinate random groups in the church-wide listening experience so that members might have the opportunity to build new relationships. She also suggested that

we have a blog. The text messages as well encouraged her and kept her on track. I said, “Yes, a blog is similar to a twenty-four, seven day a week meeting place.” P9 commented, “Formatting a church application for messaging might be more efficient. Messaging is in real time and immediately read by everyone in the group.” The entire group loved the idea of messaging in the new application.

Some preferred reflection in the morning when their listening experience was fresh. Others preferred listening in the morning but reflecting at night after the day’s events. P4 said she liked to allow the Scripture to simmer all day long before reflecting. P8 also spoke of wanting to go back and answer the reflection questions at the end of the day. Although he listened and reflected upon his listening early in the morning, he did not settle his feelings and thoughts until the close of the day. The interactions of people and circumstances throughout his day caused him to think back to his listening and reflection in the early morning.

I closed the meeting by asking the participants to complete the goals template. I thanked everyone for making the project successful. I said, “You not only helped me in the project, but you obeyed the Lord by listening to his word.” The meeting lasted for one hour and forty-five minutes.

## EMAIL FEEDBACK FROM GROUP MEETING 1

### FEEDBACK BY TEXT FROM P12 SENT TO PA

I found that don't need reward – Scripture reward enough –

### FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P5 ON JUNE 26, 2017

Here was my thoughts expressed at the meeting on Monday, June 26th.

I am enjoying the listening, and I am learning more now than I have ever known about the bible. The more I listen and learn the more questions it stimulates for me. I like that questions come up because it leads me to find the answers and more learning. I do find myself rewinding and listening to many parts again so that I have a better understanding of what that part was really about. I see a big difference in the writing styles of Matthew and Mark compared to Luke. I am looking forward to getting to John after the discussions from others. My family asks me about what I am learning, and I am able to share my experience with them. I am finding that the listening is its reward and I am less and less driven to listen to get the tangible reward.

### FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P1 AND P2 ON JUNE 26, 2017

P2 and I (P1) now talk about our bible study/listening in the evening instead of either watching tv or discussing boring life stuff Found that the listening has become the reward Would like to look at the stories together from each gospel to see the whole story- may look for a chronological bible Shared this journey with 2 people at work and 1 has decided to listen daily as well.

### FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P6 ON JUNE 26, 2017

During the meeting, I shared my thoughts regarding the following question.

"Did you notice any change in your feelings toward the Lord or others today?"

I'm experiencing these feelings toward others in my life that I need to forgive and ask for forgiveness as well. I have things between myself and my sisters that I need to forgive them for and ask for forgiveness as well.

I feel that as I listen more and more each day I feel closer to God.

I look forward to seeing what the Lord has in store for me during this 40 days of faith by hearing.

Thank you, Pastor Mike I Truly needed this.

# FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P8 ON JUNE 26, 2017

Sent from my iPhone

I have a more meaningful session when I sit down and concentrate and writing down the highlight

Never realized how many different groups were trying to kill Jesus

The one day I missed listening to the word I missed hearing it

I wish people would not refer to the Bible as stories because they are actual events and not stories

# FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P4 ON JUNE 28, 2017

Brother Mike,

Below are the notes I took after our meeting:

One observation I made early on in the project was that I was becoming frustrated because Matthew, Mark, and Luke started to feel very repetitious. I had to pray that God would still help me focus because at times I would catch myself tuning out. Today during my listening, he asked Peter “do you love me?” three times. It occurred to me that God does nothing by accident. If something is repeated multiple times, it is because it is **IMPORTANT!** I also noticed that even at times when everything going on in the background makes it hard to listen I still feel like the Lord uses that time to speak to my heart, even if I couldn’t repeat what was heard. I found one way to overcome “tuning out” has been to put it on speaker and allow my kids to listen with me. I feel like in some small ways I’ve noticed them retaining parts of scripture, for example when my oldest has been asking her sisters, “Are you showing God’s love?” Another way I have found that helps me retain the most is when I am able to read along with the narrator.

This has been so meaningful to me as God begins to unravel His word for me and reveal His precious love, but also this has made Jesus’ life, love, and sacrifice all the more real to me. I’ve also noticed that throughout the day in certain situations, the Holy Spirit will bring certain scriptures to the forefront of my mind, and I find myself not just reflecting for 30 minutes but throughout the day. This has made me realize that not feeding on scripture regularly had left me spiritually starved.

Finally, I found that because of the reward strategy we used in the first days and weeks, it was able to quickly become an engrained as part of my day and is something I crave. Now listening and giving myself time to reflect has become the reward in itself.

## FEEDBACK FROM GROUP MEETING 1 BY EMAIL FROM P10 ON JULY 6, 2017

Hi Mike,

I am finally getting around to letting you know what my thoughts were about the project as you requested from the first group meeting on June 26<sup>th</sup>.

1. I really am enjoying listening to the New Testament on my way to work and do not miss my old habit of listening to the radio at all.
2. I feel that I get the most benefit listening in the morning as opposed to after I get to work or in the evening.
3. The reward is mainly a help to me to remember to do my reflection which usually happens several hours after listening.
4. In order to do my reflection, I have been going back with a print bible to review what I had listened to earlier which reminds me of my thoughts I had when listening. This seems to make me get kind of a double dose of what I listened to, and many times makes me start doing some research about what was covered, for example the location of a city.

Also, I read your Prospectus which was really interesting. I noticed on Page 14 regarding the 2011 Zerohedge.com study for the American Adult schedule that there was not a category of “work” and did not know if that might be included in one of the other categories.

My personal feelings as to why I don’t read the Bible enough are that I don’t put a high enough priority on it because even though I would like to say I am too Busy, I can definitely think of time that I waste either searching the internet, or watching some insignificant TV show before bed. I think part of the problem is that as you mentioned in the workshop, our motivation/will power gets exhausted later in the day. Listening on my morning drive to work seems to be working out great.

I’m planning on being at the meeting on Monday.

EMAIL SENT TO ALL PARTICIPANTS EXCEPT P7 ON JULY 21, 2017

Congratulations on a job well done! I hope and pray that your listening experience was helpful and rewarding. I also hope you feel that you developed the new habit of listening to God's word with consistency. The final three assessments will further help identify the answers to my hopes and goals for the project. The links for the assessments are provided below in this email. Please save this email to your computer so you can access the links Monday night. Let's wait until the meeting to complete the assessments. I will have your daily listening and reflection responses at the meeting. I would like to ask each participant to work through their record and count their numbers of days and minutes. The record is set up on an excel spreadsheet so that your count will only take a few minutes. After you confirm your count you can then complete the goal template for yourself. I will also have a copy of your member covenant and your listening and reflection plan in case you need to reference either as you complete any of the three assessments.

I cannot thank all of you enough for your commitment to the project. The project experience would have been impossible without your diligence in completing the steps outlined in the workshop, listening, reflection, group meetings, and assessments. Wow! I cannot tell you how impressed with all of you. I also hope we can take what we have learned and apply the same model to our entire church. Thank you, everyone, and God bless your listening and reflection routine in the future. See you Monday night at 6:30 p.m., at the Annex building. We will meet in the kitchen and will have the air conditioning on – I promise.

Mike Clements

Pastor

NOTE: PLEASE REMEMBER TO BRING YOUR LAPTOP



## FINAL GROUP MEETING AGENDA

July 24, 2017

- WELCOME
- WHAT WORKED WELL
- SUGGESTIONS FOR IMPROVEMENT
- EXIT QUESTIONNAIRES
- FINAL EMAIL WITH COMPLETED GOALS

NOTE: PLEASE WAIT UNTIL THE GROUP MEETING TO COMPLETE THE ASSESSMENTS

1. Leadership Question Exit Questionnaire (anonymous)  
<https://goo.gl/forms/wW9gRZ39x4ywueJN2>
2. Listening and Reflection Exit Questionnaire: (anonymous)  
<https://goo.gl/forms/dqMLFWZtVk93gphs1>
3. Completed email template for goals completed:  
<https://goo.gl/forms/eQFzNeKv3t0CBKrf1>

## EMAIL SENT TO P7 ON JULY 21 from PA

P7,

Hope you're having a great day. The assessments listed in the attachment will be for the other participants that went through the workshop for the last meeting. However, could you bring your reflection sheets – could you tally them for the project report? Also, what goal did you have for yourself? I am going to do a write up on you individually – that is, you didn't go through the entire workshop and other steps, but this is what you did in spite of that. Also, tell me in your own words, do you feel you established the new habit of listening with consistency. This will be a great help. You may want to wait until the final meeting to do all of this while everyone else is working on their assessments. A write up of your thoughts would be great! Proud of you for your diligence. To see what you did with such a large family is quite impressive and an example of what others can do as well.

Pastor Mike

## APPENDIX S

### LISTENING AND REFLECTION EXIT QUESTIONNAIRE

JULY 24, 2017

6:30 PM AT ANNEX BLD OF FBCF

COMPLETED BY P1-P6; P8-P12

Instructions: The goal of the project was to engage selected members in listening to the New Testament with consistency and reflection. The project involved participants as individuals and as part of a group. The project also involved the participants with the leader. The following questions seek to reveal your thoughts on each of the former. For objectivity, the questionnaire will remain anonymous. Do not put your name anywhere on the questionnaire. The evaluation is also important for the doctoral project assignment. Please go to a quiet place for a few minutes and fill out the questionnaire. After finishing the questionnaire, return the document by hitting the return key at the bottom of the Google document. The questions pertain to any part of the project experience. Five possible answers exist for each question. Circle the number you feel best answers the question for yourself. At the end of the questionnaire are two written questions for additional comments.

One = definite no, Two = lending or trending no, Three = neutral, Four = lending or trending yes, Five = definite yes.

Do you feel that the action plans you implemented assisted you in meeting your project goals? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	4	7

Comments:

- The more I did it the more I wanted to do it

Do you feel you were able to measure your progress satisfactorily? 10 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	1	3	6

Comments:

- I did a hand written journal as well
- Driving every day made it easy.

Do you feel the project exercise was applicable toward your spiritual need for Scripture?

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	0	11

Comments:

- The more I got into it the more I wanted to listen Did not want to miss a day
- I look forward to continuing listening
- Definitely brought me closer to God.

Do you feel the project date for completing your goal was realistic? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	0	11

Comments:

- I have a lot of drive time and it was easy.

Do you feel you established the new habit of listening to the New Testament? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	4	7

Comments:

- Definite yes for weekdays. The weekends have been more difficult to develop the habit. I believe that reading will work better for me on the weekends.

Do you feel that the medium of listening was effective for you in regards to engaging the New Testament? 11 responses

	1 – definite no	2 – lending or trending no	3 – Neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	1	2	8

Comments:

- This may open the opportunity to memorize scripture & hear it in Spanish

Do you feel you established the new habit of journaling (reflection)? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	2	1	2	6

Comments:

- This is new for me and it really help when I was done to go back and look at what I had written down
- I found journaling to be very hard for me, frustrating as well. I have decided to make it a goal to learn to journal.
- I think it helped me to listen more intently.
- Not sure on this one. This action was done after I got to work, while listening was done on my drive.

Will you continue to listen to the New Testament with consistency? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	3	8

Comments: 5 responses

- I want to listen and will probably read some also
- This project ignited a fire in me for scripture.
- I also look forward to hearing the Old Testament.
- I also look forward to listening to the Old Testament.
- I'm excited to continue listening.

Will you continue to reflect upon the New Testament through journaling? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	1	2	3	5

Comments:

- This really helped me on what I found important each day
- Yes definitely by doing this I will learn to do so
- Daily reflection
- I know that this will be my challenge in the future.

Did the project exercise meet your expectations? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	0	11

Comments:

- I wanted to get into the Bible and it did that for me
- Exceeded them.
- It exceeded my expectations and I enjoyed it more than I originally thought I would.

Do you feel the project exercise challenged you in your spiritual life? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	1	10

Comments:

- I am very thankful for the experience.

Do you feel the group meetings were helpful to you in the project exercise? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	0	11

Comments:

- Yes This allowed discussion and questions

- It was helpful to hear what others were experiencing and also encouragement to keep going through books or chapters I was having a hard time engaging in.
- I was surprised that I enjoyed them as much as I did. This should be a part of any further exercises.
- The opportunity to pray for some of the members needs became available.
- They were very encouraging and gave insight to what was coming up and clarification to what we had already listened to.

Did your plan help you allot the necessary time for Bible consistency? 11 responses

	1 – definite no	2 – lending or trending no	3 – neutral	4 – lending or trending yes	5 – definite yes
TOTALS	0	0	0	3	8

Comments:

- I think that I didn't allot myself enough reflection time. I found myself more focused on the listening and then got behind and put off reflection.
- Again, weekdays went well, but weekends were more done through will power than habit.

### Writing Questions:

Did you encounter any problems in the project exercise? If so, what?

- No (2)
- Had more trouble on the weekend making time But the need and want To listen over powered most days
- I experienced some frustrations due to distractions and feeling like some days I wasn't able to get anything from the listening.
- For me it was trying to get to that place of relaxing and clearing my thoughts to be able to hear the word .
- It was difficult to participate when I in travel status.
- Change in some day to day situations
- I struggled with having allotted time for reflection. I found myself listening more and more without as much reflection.
- No problems encountered.
- Occasionally with the language or wording used. Brother Mike was very helpful in clarifying the language.
- A few technical problems but overall it went smoothly.

Is there anything that you or the leader/coach could have done differently? If so, what and why?

- No (4)
- No, life goes on but it is a good reminder that the Lord can reveal himself to you even in one minute.
- I would have enjoyed more reflective meetings where we could have discussed as a group what we gathered from the audio listening independently.
- No I felt a lot of support, and I thank him.
- No. I think that the structure of this exercise is and has been exactly what I needed to get me into the Word of God.
- Maybe one more group meeting for fellowship and prayer needs though I do not know if this would further the project goals.
- Nothing that I can think of. It seems like most issues were technical, and that will depend on the proficiency of the participants using the technology.



APPENDIX T

LEADERSHIP COACHING EXIT QUESTIONNAIRE

GROUP TOTALS

JULY 24, 2017  
 6:30 PM AT ANNEX BLD OF FBCF  
 COMPLETED BY P1-P6; P8-P12

Please check the box you feel best represents your answer. Feel free to add any further comments for each question. Your answers will be anonymous to the leader and all participants. Do not sign your name. The questions pertain to any aspect of the project: surveys, workshop, group meetings, email feedback, plan design, or implementation.

1. Do you feel the leader/coach listened to your questions, concerns, or objections in a meaningful way during the project experience? 11 responses

	YES		NO	SOMEWHAT
TOTALS	11		0	0

Comments:

- Yes he was well prepared I had a question on the word predestined and he explained and answered it well
- Did great job

2. Do you feel that the leader/coach asked questions that were precise to the project goal during the project experience? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- He asked questions and got everyone involved in the answer
- I understood very clearly

3. Do you feel that the leader/coach stayed focused on the project task during the project?  
11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- All questions and discussion were about the Bible and project
- The regular emails/texts helped keep us focused.
- Guidelines were very clear and guidance was always available.

4. Do you feel that the leader/coach gave clear directions during the project experience enabling you to pursue your plan for success in the project? 11 responses

	YES	NO		SOMEWHAT
TOTALS	11	0		0

Comments: 1 response

- I had missed the original informational meeting so I was a little loss at first, but Pastor made sure I understood the project

5. Do you feel the leader/coach helped you to take intentional action towards the project goal? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 1 response

- He helped me set realistic goals

6. Do you feel that the leader/coach delivered statements or questions that were concise and helped you move forward to the project goal? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

No responses yet to this question.

7. Do you feel the leader/coach identified the action (strategy) needed for success during the project experience? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments: 2 responses

- He gave some personal input and suggestions that helped me determine my plan so that I would be successful.
- Bi-weekly meetings helped on misunderstanding on readings.

8. Do you feel that the leader/coach acknowledged your input and suggestions towards your goals during the project experience promptly? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- He really encouraged us to make suggestion
- I specifically enjoyed the two progress meetings that we held to discuss what we had learned so far and to discuss how it was going for all of us.

9. Do you feel the leader/coach made himself available during the project experience for your success? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- Above and beyond
- He responded to emails and texts timely.
- We heard from almost every day.

10. Do you feel the leader/coach was interested in what you had to say during the project experience? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- He was open during our discussions and allowed us to talk openly about how this affected us.

11. Do you feel the leader/coach shared his own life in a relevant way that helped you toward reaching the project goal? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- Real life experience always helps.

12. Do you feel the leader/coach helped you understand the mission (the what) during the project experience by delivering direct messages? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

No responses yet for this question.

13. Do you feel the leader/coach helped you understand the values (the why) during the project experience by delivering direct messages? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

- His was always focused on how this was going to impact our life.

14. Do you feel the leader/coach helped you implement your strategy (the what) by being available for assistance during the project experience? 11 responses

	YES	NO	SOMEWHAT
TOTALS	11	0	0

Comments:

No responses yet to this question.

15. Do you feel the leader/coach helped you implement your strategy (the what) by working through obstacles with you during the project experience? 11 responses

	YES	NO	SOMEWHAT
TOTALS	10	1	0

Comments: 3 responses

- No obstacles encountered. 😊
- Brother Mike always sent encouragement and positive feedback.
- He did all the encouraging and daily reminders, however, my schedule had continual obstacles and it

16. How would you rate the effectiveness of the project director's leadership/coaching effectiveness during the project experience? 11 responses

	Excellent	Good	Average	Below Average	Poor
TOTALS	8	3	0	0	0

Comments:

No responses yet for this question.

17. My general opinion of the project experience is: 11 responses

	Excellent	Good	Average	Below Average	Poor
TOTALS	10	1	0	0	0

Comments:

- I really needed this to get me jump started to get in God's word
- lots of scheduling changes, BUT I do want to continue this daily reading

18. Do you have any suggestions for making the project experience better for additional members? 5 responses

- Maybe some of the questions in the morning and some in the evening when the day is over
- I think the daily questions could be a bit more specific- the questions were a bit hard to answer at times because they didn't fit what I wanted to say.
- None come to mind
- No
- Please add a 10 minute option.

# APPENDIX U

## MATRIX

	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
<b>CC</b>	X	X	X	X	X	X	X	X	X	X	X	X
<b>W</b>	X	X	X	X	X	X		X	X	X	X	X
<b>PP</b>	X	X	X	X	X	X		X	X	X	X	X
<b>PPA</b>				X						X		X
<b>PC</b>	X	X	X	X	X	X		X	X	X	X	X
<b>WSE</b>	X	X	X	X	X	X		X	X	X	X	X
<b>L</b>	34	30	40	33	39	21	33	40	28	21	40	30
<b>R</b>	34	30	40	33	39	21	33	40	28	21	40	30
<b>1</b>	2		19	6	6		4	1	3		19	
<b>20</b>	9	28	21	6	33	21	24		4	21		
<b>30</b>	23	2		21			5	39	21		21	30
<b>G</b>	3	2	1	3	3	3	2	3	3	3	2	3
<b>A1</b>	X	X	X	X	X	X	X	X	X	X	X	X
<b>A2</b>	X	X		X	X	X	X	X	X	X	X	X
<b>LCEQ</b>	X	X	X	X	X	X		X	X	X	X	X
<b>LREQ</b>	X	X	X	X	X	X		X	X	X	X	X
<b>CEGT</b>	X	X	X	X	X	X		X	X	X	X	X

## Matrix Key

## Participants (1-12)

CC - Commitment Card

W - Workshop

PP - Participant Plan

PPA – Participant Plan Adjustment

PC - Covenant

WSE - Workshop Evaluation

L - # of days listened

R - # of days Reflected

1 - # of days listened for one minute

20 - # of days listened for twenty minutes

30 - # of days listened for thirty minutes

G - # of Group meetings attended

A1 – Appraisal 1

A2 - Appraisal 2

LCEQ - Leadership coaching exit questionnaire

LREQ – Listening and reflection exit questionnaire

CEGT – Completed emails goals template

- ❖ A1 and A2 were not part of the participant objectives or goals. The matrix plots A1 and A2 for reporting only.

## APPENDIX V

### GROWTH AS A LEADER/COACH JOURNAL

#### LEADERSHIP THROUGH A DAILY JOURNAL

May 16 and 17

Leadership through preparation: Watched the Shackleton movie for the workshop

May 17

Leadership through enlistment by identifying action: On 1/15/2017 I administered a survey to 252 participants attending FBCF to establish a need for my project. 113 people indicated from the initial survey that they were inconsistent in bible reading and desired help to meet that need. 113 people responded to the following questions:

1. Do you feel you are consistent in your bible reading? No
2. Would you like to become more consistent in your bible reading? Yes
3. Would you like to be contacted by the pastor for help with consistency in bible reading? Yes

The answers to these three questions made the respondents potential participants and warranted further investigation for the project. On 1/23/2017 I sent the first follow up email to 113 of the survey responders for potential selection and enlistment. 81 of the 113 potential participants responded to the first follow-up email. The follow-up email asked the respondents why they felt they were inconsistent. In response to the follow-up email, the respondents gave three reasons for their inconsistency: not enough time, need a plan and need leadership for help. Today I sent emails to 113 respondents from the initial survey taken at FBCF. In this survey, I want to further establish acknowledgment of need and desire for bible engagement and commitment to the project. I hoped to catch all names, email and physical addresses from each responder along with answers to the survey to determine an invitation to the orientation meeting. I will thoroughly explain the details of the project and have potential participants at the meeting answer and sign a commitment card. I also asked any of those below the age of 18 and above the age of 65 to disregard the survey since only those in the age brackets referenced were potential participants. I obtained 29 responses. Out of 29 responses, most seemed interested in the project, need for consistency, and a desire for help.

May 18



Leadership through preparation: I worked on Appendices P and Q. As a mandatory item, I required that participants identify themselves by their number on the Google documents. Should I use any of the completed templates in the project as examples of the work done by participants I will black out member name for anonymity? I finished watching the Shackleton movie. Exciting stuff in the movie.

May 22

Leadership through enlistment by identifying action:

First Survey:

- 252 written responses to all age 18 or above
- 58% F
- 42% M
- Results in appendix B

First email:

- Sent 113 to those under 70 with the stipulation that their claim was that they were inconsistent
- 81 replies
- 48 F
- 16 M
- 3 to 1
- Results in appendix D

Second email:

- Sent same 113 email for confirmation on their recognition of inconsistency and their desire for help – look at three questions posed and answered earlier
- Responses 29
- 9 M
- 20 F
- 2 to 1
- Results in appendix E

Orientation meeting:

- Date/ Attended/
- 12 enlisted results shown from Commitment Card
- Sorting through returned emails from the second email follow up.

May 23-4

Received printed responses from P2, P8, and P9.

May 26

Leadership through preparation and delivering direct messages: I completed and sent an orientation letter to potential participants for the upcoming meeting. I sent a letter via email to twenty potential participants. I also completed the Commitment card as a Google document. I will send the Commitment card the day of orientation meeting.

June 30

Leadership through preparation: I need to work on the orientation and the workshop. I enlisted assistant secretary to save Google documents on a flash drive so can put them into the project.

May 30

Leadership through preparation and enlistment: I received back surveys from potential participants. I texted those who had not responded as of this moment and asked them to send their responses. I had to resend one text.

May 31

Leadership through preparation: Today is the day for the orientation meeting. I spent all day getting ready for orientation tonight. I prepared 17 packets and sent a total of 19 emails inclusive of invitations. 14 completed and returned the survey. One responder declined, and 12 others said they would come to the meeting. Two others said they would attend the orientation with me on three-way call on another date shortly. I did not hear from 4 others at all. The packets included a Commitment card, Workshop schedule, examples of the Listening plan (Mission, values, and strategy), Daily listening and reflection template, Completed email template for goals, Group meeting template, and Participant covenant. I held the meeting on 5/31/2017 at 6:30 pm at FBCF. I asked my secretary to save the Commitment cards and the Participant covenants as Google documents on the server. I decided on two possibilities for workshop dates. The dates were June 9 and 10, and June 23 and 24. I was afraid that setting one date might cancel too many potential participants because of family vacations. I was still working with my secretary to formulate the Google documents for the Participant covenant, Listening plan, Goals template and Workshop evaluation.

June 1

Leadership through preparation and direct messages: The orientation went well last night. 12 potential participants showed up even through the pouring rain. One dropped out this morning. P3 could not make the meeting because of work. I gave her the orientation through email documents and a phone call. It appears that I might enlist six men and six women for the project. When the Internet works again at the church, I will send Commitment cards to all the potential participants. I need to work on my presentation in correlation with my coaching skills and goals. I also need to set up a file for each person. In the workshop, I was unprepared for one question. One participant asked, "How will we receive the listening template each day?" I did not know the answer but told the group I would discover the answer the next day. My secretary told me that the link for the Google document labeled Daily listening and reflection would be sent to each participant once. Each participant could then click on that same link each day and send to the church server. The question caught me off guard. I shared the correct information to the question with all the participants at the workshop.

June 2

Leadership through preparation: I need to make a Google document for any plan adjustments needed by the participants.

June 5

Leadership through preparation: I worked on Google documentation for the workshop invitation and the Commitment card. I printed them and then sent the links by email for the documents. I worked on the power point slides and projector to make sure all was in working order. I estimated the length of the movie Shackleton in order to start the movie in a convenient place. I checked on the menu for food in the workshop. I set the thermostat for the air conditioner at the right temperature for the workshop experience. I went over my coaching skills and revisited all the Google Documents for the workshop presentation.

June 6

Leadership through preparation and identifying action: I decided on the group meeting dates:

First Group meeting on June 26<sup>th</sup> – two weeks after workshop

Second Group meeting on July 10<sup>th</sup> – four weeks after workshop

Third and final Group meeting on July 24<sup>rd</sup> – six weeks after workshop

I decided that that two weeks would be too long for everyone to proceed with the project without encouragement, fellowship, and coaching. As a result, I decided to have group texting to help facilitate the former. I made two groups for texting. One texting group for those using android phones and one texting group for those using iPhones. I also tested the projector with the power point slides for the workshop once again. I reviewed the online documents once again for the workshop. After creating two texting groups, I sent a text to each participant for a test. All 12 participants replied with affirmation. I retrieved a whiteboard for the workshop meeting room. I tested the Google documents to determine how they would work in the back office by clicking on each link and completing each document. I read through my workshop notes and added a few things. I texted everyone and told each participant to bring their laptop and phone. I reviewed my objectives, project design and coaching skills for the workshop.

June 7

Leadership through preparation: I did not get an invitation response from P12, so I asked him to respond to another email and text. Today I formed a Listening and reflection plan for the project administrator. I also created an email providing all the links for each document needed. The participants will save the links and then click on them as needed throughout the project.

On the white board, I wrote the Wi-Fi password so the participants would have access to the Internet during the workshop. I also wrote the project dates for the project which was June 12 – July 24 along with the group meeting dates.

June 8

Leadership through preparation and identifying action: I learned how to make coffee in the church kitchen. I found several power plugs for computers. I also brought several extension cords for everyone to use for his or her laptops. I sent the letter for the Internet links for the participants. I still needed an invitation response from P12. I decided on the menu: Iced tea, barbecue, beans, and potato salad for dinner. Breakfast tacos and coffee for breakfast. Snack, soda, and coffee throughout the day. Pizza for lunch.

June 9 and 10

Leadership through preparation, identifying the action, asking precise questions, listening, acknowledging, and sharing self: I made a project information sheet to give specific dates for the project, assigned participant number, and emails. In addition to emailing the Google document links to each participant, I gave a hard copy of the same information at the workshop. I also gave a schedule reminder to all the participants. My wife volunteered to make the beans, potato salad and tea for dinner. We decided to buy the barbecue. I tested the projector, with the power point slides, and the movie once more. I just learned that I had an incorrect email for P12. After receiving the correct email, I sent the necessary documents, and he responded with affirmation. I presented the workshop lecture while allowing time for participants to ask questions at any time (see appendix J). I attempted to go through the material in a way that no one felt lost, or left behind. I also attempted to present the material in a way that seemed challenging but achievable. At the end of the workshop, I administered Appraisal 1 and gave parting instructions.

Leadership by listening, asking precise questions, delivering direct messages, acknowledgment, sharing self, synthesis, and identifying actions through group meetings: (see appendix R for notes on meetings)

- First Group meeting on June 26<sup>th</sup> – two weeks after workshop
- Second Group meeting on July 10<sup>th</sup> – four weeks after workshop
- Third and final Group meeting on July 24<sup>rd</sup> – six weeks after workshop

Leadership by delivering direct messages, acknowledgment, sharing self, identifying actions through texting: (see appendix V for texting notes)

June 25

I led the first group meeting.

June 26

Leadership through identifying actions: Today I worked on looking at the statistics for the last two weeks. I led the first group meeting. I thought about coaching thoughts and questions for next meeting. I administered Appraisal 2.

June 27

Leadership through identifying action: I also chronicled the last group meeting.

June 28

I worked further on group meeting notes. I asked my secretary to copy and paste the Google documents into appropriate appendices.

July 3

Leadership through identifying actions and sending direct messages. I adjusted my plan today (see appendix O). I also sent a text to the group for the upcoming meeting.

July 5

Leadership through asking questions and identifying action: I am thinking about possible changes in the questions for reflection template for future reference. One question might be, "In your listening experience did anything stand out as significant to you today?" Today, I worked on the project format, tabulating the workshop and first group meeting survey results.

July 6

Today I spent all day finding the license authorization for the pictures I used in the workshop. The cost was \$100. I received an email from P10 for his group meeting thoughts. P10 told me he had changed his engagement with Scripture. Now he reads the Scripture in print later in the day to go over what he heard on his phone. Pretty exciting stuff.

July 7

Sent workshop pictures to the editor today.

July 9

I led the second group meeting today. I worked most of the day on several appendices turning Google documents into Word documents. I also worked on the second group meeting via the Google document of the Workshop evaluation to make sure the documents were correct, and the links were working. I administered the Workshop evaluation to the participants present and those not present through email.

July 11

Leadership through identifying action: Today I looked at the Workshop evaluation results. Nine of the participants have completed the evaluation so far. I also chronicled the group meeting notes. I looked at individual plan responses today. I also achieved a feel for the consistency among participants.

July 13-15

Leadership through identifying action: I worked on the appendices. I gathered data and worked on grammar. I also worked on the group meetings dialogues.

July 17

I worked on the appendices. I gathered data.

July 18

Leadership through identifying action I discovered today that on July 17 I had listened for 30 minutes to the New Testament and had prayer time with reflection. However, before I completed my prayer skill, I became busy and never finished. So on my 36<sup>th</sup> day of listening, I listened and reflected but neglected my prayer skill.

July 23

Leadership through identifying action: Today I led the final group meeting. I prepared for the meeting by making sure once again all the links were in working order. At the close of the meeting, I dispensed the completed email goals template and two exit questionnaires.

July 26

Leadership through identifying action: I chronicled the final group meeting.

## LEADERSHIP THROUGH GROUP TEXTING

## CONTROL GROUP 1

P1 P3 P6 P8 P11

(PA) Project Administrator for Google Document

Tue, Jun 6, 10:10 AM

PA: I'm creating a group text for the control group. Please let me know if you got the text, but when you respond, it will be sent to everyone in this group, everyone that has an iPhone.

P8: Got it

P1: I got it- this is P1

P8: Got it this is P8

P3: Got it.. P3

P6: Got it.... P6

Tue, Jun 6, 2:10 PM

P11: Got it. P11

Tue, Jun 6, 4:33 PM

PA: Be sure and bring phone and laptop to workshop. If don't have one I have extra one.

Fri, Jun 9, 9:49 AM

PA: Do not need laptops tonight. Should have gotten email from OA yesterday and one today.

Fri, Jun 9, 11:32 AM

P11: I'll be late for supper but early for class. P11

Fri, Jun 9, 3:26 PM

PA: Just sent another email. Notes for each of you for workshop

P1: Did not get anything from OA today or yesterday.

PA: P1 give me your email address

P1: \*email address\*

PA: Going to send from me

P1: I have been receiving some but not others- I usually get OA' stuff from church updates. Not sure what happened here.

P1: Ok got them

PA: Sent three emails to u

Fri, Jun 9, 5:14 PM

PA: Come to fellowship hall at 6

PA: Come through kitchen

P1: It's locked. Help

P8: Use office door

Mon, Jun 12, 2:34 PM

P11: I got an msg from Gmail All functions did not work. Just wondering if daily went thru

P8: This is P8 I sent mind this morning Not sure if it went through either

PA: P8 it came through

PA: Your good

P6: This is P6 I just sent mine

PA: Everyone response is in so it should work like clockwork from now on. Good job everybody.

Mon, Jun 12, 5:12 PM

PA: Hope everyone enjoyed first day!

Tue, Jun 12, 5:12 PM

PA: Ps 119:91 your laws endure to this day for all things serve you if you're law had not been my delight I would have perished in my affliction.

PA: When the psalmist uses the word 'law' he means God's word in totality

PA: May God's word become your delight

Wed, Jun 14, 8:27 AM

P8: Just a note to say thinking of all of you this morning. May you all have a blessed day and a great walk with the Lord

Wed, Jun 14, 10:12 AM

PA: We all need nice thoughts about us since we live in world filled with lions, tigers, and bears.

Sun, Jun 18, 2:03 PM

PA: Way to go everyone. We are on 7th day

PA: Learned something today. Mark tells us both thieves beside Jesus on cross mocked him. Yet later one believed. This demonstrates the grace and mercy of our Lord. From mocking to paradise in a few short hours is the beauty of redemption!

Tue, Jun 20, 9:36 AM

PA: Pray for us this week at camp

PA: Pray for us this week at camp. My group going to low income apt courtyard to work with kids

Tue, Jun 20, 11:03 PM

PA: When you guys answer the questions on the template, that means you reflected for that day. Be sure and check the box, I reflected today

PA: Was able to lead a 9th grade young man to the Lord today. At the apartment complex. Thanks for all the prayers

Wed, Jun 21, 8:25 AM

PA: Remember group meeting this Monday night at 7. Think about your experience and what can share. Also problems or what we could do better to make experience better or flow better. 13 brains are better than one.

Wed, Jun 21, 8:23 PM

PA: Meeting at 6:30 not 7

PA: I stand corrected

PA: 5 little kids got saved today in our group



PA: Your prayers are working

Thu, Jun 22, 6:51 PM

PA: Jacob at 10 yrs old asked Jesus into his heart today

Thu, Jun 22, 6:51 PM

P8: Sound like y'all are having a great week

PA: Amen

Fri, Jun 23, 1:34 PM

PA: Finished Luke today. Where are you guys

PA: Remember mon night at 6:30

PA: Group meet #1

P1: I am in John and the first 3 chapters have blown my mind. I had to listen to them again to take it all in. Amazing.

Mon, Jun 26, 9:26 AM

PA: Finished John see y'all tonight at 6:30

P8: Are we eating or just meeting

PA: Just meeting no food

P8: Ok

Wed, Jun 28, 8:42 AM

P1: Good morning everyone! Just wanted to let everyone know that your all in my thoughts today!

P1: Can I get date of our next meeting and class. I'm at work and I need to plan accordingly. Thank you!

P8:

PA: That is correct July 10th at 6:30 pm

PA: Then final meet on July 24th at 6:30

PA: If at all possible the final meeting a must since we will complete two assessments and goal template

PA: Took 10 Chapters for Peter to recognize that people like us were in God's plan in Acts

Fri, Jun 30, 10:50 AM

PA: Finished acts today

PA: Sunday is half way mark

PA: Good job everyone

P11: I got one down starting over

Mon, Jul 3, 10:34 AM

PA: Happy 4th everybody

PA: Finished Romans; into 1 cor.

PA: Next meet one wk from today at 6:30

PA: Bring your questions from scripture, thoughts, review, suggestions, and any difficulties encountered. I need to make a change. Left knee bothering me so I am going to the rowing machine

Tue, Jul 4, 7:37 AM

P8: Good morning to you all and have a blessed 4th

P1: To you as well!

PA: Amen

Tue, Jul 4, 11:27 AM

P6: Happy 4th everyone

P11: The land of the free BECAUSE of the brave.

Tue, Jul 4, 12:48 PM

PA: Finished 1 Cor this am

Thu, Jul 6, 10:54 AM

PA: Bring your questions from your reading to the meeting Monday night. I will do my best to answer. Finished 2 cor. Galatians this am. Where is everyone else?

P1: I'm not sure where else is (lol) but I am starting Ephesians.

Thu, Jul 6, 4:51 PM

P8: I Start 2nd Corinthians tomorrow

Fri, Jul 7, 7:49 AM

P8: Good morning to you all. May the Lord's light shine on you all today

PA: Thanks P8

PA: And you too

Sun, Jul 9, 7:58 AM

PA: Good am everyone. Congrats – 4 weeks listening to God's word. Lord's Supper today. Tomorrow night at group meeting have you noticed difference in listening experience of epistles as opposed to Gospels? Also any changes in plan. The lord is so good to us.

Mon, Jul 10, 1:34 PM

PA: For tonight if you can bring your laptop. You may come from work and not have it. That's okay but bring your cell phone for sure. Got one more survey for you guys. Time: 6:30 in annex bld. Thanks

PA: The survey is another questionnaire about the workshop. Wondering what you think now about what we did then one month later. If not going to be at meeting let me know and I will send link to you so you can do it wherever you are.

P3: I'm sorry but I Can't make meeting tonight. Mom had a rehab appointment at 6 in San Antonio.

PA: Let me go ahead and send the link by email to everyone. Be sure and read text in body of email. You can fill it out as soon as you get a chance.

PA: Just sent survey link by email to everyone. Thanks for your help

Tue, Jul 11, 9:41 AM

PA: Still hoping for three more responses on workshop evaluation. Everyone have link? I know P11 on vacation. Thanks

P1: Sent mine yesterday evening.

Tue, Jul 11, 11:20 AM

PA: July 21 is the 40th day. July 24 is last group meet.

PA: Just FYI

Tue, Jul 11, 12:57 PM

P11: Mine should be in

PA: Thanks

Tue, Jun 11, 3:21 PM

PA: Finished Hebrews and James today. Let's all press on. Reminded today that I need lots of humility. The Lord resists the proud but gives grace to the humble.

P11: Amen

Sun, Jul 16, 12:59 PM

PA: Finished New Testament yesterday. Started over today. Revelations is Crazy man!

PA: Working on everyone's responses so can give them to you at final meet

PA: Friday last day for listening experience. Finish strong!

Mon, Jul 17, 4:34 PM

PA: 4 more days of listening in the project

PA: are you guys android or iPhone??

P1: I am -iPhone

P6: This is P6 iPhone and P8 as well

PA: Thanks

PA: Just clarifying for report on both groups

P8: P8 is iPhone

PA: Got it

Wed, Jul 19, 8:43 AM

P8: Well as our journey together is coming to an end I pray we have all developed the habit of listening or reading the Word daily and that we do not stop doing it because the class is coming to an end. I started over yesterday and changed versions I was listening to. Gonna be another good journey. Let's stay focused on our Father and loyal to being in his word daily

Wed, Jul 19, 10:42 AM

PA: Thanks P8 great thoughts

PA: Friday last day for listening. Final meeting on Monday night. Need everyone there. Bring your laptop. We will do goal templates. Leadership coaching and listening and reflection questionnaires. I will have excel printout of listening responses for each one. Will need everyone to count their responses unless you need me to do it sooner for you. Also will have your participant plan showing your goals so you can review. I will still need these back from you until finish writing report and then will give back to you. Any questions????

P8: Just a thought for the group. I spend a lot of time thinking about whether I'm doing the right things in my life. But I realized today with something I heard that God does not need my help or assistance to accomplishing his will in or for my life. I thank Him for that.

P11: I wish I could just "be still" and know that He is God

PA: Let's talk about being still Monday night P11

PA: Pretty awesome thoughts

P11: Sounds good

PA: Last day guys. Everyone did great job! Time to celebrate. Monday meeting at 6:30, bring your laptops. Will do goal sheet with two other assessments. Have a great day!!!

## CONTROL GROUP 2

P2 P4 P5 P7 P9 P10 P12

Tue, Jun 20, 9:37

PA: Pray for us this week at camp. My group going to low income apt courtyard to work with kids

P7: Praying for the kids serving with you and that lives will be touched and changed.

P4: Will be praying for you and the kids! What a great opportunity to show God's love!

P2: May God bless you all

P5: Praying for an amazing impact for those children. Please keep an eye on my boys (Nephew 1 and Nephew 2). I already miss them here.

Wed, Jun 21, 8:10 PM

P4: My grandma went into congestive heart failure today. They sent her home from the hospital because there's nothing more that can be done. I am going to take an emergency trip up to see her and won't be able to make it on Monday. Please pray that she is comfortable in these last days. On the bright side I've never met anyone who lived their whole life so ready for heaven, she loves the lord so much.

P12: Who are we to pray for? The name for this phone number did not transmit

P5: Prayers for your grandmother and family during this difficult time.

Fri, Jun 23, 1:34 PM

PA: Finished Luke today. Where are you guys

PA: Remember Monday night at 6:30

P7: Finished Mark today.

P4: Luke 22....I will be there after all. I am going home next week

PA: Group meet #1

PA: Great P4

P12: Beginning Luke 21 tomorrow.

Fri, Jun 23, 6:33 PM

P2: Beginning Luke

Fri, Jun 23, 8:00 PM

P4: Finished today in John 5

Mon, Jun 26, 9:26 AM

PA: Finished John see y'all tonight at 6:30

P10: I'm at Romans 11.

P7: Started Acts yesterday. So amazing. Wish I could have been there to witness Peter and the apostles in action.

P4: Hey everyone, I kind of fell off the grid while I was visiting with family. Gma is not doing well, but thank you all for the prayers. Me and the girls are traveling home today.

Mon, Jul 10, 8:07 PM

P4: Got my 5 minutes on the way home!

Sun, Jul 16, 2:07 PM

P12: I have enjoyed developing this habit.

P12: Thank you for all the encouragement, this has been a great spiritual experience, and tool that I shall use often. Also getting to know my sisters & brothers from our church has blessed me. Blessing.

P4: I agree this has been such a huge blessing

## LEADERSHIP THOUGH COMPLETED GOALS AND OBJECTIVES

(Journal of completed goals and objectives)

### Participants

#### Workshop

June 9 and 10

Attended by 11 participants

11 participants completed, signed and submitted Project

11 participants designed, completed and submitted project plan

11 participants completed and submitted email goal template

11 participants completed and submitted Appraisal 1

#### Group Meetings

June 26

11 participants attended first group meeting (P2 was not in attendance)

11 participants completed and submitted Appraisal 2 by hard copy

P2 completed the appraisal online the next day

July 10

9 participants attended second group meeting (P3, P10, and P11 were not in attendance)

11 participants completed and submitted workshop evaluation (P10 and P11 completed and submitted their evaluations online from another location the next day)

July 24

10 participants attended the final meeting (P3 and P7 were not in attendance)

11 participants completed and submitted the listening and reflection exit questionnaire

11 participants completed and submitted the leadership coaching exit questionnaire

11 participants completed and submitted the email goals template

(P3 completed and submitted both exit questionnaires, and the email goals template online from another location)

#### Listening and Reflection

11 participants commenced listening and reflecting on the NT on June 12 (I treated P7 as a separate case). The final day for listening and reflection was July 21.

P1 met her first and second tier goals  
 P2 met his first tier goals  
 P3 met her first tier goals  
 P4 met her first and second tier goals  
 P5 met her first tier goals  
 P6 met her first tier goals  
 P8 met his first tier goals  
 P9 met his first tier goals  
 P10 met his first and second tier goals  
 P11 met his first and second tier goals  
 P12 met his first tier goals

❖ P7 listened to the NT twenty minutes a day for thirty-three days with reflection.

### Plan Adjustments

P4, P10, P12 and the PA made plan adjustments

The project was successful.

- More than eight participants attended the workshop, completed and signed their covenant, designed their plans for listening and reflection by the closure of the workshop, attended two or more group meetings inclusive of the final meeting, and completed both exit questionnaires along with the completed email goals template.
- More than four participants listened for twenty minutes for not less than twenty-one days with reflection.

## Project Administrator

### Leadership coaching objective

Objective met:

Willingness to sign a covenant demonstrated my ability to lead members into a commitment towards the mission (what) and values (why) of the project (see appendix G and M). Leading and coaching members to design and implement a strategy (how) towards the project goal also gave evidence for my ability to coach members throughout the process. Evaluation from the post-workshop evaluation, attendance, and input from group meetings, matrix information, completed goals and completed exit questionnaires provided independent feedback on my ability and growth in leadership coaching.



## APPENDIX X

### GROWTH IN PERSONAL PRAYER LIFE JOURNAL

(PA) Project Administrator for Google Document

#### DAILY JOURNAL ON THE APPLICATION OF NEW SKILL

Project Administrator

Practiced my new skill today - just being still and enjoying the Lord's presence.

2017/06/13 10:08:11 AM EST

Project Administrator

My new prayer skill: Spent 10 minutes being in the presence of the Lord. Staying very still. Some of the time I have my head down with my hands on my face. Catch my thoughts wanting to drift to things need to do - some are ministry thoughts but bring myself back to - this is a time when just being in the presence of the Lord. It is enough just to be with Him. I do have a prayer though - want the life and presence of the Lord to permeate more of my soul and body so I can express His life to others. Yet, this prayer maybe should be for another time. During this time I just want to be with Him and enjoy and appreciate His presence in my life. I thought about hell - those there do not have his presence, only everything He is not, darkness, fear, torment, fire, the presence of evil spirits, solitude without fellowship. The Lord's presence brings me peace, joy, love, hope, a future, redemption, family, friendship. How can I go another day without spending time with Him?

2017/06/14 12:39:02 PM EST

Project Administrator

Ps. 46:10 so important to be still before the Lord for a few minutes. Just to be with him. I did ask that I could receive more of his life in my experience. The result will be lessen my desires for the things of this world

2017/06/15 11:19:00 AM EST

Project Administrator

Prayer skill: today it really helped after walking and listening to the scripture to sit very still. Leaning over with my hands on my thighs with my head bowed down a little

bit focusing on one area helped me to concentrate. I picture myself sitting with Jesus on a park bench for on the

High hill overlooking the valley the city in heaven with everything that's going on. All the music angels for the Saints the gates the walls and then I noticed one more thing is I was just sitting there with the Lord. New people were coming into the walking across the valley through the grass and I just started a new the Lord coming to heaven. I want to be a part of helping more people come to know and live with the Lord.

2017/06/16 10:12:16 AM EST

Project Administrator

As I was still sitting with the Lord I reached over and grasped his hand - man to God/man. The Lord is with me. I am overwhelmed with the Lords love. Just being in His presence is incredible

2017/06/17 8:56:17 PM EST

Project Administrator

I picture myself today sitting on a park bench on a hill looking down on the New Jerusalem. I Jesus is standing there next to me with his hand on my shoulder I can feel his power surging through my life. I can feel his presence his help support his leadership is guidance is love is tenderness his care. There I am asking him for certain things not selfish things but I'm asking for example to save Josh save multi save Tyler and use me to help me anymore come to faith it's so good to be close tomorrow I want to spend more time with my Lord just being with him is so awesome thank you Lord

2017/06/18 9:58:56 AM EST

Project Administrator

As I am very still after walking and sitting down with my head bowed I picture Jesus with his hand standing next to me with his hand on my shoulder the New Jerusalem is down in the valley below us with all the activity. I was praying for Micah as I do and asking the Lord to hold his corneas in his hands, and the picture came that Micah was sitting on the other side of Jesus on Park branch and Jesus has his hand on his shoulder. This gives me great comfort. I am aware of his presence and his power. I am very still, I'm slowing everything down and thinking about him and his life and my life as well and I am referencing the names of God his name the light of the world. The bread of life the door the lawn the resurrection and the life Way truth and the life my redeemer my savior my deliver my Lord my master my friend my brother.

2017/06/20 10:54:35 PM EST

Project Administrator

Sat with the Lord - His hand on my shoulder and Micah's. The rest of the family is there with the Lord as we pray and enjoy his presence. Slow my thoughts, bend over a little, very still, think about Him mostly and somewhat about His purpose and will in other people's lives. Really enjoy being with Him. Praise the Lord of Hosts. He is the king of kings!

2017/06/21 9:46:13 AM EST

Project Administrator

Still time: slow thoughts, little movement, recognize the Lord's presence, His presence brings awe in my life, sobriety, focus on Him, His love, justice, discipline, life, provision, leadership, His work on the cross, His endurance (Heb. 12), I bow my head and life to Him and Him only, I am your servant, Where you lead I will follow.

2017/06/22 9:57:01 PM EST

Project Administrator

Still time: I was able to still my body and slow my thoughts down even though some boys were being rowdy outside my dorm room. The Lord reign's over me, his love is a banner over me, He owns me, and my life is his. Lord, may I practice being still more so throughout my day - recognizing your love, presence, justice, holiness, majesty, purpose, election, foreknowledge, grace and mercy. So many are lost, Send me Lord, and help me to win many to Christ while I have the opportunity. PTL His word endures forever.

2017/06/23 6:21:14 PM EST

Project Administrator

As I practice my new prayer skill it is getting easier to slow my thoughts and body language. As I slow down I am able to focus, concentrate and enjoy the Lord's person. My prayer skill allows me to not just pray for others and things but to ENJOY HIS COMPANY! He is willing to share his life with me if I will take the time and discipline to be still and meditate on his person. He offers me fellowship. I can feel his hand on my shoulder - He knows everything about me, my past, present and future. Nothing is hidden from his sight. All I need is you Lord.

2017/06/24 8:22:44 PM EST

Project Administrator

Prayer skill: The Lord has his hand on my shoulder. I live bs He lives. He is my life, rock, and shelter. I am still. Everything in this life will pass away but my life in Him and the souls that I am able to see saved. Thank you Lord for your presence.

2017/06/25 8:34:40 PM EST

Project Administrator

Prayer skill: Good to be with the Lord. His hand is on my shoulder. My life and the life of my family is in his hands. Who can pluck me out of his hands? What can separate me from Christ? He is all I need.

2017/06/26 9:36:55 AM EST

Project Administrator

Prayer skill: Today, as I sit on the hillside overlooking heaven in the valley below - the Lord stands behind me and has his hand on my shoulder and Allison's. The Lord also stands behind Drew and Michelle, Luke and Gunter, and finally behind Micah. He knows about our lives and has ordered our lives. It is wonderful to be close to him and be beside him, to know He is always there. The last few days through circumstance have been a testing ground. People around us make decisions that affect us sometimes in a negative manner. But we resist the temptation to worry or fret. The Lord has his hand on us - He is with us and can and will meet every one of our needs should we put our trust in Him rather than worry. It is good to be still before the Lord. Praise your name Father God, Thank you for your Son Jesus, our Messiah and Lord.

2017/06/27 3:30:09 PM EST

Project Administrator

Prayer skill: easier to focus and not be scattered in my thinking. As I continue the practice I am able to think just about Him and sense his presence in my life and the lives of those I pray for.

2017/06/28 3:16:55 PM EST

Project Administrator

Prayer skill: As I was resting in the Lord slowing my pace down and concentrating on the Lord I was soon tempted. Temptation reaches even the special place I have with the Lord. I immediately rejected the temptation but realize that until I pass from glory to glory (I Cor. 15) the flesh is still with me. This is one reason why I must ask the Lord to share more of his life with me. That is to say that as I depend upon him for deliverance his life expresses itself in me and through me. The catalyst is faith. As I spend solitary time with the Lord may my faith be increased, i.e., may I trust the Lord to deliver me from any sinful temptation.

2017/06/29 10:04:01 AM EST

Project Administrator

Prayer skill: my time with the Lord helps me to want more of the Lord's life. Not more of wanting things to work out in life or be fair and just, or having everything in life settled, or having enough money for retirement, no - it is enough and more than enough to have just the Lord - even in the Philippian jail at midnight in stocks for

an unjust reason. I rest in the Lord. The Lord is my portion. The Lord sustains me.  
He is my peace.

2017/06/30 10:48:55 AM EST

Project Administrator

Prayer skill: Today practiced an exercise in 'centering down'. As I was still before the Lord slowing my thoughts and life down I turned my palms down on my thighs. I chose to go through a litany of things to repent from on a

Daily basis - worldliness, selfishness, greed, any forgiveness, any work of the flesh - I choose to turn away and to let it go. Then I turned my palms up - I choose to be filled with the HS - I choose to allow him to fill my life with His peace, love, joy and patience. I choose to rest in Him. His hand is on my shoulder as I go through this exercise in prayer as we overlook the city of God.

2017/07/01 10:09:25 AM EST

Project Administrator

Prayer skill: slowing down, being still, centering down, the park benches have expanded - Drew's in-laws and brother and sister-in-law, my mother, nephew, lost people praying for. I picture the Lord putting his hand on each one as I pray for them sitting on the hilltop above the New Jerusalem in heaven. I pray for missionaries as well. Then I turn my hands down and choose to empty myself of my ole ways - ways that are selfish and worldly. I choose to turn to the Lord so I turn my hands upwards - I receive the filling of your Spirit Lord, fill me with your life so you can express your life through me to others and build your kingdom.

2017/07/02 8:39:20 PM EST

Project Administrator

Prayer skill: shorter time today/it's Sunday and all the family here with also Luke's girlfriend from California. Still, listened for 30 minutes and became still for a few minutes centering down. Palms down - turning away from wasting time, any ungodly thought or deed, palms up - I receive the filling of your Spirit Lord. My life is yours. I choose to walk in your light.

2017/07/03 11:02:49 AM EST

Project Administrator

Prayer skill: centering down with palms down and palms up. Palms down - I am closed to unrighteous judgement and forgiveness, I am closed to any ungodly thought or action. Palms up - I am open to the Lord, my life is an open book before the Lord - he see's everything. I receive the filling of your Spirit. I am still before the Lord. Blessed be the name of the Lord. Nothing greater than spending time with Him.

2017/07/04 9:00:54 AM EST

Project Administrator

Prayer skill: slowing thoughts down, being still, yet not voiding my mind of any thought, focusing my thoughts on Him. Although my time with Him is all about being in His presence I am not void of any wants or desires. To be in his presence is to want to be like him, to want holiness, to want to do right, wanting these things, thinking of these things is being in His presence. 2 Cor. 3:18; Phil. 4:8. Palms down - repentance - shunning evil, shunning anything contrary to God's will; 1 John 1:9; palms up - Eph. 5:8 - Fill me with your Spirit Lord. Let me not be drunk with the things of this world or the flesh but with your power, will and purpose.

2017/07/05 10:16:49 AM EST

Project Administrator

Prayer skill: Palms down - I choose to turn away from any ungodly thing or thought that comes my way during the day today. I choose to hate lawlessness. Palms up - I choose to receive the filling of the HS today. I am still with the Lord - with Him I want righteousness and holiness in my life today.

2017/07/06 10:51:30 AM EST

Project Administrator

Prayer skill: still, slowing down, sitting with Allison on the hill as we look down on the New Jerusalem, The Lord stands behind us with his hands on our shoulders - the peace and comfort he gives is awesome. We see him as John saw him in Rev. 1; hair as white as snow, eyes like flames of fire - he sees all; a golden sash around his waist, feet like bronze, a voice like thunder; He is stronger than all our enemies and yet he also see's everything in our lives - good and bad. Each person I pray for the Lord puts his hands on their shoulders. Palms down - I reject the works of the flesh; I

Choose to deny myself today; I choose to be dead to this world and alive to God. I confess my sins. Palms up: I receive the filling of the HS. I am open before you Lord. Use my body and life as a vessel for your work and will.

2017/07/07 9:24:55 AM EST

Project Administrator

prayer skill: slowed down, being still; the temptation is to race through the time with the Lord for I have so many things to do today - like Mary - Need to be like Martha; just being still in presence of the Lord - absorbing his righteousness, holiness, responding with holy fear and awe; no agenda, no goal sheet during this time; almost all of my entire waking hours spent in activity - moving around, thoughts racing; need this time to just be still with the Lord - being in his presence; It seems to be a reverent thing to do to stop my world and just sit in his presence.

PTL

2017/07/08 11:43:09 AM EST

Project Administrator

Prayer skill: palms down - reject anything outside of God's will. Palms up - receive you Lord and your Spirit, holy thoughts, righteous thoughts. Thank you for your comfort and presence in my life.

2017/07/09 8:04:46 PM EST

Project Administrator

Prayer skill: Today was thinking as I was still and sitting with the Lord that I need to ask the Lord for open doors in reaching people for Christ. Lord, as Paul told Philemon that his returning slave was useful to him and to Paul, so I want to be useful to you in plucking people out of the fire. I sense your presence Lord. Your hand is with me to build your kingdom. I choose to walk with you.

2017/07/10 9:14:48 AM EST

Project Administrator

Prayer skill: In this time I am wanting to draw more from his life - to abide in him. I am not emptying my mind of everything. Bible tells us: Romans 8:5-6 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. 6 For to be carnally minded is death, but to be spiritually minded is life and peace. I am slowing my thoughts down and my body and focusing my thoughts on God. When I see the Lord Jesus I see the Father. John 14:8-9 s." 9 Jesus said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen me has seen the Father; so how can you say, 'Show us the Father'? My thoughts are centering on him, his will, and purpose. Palms down: Father trust you to put to death the works of the flesh in my life today. Palms up: Father I trust you strengthen my will to do your will and rule and reign in my heart as you do in heaven. I trust you to live in my place so you can express your life through me. I ask you to fill me with your Spirit today.

2017/07/11 11:16:27 AM EST

Project Administrator

Prayer skill: Thank you Lord for spending time with me. For laying your hands on me each morning. I feel your hand on me. It is so special to just be with you. To recognize your worth and being. Palms down: I choose to deny myself - the flesh and the things of this world - coveting for ex. I choose to turn away from worthless things. Palms up: I ask for you to fill me with your Spirit. I am an open book to you Lord. My life is not my own. You bought me. I am yours. I am your servant. I trust you to live in my place and live your life through me. Express your love thru me to others.

2017/07/12 5:16:08 PM EST

Project Administrator

Prayer skill: Palms down lord forgive my sins and I choose to deny my flesh and any worldly attitude. Palms up I receive your spirit. Lord help me to be humble, tenderhearted and meek. I choose to allow you to express your love through me and to live in my place in Jesus name

2017/07/13 11:55:32 AM EST

Project Administrator

Prayer skill: Palms down: I turn from any evil influence, or thought or activity. Palms up: Jesus said: Follow me. To repent is to turn from one's own ways and follow Jesus - His word and life. Still, slow down, Just focused on the presence of the Lord as he lays his right hand on my shoulder. He is standing behind Allison and me - His left hand is on her shoulder. Then I see the Lord doing the same for each person I pray for. Seated in front of the Lord with his hands on their lives. You are my life Lord. May I be to the praise of your glory?

2017/07/14 9:58:40 AM EST

Project Administrator

Prayer skill: slow down my thoughts; very still; sense the presence of the Lord as he has his hands on my shoulders. Just want to be with him. Fill me Lord with your wisdom. Fill me with power over the flesh. Live in my place and live through me to build your kingdom. Jeremiah 20:11 11 But the LORD is with me as a mighty, awesome One.

2017/07/15 11:31:02 AM EST

Project Administrator

Prayer skill: slow down, thoughts focused on the Risen Lord. Movement very slow. Picture the Lord next to me. What a blessing to be in his presence. Palms down: Help me Lord to hate lawlessness like you. I choose to turn away from my sins. Palms up: Lord, fill me with your Spirit so I can be a blessing to others and to you. Live in my place. Express your life through me today. Help me to share Christ with others.

2017/07/16 11:16:45 AM EST

Project Administrator

Prayer skill: Palms down; slow thoughts and body language. As the Lord has his hand on my shoulder as I sit down on the hill looking down on the New Jerusalem; I get out of my chair and fall down before him holding on to the hem of his garment worshipping him. Thanking him for his grace and mercy towards me. It was an emotional moment. Palms up: Lord, fill me up with your Spirit. My body, mind, soul and spirit is for your service and glory.

2017/07/18 11:04:34 AM EST



Project Administrator

Prayer skill: Palms down - Lord, I know that I deserve death and hell for my sins and sinful ways. The reason I am have eternal life is because of you - your grace and mercy. Palms up - I choose to live for you because I love you. I want to show my love for you through my thoughts, words and actions. I want to be like you. I worship you.

2017/07/18 9:34:18 AM EST

Project Administrator prayer skill:

2017/07/19 8:19:45 PM EST

Project Administrator

Prayer skill: still and slow down. Palms down - I choose to deny myself- my will and desires when opposed to the Lord's. Palms up: I choose to pick up my cross and follow the Lord. I worship u Lord.

2017/07/20 9:05:45 AM EST

Project Administrator

Prayer skill: palms down: still and head bowed, leaning forward. Recognition of the Lord and his presence. Very still. Don't have to say anything. Palms up; fill me and use me for urn glory Lord. I worship u.

2017/07/21 1:59:06 PM EST

Project Administrator

Prayer skill: I am very still and recognizing the Lord, his being and his presence. He is the mighty God, the everlasting Prince of Peace. Such a temptation to go to my things to do list, busy work, busy thoughts, just to be still is much more difficult than it seems. I love you Lord.

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### POSITIONS SERVED

Pastor, Cornerstone Baptist Church, League City, Texas 1983–1987

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