



# **EQUIP**

**study guide**



# THE BOOKENDS OF THE CHRISTIAN LIFE

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## Main Objective:

**For people to find personal rest in the perfect righteousness of Jesus while relying on the power of the Holy Spirit to diligently pursue continuing spiritual growth**

## Areas of Growth:

- **Conviction:** growth in our personal assurance in the sufficiency of the perfect righteousness of Jesus that frees us from self-righteousness and persistent guilt and the power of the Holy Spirit that frees us from self-reliance
- **Competence:** growth in our ability to recognize and renounce the gospel enemies of self-righteousness, persistent guilt, and self-reliance in our hearts through faith in the gospel
- **Character:** growth in experiencing and displaying peace, joy, humility, and godliness in our lives as replacements of gospel enemies

## WEEK ONE

### Introduction & Chapter 1 (pp. 13-30)

1. Which of the questions posed on p. 16 are you most hoping to find help in answering as we discuss this book together – and why?
2. After reading the chapter, how would you explain what is meant by justification?
3. How would you summarize the Great Exchange described on p. 25?
4. Were there other things in this week's reading that you found personally encouraging and/or challenging?

### **Memory Work: Westminster Shorter Catechism**

#### **Q. 33.**

**What is justification?** *Justification is an act of God's free grace, wherein he pardons all our sins, and accepts us as righteous in his sight, only for the righteousness of Christ imputed to us, and received by faith alone.*

## WEEK TWO

### Chapters 2 & 3 (pp. 31-52)

1. Which of the three examples from Scripture of the gospel's motivating power resonated with you the most? Do you find the three components of the gospel's motivating power (p. 36) operating in your own heart and life? Why or why not?
2. How would you define self-righteousness – and what, to you, are its most devastating effects?
3. Which of the questions on pp. 48-49 served to expose the presence of self-righteousness existing in your heart?
4. Were there other things in this week's reading that you found personally encouraging and/or challenging?

### **Memory Work**

*But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it— the righteousness of God through faith in Jesus Christ for all who believe. ~ Romans 3:21-22*

## WEEK THREE

### Chapters 4 & 5 (pp. 53-77)

1. Which of the questions on p. 56 reveal the influence of persistent guilt in your heart and life?
2. What is the biblical path to dealing with guilt (and was the guidance on pp. 59-61 helpful)?
3. How might the gospel promises listed on p. 71 help you lean more faithfully on the first bookend?
4. Which of the three focal points for dependence-shifting (p. 66) do you find most difficult?
5. Were there other things in this week's reading that you found personally encouraging and/or challenging?

### **Memory Work**

*He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. ~ Psalm 103:10-12*

## WEEK FOUR

### Chapters 6 & 7 (pp. 81-107)

1. After reading this chapter, what is your understanding of the role of the Holy Spirit in your life? How is the Holy Spirit currently at work in transforming your life?
2. Do you sometimes think that your diligent efforts to grow in holiness, including through the practice of spiritual disciplines (such as Bible reading and prayer) reflect a “works-based righteousness?”
3. How can you exercise diligent effort (p. 97-89) while remaining dependent on God’s grace?
4. Were there other things in this week’s reading that you found personally encouraging and/or challenging?

### **Memory Work**

**WSC Q. 29. How are we made partakers of the redemption purchased by Christ?** *We are made partakers of the redemption purchased by Christ, by the effectual application of it to us by his Holy Spirit.*

## WEEK FIVE

### Chapter 8 (pp. 109-121)

1. How would you summarize what it means that “we must battle desire with desire?” How do the differences between Diagram 8.1 (p. 113) and Diagram 8.2 (p. 114) reflect this idea?
2. What sins are you currently struggling with – and what godly “replacements” can you adopt instead?
3. What has been the biggest factor the Holy Spirit has used in your personal spiritual growth?
4. Were there other things in this week’s reading that you found personally encouraging and/or challenging?

### **Memory Work**

*Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure. ~ Philippians 2:12-13*

## WEEK SIX

### Chapters 9 & 10 (pp. 123-154)

Do you often think of self-reliance as a problem? As a sin?

Have there been times or seasons the Holy Spirit has left you in weakness (p. 139)? If so, what, if anything, did you learn from that experience?

What are some ways you can replace self-reliance in your life by cultivating humility and godliness?

Which of the three declarations on p. 146 do you find most challenging – and why?

Were there other things in this week's reading that you found personally encouraging and/or challenging?

### **Memory Work**

*My grace is sufficient for you, for my power is made perfect in weakness. ~ 2 Corinthians 12:9*



