

THE TARGET APPROACH TO HOLINESS

10 ESSENTIAL TOOLS FOR HOLY SPIRIT EMPOWERED OBEDIENCE

1. TARGETED BIBLE READING – Immerse yourself in the scriptures with intentional Bible reading directed at your particular sin. If you are a gossipmonger choose scriptures that will open your eyes to that sin. If you are gluttonous, double-minded, bitter, jealous, an ungodly griever or marked by any variety of sins of the flesh and mind then read voraciously about that error. (Ps 1, 19, 119:9,11; 1 Tim 3:16; 2 Tim 2:15)
2. TARGETED BIBLE MEDITATION – Ponder deeply passages that deal directly with your sin, e.g., immorality, pride, drunkenness, pornography, etc. Ponder them in such a way that you are teasing out the truth *'to understand a proverb and an enigma'* to get the wisdom of God which comes by the fear of Him. (Ps 1:2, 4:4, 77:12, 119:48; Prov 1)
3. TARGETED BIBLE MEMORIZATION – Commit to memory those scriptures that will renew your mind in the area of your unholiness. (Rom 12:2)
4. TARGETED BIBLE STUDY – Do word and narrative studies beginning in Genesis all the way through the Bible that will explain, define and make clear your particular sin by showing you what it is, how you practice this, the evil of it and the way of escape. (2 Tim 3:16-17)
5. TARGETED BOOK READING – Become a PhD in your sin by building a library of 50 books that will lead you to sanctification in this area. You are not an expert until you are living out righteousness in the area of your stumbling. Good books by godly authors are simply sermons put to writing. If in doubt about an author check with our pastors or leaders for recommendations. (Acts 8:35, 14:15; Rom 10:15; 2 Tim 4:1-2)
6. TARGETED PRAYER – Pray to overcome evil habits in the specifics of all areas of your unholiness by breaking it down into its parts, e.g., 'I drive past drug dealers, women, billboards, etc. on the way to work' or 'I crave hearing and telling gossip at church, on facebook, in emails, etc.' or 'I get irritated and angry at my spouse'. (Rom 12:11; Phil 4:6; I John 5:14; Luke 11:5-8)
7. TARGETED ACCOUNTABILITY – Put yourself on a rigid hourly time schedule that includes time for Bible reading, prayer and all parts of this list. Include specific times to give account to a mature, obedient Christian at church who can help you by asking you targeted questions about your current obedience to Christ. The Christian life is an accountable life. (Rom 14:12; Heb 10:24-25, 12:17)
8. TARGETED FRIENDSHIPS – *'Bad company corrupts good morals'* but by the same token *'The thoughts of the righteous are right,* (Prov 12:5a).*'* Throw away your wicked friends and stay within *'the congregation of the righteous* (Ps 1:5).*'* When you cannot get away from them because of work or family erect barriers of righteousness in order to avoid temptation with them. Consider changing jobs or leaving home as it is your soul that is at stake (I Kings 15:12, Matt 10:37, Luke 14:26).
9. TARGETED IDOL BURNING – With sober mourning over your love of this sin destroy or get rid of (e.g., a computer – sell it) all the objects, tools, literature, music and whatever else is connected to, glorifies and encourages your idolatrous impiety such as drug paraphernalia, beer can & shot glass collections, pictures, old love letters, social networking accounts, etc. (2 Chron 29:15-18; 30:13-14, 2 Chron 15:8, Acts 19:18-20). Since you have sinned against your body, the temple of the Holy Spirit, as well as your soul you have provided your flesh with hooks that will pull you toward your sin. *Remove* those things that drag you toward your iniquity **and** put on *'holiness without which no one will see the Lord'* (Heb 12:14; Eph 4:17-24).
10. TARGETED TEMPLE BUILDING – Build up your spiritual life - your body is the temple of the Holy Spirit. The Jewish temple history illustrates how we should cleanse the filth of idolatrous abominations from our body and soul. After many decades of Israelite idolatry King Hezekiah (2 Chron 29-32; Mt 21:13) set his heart to cleanse the temple from neglect, idolatry and filth and to keep it that way. Just as you must cleanse yourself of the trappings of wickedness, so too you must *also build up* the temple of God's Holy Spirit in you (1 Cor 6:7-18). Build into your life those things that are necessary for a strong temple that will withstand the wiles of the devil, glorify Christ and edify the body of Christ the church. Begin involvement in Sunday school, Sunday fellowship, Sunday evening Bible teaching, small group, daily Bible reading, Christian music and Bible conferences.

Consider Psalm 24:3-4

Who may ascend into the hill of the LORD? Or who may stand in His holy place?

⁴ *He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.*

To worship acceptably in God's temple there had to be and still must be the following:

1. Clean hands – Not involved in sinful un-confessed and un-forsaken behavior.
2. Pure heart – The righteous source of clean hands is a broken, contrite and repentant heart.
3. Separation from idolatry – A person whose life is marked by a total rejection of all idolatry.
4. Vowing without deceit – Directly refers to purity of heart without hypocrisy. (Isa 6:5)

A PRACTICAL GUIDE TO THE TARGET APPROACH TO HOLINESS
Intended to be used with the 'TARGET APPROACH TO HOLINESS'

1. Listen to one sermon a week about your sin and the doctrine of sanctification. For example if your sin is immorality find sermons about it that speak of it in general but also those that address your specific strain such as pornography, fantasizing, adultery, etc. or if about pride then arrogance, proud look, self-will, self-righteousness, haughtiness, and so on.
 - a. Purchase a CD/DVD binder or carrier to store each of your sermons. By the end of the year you should have 52 audio sermons.
 - b. Take at least one page of notes for each sermon which you will store in a 3-ring binder.
 - c. If you are dealing with 2 separate major sins in your life, e.g., immorality and pride then you will have 2 sets of dvd's and 2 sets of 3-ring binders for notes and so on.
 - d. If you do not have access to the internet to burn dvd's then ask someone if they will help you with that or ask them to download transcribed sermons (audio is preferable) from various websites such as the following:
 - <http://www.gty.org/Resources/Sermons> This is John MacArthur's resource site with both audio and transcribed sermons.
 - <http://www.biblebb.com/> The 'Bible Bulletin Board has all of their resources on one DVD so you don't need the internet. They have sermons from Spurgeon, Samuel Davies, Philpot, Jonathan Edwards, Calvin plus Matthew Henry's Commentary and way more for only \$14.95. Get a friend to purchase it for you online if you can't or don't want to get on the internet.
 - <http://www.sermonaudio.com/main.asp> Sermonaudio.com has thousands of sermons from conservative pastors and especially of Pastor David Downs. We cannot vouch for everyone on this site so ask one of our pastors or leaders for recommendations.
 - <http://www.purelifeministries.org/index.cfm?pageid=280> Steve Gallagher's Pure Life Ministries
2. Beginning with Genesis search through all 66 books of the Bible for every mention of your sin.
 - a. If your sin is fear find every reference to that word and its synonyms and derivatives such as 'afraid, dread, terror, etc.' but also its opposite and cure such as 'hope, trust, the sovereignty and fear of God, faith, believe, etc.'
 - b. Study every narrative that illustrates your sin and write down your thoughts about the way the sin was acted out, its consequences and remedy. Study also narratives that show godliness and faith in the area of your weakness. Use a good commentary.
 - c. Write your notes in a dedicated 3-ring binder and store them so that you can retrieve them later as a reminder and a help to others.
3. Read one book a month about your wickedness and books on the doctrine of sanctification.
4. Memorize one verse a week that exposes your sin to you and explains the evil of it and/or the way of escape.
5. Write a list of 50 consequences against God, others and you that arise out of your sin.
 - a. Read the list daily to remind yourself of how damaging your sin is to God, others and yourself.
6. Establish a daily prayer list that will include prayer to overcome your sin, for true repentance and for those against whom you have sinned.
7. Church life: Be sure you attend all services, men's or women's group and Saturday or a weekday corporate evangelism. These are the means to God's grace in your life...use them.
8. This practical approach to one major sin in your life will take you a year to complete so that at the end you will have 52 audio or transcribed sermons, one list of 50 consequences to your sin, 52 verses memorized and a collection of at least 12 books (one per month).
9. Ask your leader to hold you accountable to this approach and for book and sermon recommendations.