



## A Guide for Spiritual Formation

Series Theme: Liberated for Life

Text for the Week: Exodus 20:1-2,7  
Philippians 2:1-11

Message for the Week: The Name Above Every Name

Week Three  
Sunday, January 22

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Have you ever had someone make fun of you because of your name, or because of something you do?

### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

### Read:

Read / Have two people in your group read [Exodus 20:1-2, 7](#) and [Philippians 2:1-11](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## Respond / Reflect:

What are some ways that you have heard or seen people misuse (insult) the name of the Lord our God?

What is blasphemy? How would you define and explain what it is?

Our culture often uses phrases like "OMG" or yells out the name of Jesus Christ flippantly. What should be our response to such things be given the 3<sup>rd</sup> commandment?

Do you think it is just of God to say that those who misuse his name should be killed? How important is his own name to God?

How can we exalt and lift up the name of the Lord our God?

## Try It:

The next time you hear someone misuse the name of the Lord our God, pray for the Spirit's wisdom and courage to confront them. Talking to your TV doesn't count 😊

## Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, our Father in heaven, your name is holy. Thank you for all that you have done and continue to do on behalf of your family, the people who carry your name. Open our eyes to the truth of your Word, seen most vividly in the person of Jesus Christ. Help us to humble ourselves, leaving behind what we think are glories, for the cross. Create a desire in our hearts to honor your name and assist others to honor your name as well. In Jesus' NAME, Amen.

## Missional/Spiritual Practice for January: Making Room

During the month of January, you are invited and encouraged to engage in the missional practice of [Making Room](#). How do we make room? Each week, intentionally and prayerfully record and reflect on your purchases and time spent. Seek the Spirit's guidance in what you can eliminate to make room (i.e. increase your capacity) to deepen your ministry and share with others. "It is easy to say no when there is a deeper yes burning within" – Richard Foster

Consider repeating this practice weekly or several times a month. Invite several friends to join you in this practice and commit to sharing your decisions and experiences together. Support one another in prayer.

20 And God spoke all these words: <sup>2</sup>"I am the Lord your God, who brought you out of Egypt, out of the land of slavery. <sup>7</sup>"You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.

### The Message

20 <sup>1-2</sup> God spoke all these words: I am God, your God, who brought you out of the land of Egypt, out of a life of slavery. <sup>7</sup> No using the name of God, your God, in curses or silly banter; God won't put up with the irreverent use of his name.

2 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.

<sup>5</sup> In your relationships with one another, have the same mindset as Christ Jesus:

<sup>6</sup> Who, being in very nature <sup>(a)</sup> God, did not consider equality with God something to be used to his own advantage;

<sup>7</sup> rather, he made himself nothing by taking the very nature <sup>(b)</sup> of a servant, being made in human likeness.

<sup>8</sup> And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

<sup>9</sup> Therefore God exalted him to the highest place and gave him the name that is above every name,

<sup>10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,

<sup>11</sup> and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

### The Message

2 <sup>1-4</sup> If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you *care*—then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

<sup>5-8</sup> Think of yourselves the way Christ Jesus thought of himself. He had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became *human!* Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death—and the worst kind of death at that—a crucifixion.

<sup>9-11</sup> Because of that obedience, God lifted him high and honored him far beyond anyone or anything, ever, so that all created beings in heaven and on earth—even those long ago dead and buried—will bow in worship before this Jesus Christ, and call out in praise that he is the Master of all, to the glorious honor of God the Father.

[OVER]

## Heidelberg Catechism Q & A 99

Q. What is the aim of the third commandment?

A. That we neither blaspheme nor misuse the name of God by cursing,<sup>1</sup> perjury,<sup>2</sup> or unnecessary oaths,<sup>3</sup> nor share in such horrible sins by being silent bystanders.<sup>4</sup> In summary, we should use the holy name of God only with reverence and awe,<sup>5</sup> so that we may properly confess God,<sup>6</sup> pray to God,<sup>7</sup> and glorify God in all our words and works.<sup>8</sup>

<sup>1</sup> [Lev. 24:10-17](#)

<sup>2</sup> [Lev. 19:12](#)

<sup>3</sup> [Matt. 5:37](#); [James 5:12](#)

<sup>4</sup> [Lev. 5:1](#); [Prov. 29:24](#)

<sup>5</sup> [Ps. 99:1-5](#); [Jer. 4:2](#)

<sup>6</sup> [Matt. 10:32-33](#); [Rom. 10:9-10](#)

<sup>7</sup> [Ps. 50:14-15](#); [1 Tim. 2:8](#)

<sup>8</sup> [Col. 3:17](#)

## Heidelberg Catechism Q & A 100

Q. Is blasphemy of God's name by swearing and cursing really such serious sin that God is angry also with those who do not do all they can to help prevent and forbid it?

A. Yes, indeed.<sup>1</sup> No sin is greater or provokes God's wrath more than blaspheming his name. That is why God commanded it to be punished with death.<sup>2</sup>

<sup>1</sup> [Lev. 5:1](#)

<sup>2</sup> [Lev. 24:10-17](#)

## Heidelberg Catechism Q & A 101

Q. But may we swear an oath in God's name if we do it reverently?

A. Yes, when the government demands it, or when necessity requires it, in order to maintain and promote truth and trustworthiness for God's glory and our neighbor's good. Such oaths are grounded in God's Word<sup>1</sup> and were rightly used by the people of God in the Old and New Testaments.<sup>2</sup>

<sup>1</sup> [Deut. 6:13](#); [10:20](#); [Jer. 4:1-2](#); [Heb. 6:16](#)

<sup>2</sup> [Gen. 21:24](#); [Josh. 9:15](#); [1 Kings 1:29-30](#); [Rom. 1:9](#); [2 Cor. 1:23](#)

## Heidelberg Catechism Q & A 102

Q. May we also swear by saints or other creatures?

A. No. A legitimate oath means calling upon God as the only one who knows my heart to witness to my truthfulness and to punish me if I swear falsely.<sup>1</sup> No creature is worthy of such honor.<sup>2</sup>

<sup>1</sup> [Rom. 9:1](#); [2 Cor. 1:23](#)

<sup>2</sup> [Matt. 5:34-37](#); [23:16-22](#); [James 5:12](#)