

7 - SESSION
BIBLE STUDY

HOLY WHAT?!

Renovating from the Inside Out



LAURA BUSSE

HOLY WHAT?!

Renovating from the Inside Out

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MEET THE AUTHOR



Laura Busse is a passionate, vibrant, and creative teacher of God's Word. She loves to bring the Bible alive for women in real, raw, and relevant ways. With over thirty years of teaching experience, Laura is able to make unique connections between God's values and our lives. She will challenge you to apply Biblical knowledge and wisdom to your current circumstances. With her leadership and guidance, you will be encouraged to take the next step of spiritual growth. The goal of her studies is to give God thanks as we become more like His son, Jesus.

Laura Busse is the founder of *The 3 O'Clock Wake Up Call*, a non-profit ministry growing gratitude to God around the globe every day at 3:00 p.m., the hour Jesus died on the cross. *The 3 O'Clock Wake Up Call* reminds God's children to look up and give Him thanks every day. We believe praise is the pathway to discovering God's presence around you, His power within you, and His plans for you.

EVERY ONE. EVERY NATION. EVERY DAY.
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You can sign up to receive a free Wake Up Call daily at 3PM by downloading the app at www.3oclockwakeup.com. Join the *The 3 O'Clock Wake Up Call* Movement today!



THE 3 O'CLOCK
WAKE UP CALL



Calendar

Missing Out

How do you feel when you lose your keys or can't find your phone? What goes through your mind when your social media feed shows something fun happened that you knew nothing about?

Fear of missing out (FOMO) is a real thing. It drives us to keep crazy calendars, log many miles, and spend hours on our phones (once we find them). What if God put the fear of missing out in our hearts, not because He wants us running around in search of SOMETHING important to do, but because of SOMEONE important He wants us to know?

What if we're missing out on a key relationship that Jesus promised us? What if God has so much more in store for us? That is the kind of FOMO worth sweating over.

Far too many of us are living day to day and not seeing God move in big ways. We're not hearing His voice over all the noise in our busy lives. We've fallen asleep in our faith and settled for a relationship with God that's just okay, not recognizing that He desires to wow us and move in miraculous and mighty ways.

It's time to wake up!

As children we're often taught to pray to God, "our heavenly Father." Almost as soon as we can walk and talk, we celebrate Jesus' birth at Christmas and His resurrection at Easter. It's wonderful when these traditions help establish our child-like faith. But as we grow up, many of us sense that there should be more to our relationship with God and feel like something or someone is missing.

And there is! A key person has been overlooked, ignored, or uninvited to speak into our lives. His name is the Holy Spirit, and He changes everything.

Change Agent

Is there something in your life that needs to be changed, overhauled, or renovated? Do you feel trapped in a habit that's holding you back? Are you tangled up in a relationship that needs to be renewed? What feels out of balance or out of control? Whether it's an attitude adjustment, new perspective, or clear goals you need, the Holy Spirit wants to meet you in your mess or confusion and show you God's amazing plans for your life.

Holy What?! will help you discover and be transformed by the Holy Spirit's...

- PRESENCE – Yes, you can build a relationship with the Spirit of Truth (John 16:13) so you know who He is and what areas of your life need to be renovated from the inside out.
- POWER – Yes, the same power that raised Jesus from the grave lives in you (Romans 8:11). It's time to tap into that power and find out how your unique God-given gifts and talents can be used in great ways.
- PLANS – Yes, no matter your age or stage in life, God has specific priorities, goals, and assignments designed for you to pursue and accomplish on this earth.

This is a purposeful renovation project you definitely don't want to miss out on. The Holy Spirit will be your guide, your very own general contractor. He will roll out the blueprints and highlight each step of the way. I'll see you on the construction site.



The Spirit of God, who raised Jesus from the dead, lives in you.
And just as God raised Christ Jesus from the dead,
He will give life to your mortal bodies by this same Spirit living within you.
– Romans 8:11 (NLT)

TEAMWORK SESSION 1

Our Renovation Team

Why do we need all three?

- *God loves you*
- *Jesus saves you*
- *The Holy Spirit renovates you*

RENOVATION TOOLS

Hammer & Nails

RENOVATION ACTIVITY

- *God = Your Loving Father / Designer & Architect (John 1:12-13)*
- *Jesus = Your Redeeming Savior / Carpenter & Author of Your Faith (Hebrews 12:2)*
- *The Holy Spirit = Your Constant Companion / General Contractor (John 14:26)*

Life Through the Spirit

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending His own Son in the likeness of sinful flesh to be a sin offering. And so He condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

– Romans 8:1-4

RENOVATION PROJECT #1

We Need All Three

My Key Connections



SMALL GROUP TEAMWORK

Welcome to our *Holy What?!* Bible study. Thank you for joining us!

Here are a few questions to help you get to know each other as you jump into your first week of renovating from the inside out.

1. Take a few minutes to introduce yourself and answer the following question.

On a scale of 1-10, how handy are you with construction tools? (hammer, electric saw, blueprint...)

1	3	5	7	10
Dangerous	Clueless	Capable	Pretty Handy	A Pro

2. Take a few minutes to read the Small Group Success builders and busters on page 7. Discuss each one and check for agreement. Do you have any questions or anything to add? When you're ready, please sign our covenant on that same page.
3. After watching Laura's introduction, why do you think we need the fullness of God the Father, Jesus the Son, and the Holy Spirit?
4. Please read our theme verse, Romans 8:11. What gives you HOPE when you let these truths sink into your soul?

The Spirit of God, who raised Jesus from the dead, lives in you.
And just as God raised Christ Jesus from the dead,
He will give life to your mortal bodies by this same Spirit living within you.

- Romans 8:11 (NLT)

5. What other hopes do you have for this Bible study?

SOLD PROJECT I

LET'S BUILD

Ladies! I want to build a She-Shed! A place where I can get away from all the clutter and chaos and be by myself in peace and quiet.

BUT... I can barely hammer a nail, let alone tighten a bolt or saw a board in two. I have a better chance of cutting off a finger than successfully building anything. Truth be told, I have zero competency or confidence in a woodshop or on a construction site. I'm absolutely dangerous when it comes to using power tools. How about you?

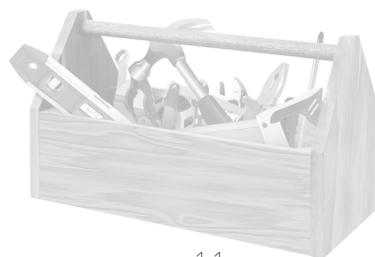
Do you ever feel like your dreams far exceed your level of experience or expertise? Do you have things you want to do but haven't the slightest clue where to start or how to proceed, let alone succeed? Clearly, we need help for our dreams to become a reality.

The same is true with our faith. We know God has great plans for us. Plans that far exceed our wildest dreams. But we're stuck in the same rut, not building the life He's imagined. Like me building a She-Shed, we need a designer, architect, carpenter, general contractor, and construction team to come alongside us.

God promised He would be all those things for us – A HOLY RENOVATION TEAM – to help us build our lives from the inside out. That's why, my friend, we need the fullness of God, three persons in one.

- God, your loving Father, is the *designer* and *architect* of your life.
- Jesus, your redeeming Savior, is the *carpenter* and *author* of your faith.
- The Holy Spirit, your constant companion, is the *general contractor* guiding your renovation. His goal is to communicate what He hears from God, the *designer*, and change you into Jesus, the *carpenter*.

This week, we will spend time with God the Father, Jesus the Son, and the Holy Spirit to highlight their similarities and recognize their differences. It's important to see how they work together in our lives, as well as learn how to call upon them individually. Let's start with our loving Father, God.



SURROUNDED BY GOD'S LOVE

Read Psalm 136:1-9.

*Give thanks to the LORD, for He is good. His love endures forever.
Give thanks to the God of gods. His love endures forever.
Give thanks to the Lord of lords: His love endures forever.
to Him who alone does great wonders, His love endures forever.
who by His understanding made the heavens, His love endures forever.
who spread out the earth upon the waters, His love endures forever.
who made the great lights — His love endures forever.
the sun to govern the day, His love endures forever.
the moon and stars to govern the night; His love endures forever.*

- When have you seen the wonder of God's love in nature?

*The heavens declare the glory of God; the skies proclaim the work of His hands.
Day after day they pour forth speech; night after night they display knowledge.
— Psalm 19:1-2*

- Describe a time when you felt God's loving presence surrounding you.

YOU ARE GOD'S DAUGHTER

Read the following Bible passages and then complete the sentence below each one.

*See what great love the Father has lavished on us, that we should be called children of God!
And that is what we are! — 1 John 3:1*

- Thank you God for lavishing me with Your great love. Let your love fill my heart and flow through me so I can...

Now that we are His children, God has sent the Spirit of His Son into our hearts.
And His Spirit tells us that God is our Father. – Galatians 4:6 (CEV)

- Loving Father, please be at work in these areas of my life...
- God, here is one dream I hope and pray You will fulfill and bring into reality...

GOD'S LOVE IN YOU

Read 1 John 4:7-12.

- What amazes you most about God's love?
- What challenges you?

Read Romans 8:38-39.

- Who or what can separate YOU from God's love?

GOD'S GREATEST COMMAND

When Jesus was asked which one of God's commands was the most important, He didn't hesitate but pronounced, "Love the Lord your God with all your heart and all your soul and with all your mind and with all your strength. The second is this: love your neighbor as yourself" (Mark 12:30-31).

- Why do you think God points to loving Him and others as being the most important decision you can make?
- How does experiencing and remembering God's love strengthen your relationship with Him?

Read these timeless truths and end your time with God in prayer.

The LORD your God wins victory after victory and is always with you. He celebrates and sings because of you, and He will refresh your life with His love. – Zephaniah 3:17 (CEV)

How precious, O God, is Your constant love!

We find protection under the shadow of Your wings. – Psalm 36:7 (GNT)

- Write a concluding prayer asking for God to win victories for you and shower you with His refreshing love.

Let them praise the LORD
for His great love and
for the wonderful things
He has done for them.
– Psalm 107:15 (NLT)

SOLD PROJECT 2

BUYER'S REMORSE

Have you ever made a large purchase, and then as soon as you receive it, you realize you should have asked more questions or read the fine print? Have you ever wanted to return something unreturnable due to buyer's remorse? I sure have.

When my husband and I bought our first house, we were young and naïve. We couldn't afford to rent a house, so a bank loaned us money to buy one with no money down. It was the year 2000, eight years prior to the mortgage industry crashing, when banks gave loans to broke people like us.

On move-in day, I immediately knew something was strange about our location, and the stability of the house was questionable. If we'd asked the realtor to describe the neighborhood, I'm sure she would've described what it was like to live in an orthodox Jewish neighborhood. If we'd had the house surveyed, I'm confident we would've learned that our hundred-year-old house was crooked and sinking. We should have asked more questions because it was "too good to be true." We'd felt we hit the jackpot when a bank in Massachusetts was willing to buy our young family of four our first home.

- Looking back on purchases you've made, when have you experienced buyer's remorse? How did you deal with the disappointments or challenges?

As soon as our children started playing with their toys on the floor, everything that could roll was affected by gravity. You name it, balls, marbles, matchbox cars — all movable objects — collected at the center of the house because the whole structure slanted inward. At first we laughed, but then we worried: "What if the house continued to slant and sink? Then what?" We couldn't afford to bring in a construction team, so we hired the cheapest handyman we could find. He promised to jack up beams in the basement a few inches at a time.

- Have you ever needed expert help with a project or problem but settled with a this-will-have-to-do approach? Describe your quandary.

OUR CARPENTER

I hope you felt God's lavish love in the previous Solo Project. Now let's turn our attention to Jesus, our Savior and Carpenter. How I wish I'd known and loved Jesus as intimately in 2000 as I do now. I would have called upon His available help and followed His better plans through numerous problems and pain. Instead, God was just beginning to wake up this prodigal daughter. Back then I didn't look to Jesus. I chose to do life in my own strength. I sure wish I'd known back then what I know today.

As we look at Jesus' life from conception to ascension, think of Him as "God in a bod," having the very nature of God in flesh (Philippians 2:6). Also recognize that from baptism on, Jesus was filled with the Holy Spirit. Therefore, He's our living example of a Spirit-filled life. Let's journey with Jesus, the second person of God, to capture a clearer view of His character and mission on earth.

PRESENCE OF THE HOLY SPIRIT

Jesus' Conception – *Read Matthew 1:18.*

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.

- How does knowing Jesus was conceived by the Holy Spirit make His birth even more miraculous to you?

Jesus' Circumcision – *Read Luke 2:25-35.*

- Who was the Holy Spirit moving in and around?

- How did Simeon trust and obey the Holy Spirit?

- If you were Mary, how would Simeon's message have comforted and blessed you or concerned you?

Jesus' Baptism – Read *Luke 3:21-22*.

When all the people were being baptized, Jesus was baptized too. And as He was praying, heaven was opened and the Holy Spirit descended on Him in bodily form like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."

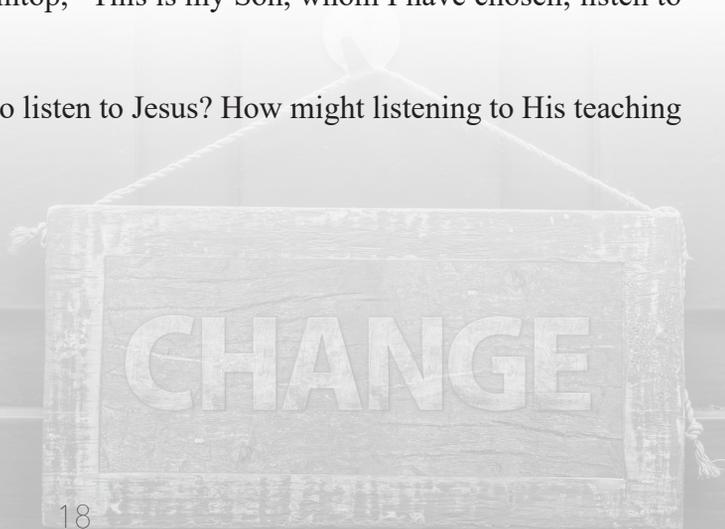
- How was the Trinity—God, three persons in one (Father, Son and Holy Spirit)—present at Jesus' baptism?
- Imagine hearing God say to you, "This is my daughter, _____, whom I love; with her I am well pleased." How would these precious words impact your heart and mind? What would you be feeling and thinking?

Jesus' Transfiguration – Read *Luke 9:28-36*.

- Why did Jesus, Peter, James, and John go up the mountain?
- Describe the key events that took place right before the disciples' eyes.

Moses represented the Jewish law, which Jesus fulfilled once and for all by dying on the cross. Elijah represented the prophets, or spokespeople for God, who prophesied or pointed to Jesus as being the long-awaited Messiah. God spoke on the mountaintop, "This is my Son, whom I have chosen; listen to Him" (Luke 9:35).

- What's one area of your life where you need to listen to Jesus? How might listening to His teaching help renovate you from the inside out?



Jesus' Crucifixion – Read Luke 23:44-46.

It was now about the sixth hour, (noon) and there was darkness over the whole land until the ninth hour, (3:00 p.m.) while the sun's light failed. And the curtain of the temple was torn in two. Then Jesus, calling out with a loud voice, said, "Father, into Your hands I commit My spirit!" And having said this He breathed His last.

- Several miraculous signs and wonders occurred during Jesus' time on the cross. List them here.
- Fill in Jesus' final words according to Luke 23:46.

"Father, into Your _____ I commit my _____."

Not only did Jesus surrender His Spirit to God, He also made a way for us ordinary, everyday people, not just priests or scholars, to enter into God's holy presence, exemplified by tearing the veil in the Jewish temple from the top to the bottom. Yes, when Jesus breathed His last breath, the barrier between God and all people was split in two! With confidence, right now, and at any time, you can run boldly into the throne room of God.

Let us then with confidence draw near to the throne of grace,
that we may receive mercy and find grace to help in time of need. – Hebrews 4:16

Jesus' Resurrection – Read John 20:1-18.

- Step into Mary Magdalene's shoes. What do you think is most miraculous about her being the first to see Jesus, the risen Lord?
- When Mary heard her name, she immediately knew it was Jesus speaking. They had spent much time traveling and serving together. How can you carve out more time this week to spend with Jesus? What are some benefits of building a stronger relationship with your Savior and Carpenter?

The same Spirit that raised Jesus from the grave lives in you. – Romans 8:11

SOLD PROJECT 3

LATE BILLS

With all the bills that go along with home ownership, I learned first-hand what it means to “rob Peter to pay Paul.” Every month after paying the mortgage, I’d have to choose which bills to pay on time and which would be late.

I’ll never forget the time when the city of Worcester sent us a letter telling us they’d soon be shutting off our water. I half-jokingly told a friend we’d be okay since it was summertime and we could get clean in my mom’s swimming pool. I shrugged my shoulders and said, “It’ll be just like going camping; we’ll carry in our water.”

Then she proceeded to bring up a critical point that made me question my sanity. She asked, “What are you going to do about going to the bathroom?” When she brought up that without water you can’t flush your toilets, I started collecting spare change from my car, the junk drawer, and the kids’ piggy banks. Then we loaded our kids into her minivan, trucked downtown, and dumped a heaping pile of coins and crumbled bills on the counter of the Water Department clerk’s office. Like winning the lottery, we jumped up and down with joy. Hooray, I’d managed to pay both Peter **and** Paul that month!

- Think of a time in your life when money was tight or you mismanaged your money. What are a few lessons you’ve learned about money and trusting God?

Did you know the Bible talks about money more than 800 times? There’s a reason why Jesus teaches us, “You cannot serve two masters at the same time. You will hate one and love the other, or you will be loyal to one and not care about the other. You cannot serve God and money at the same time” (Matthew 6:24 ERV).

- How does the world around us promote the love of money?
- How can you prioritize your love of God over the love of money and material things?

HOLY WHAT?!

As a young mother scraping up loose change to pay our bills, I didn't have a clue who the Holy Spirit was. Was He a ghost? God's friend? Jesus' side-kick? Or was He just someone I was supposed to mention at the end of a prayer? I had no idea who He was or what He did.

I grew up in the Christian church, but I don't have any childhood memories of learning about the Holy Spirit, this so-called third person of God. He remained a mystery to me until many years later when I read *Forgotten God* by Francis Chan. See if Chan's insights below resonate with you:

“From my perspective, the Holy Spirit is tragically neglected and, for all practical purposes, forgotten. While no evangelical would deny His existence, I'm willing to bet there are millions of churchgoers across America who cannot confidently say they have experienced His presence or action in their lives over the past year. And many of them do not believe they can.”

- Circle any words in the quote above that impact you. Explain why.
- As you look back upon your life, when, where, and what did you learn about the Holy Spirit?

GLIMPSES OF THE HOLY SPIRIT

Like a child playing Hide n' Seek, let's seek and find the Holy Spirit on the pages of the Old Testament to help us know Him more. Let's start at the very beginning of time.

The Creation of the World - Read *Genesis 1:1-2*.

*In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep.
And the Spirit of God was hovering over the face of the waters.*

- What do you imagine that Holy Spirit looking like or doing as He was hovering over the face of the waters? Describe or draw a picture.

Read Genesis 1:26-27.

Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth." So God created man in His own image, in the image of God He created him; male and female He created them.

These passages were originally written in the Hebrew language. You might find it fascinating that the Hebrew word for Spirit is *ruwach*, pronounced roo-akh, which means "breath." Look at other places in the Bible that the Spirit or breath of God shows up.

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. – Genesis 2:7

After Jesus rose from the grave, He appeared to His disciples saying, "Peace be with you! As the Father has sent Me, I am sending you." And with that He breathed on them and said, "Receive the Holy Spirit." – John 20:21-22

Let everything that has breath praise the LORD! Praise the LORD! – Psalm 150:6

- Take a few deep breaths and be mindful that every breath we breathe is a gift from God.
- Take a few moments and pour out your gratitude to God through praises in writing, prayer, or song.
- Where do you need the Holy Spirit to breathe new life or peace into your life?

MORE HOLY SPIRIT SIGHTINGS

In the Old Testament, God filled people with His Spirit in order to accomplish huge, “God-sized” goals.

For example, read Exodus 31:1-11.

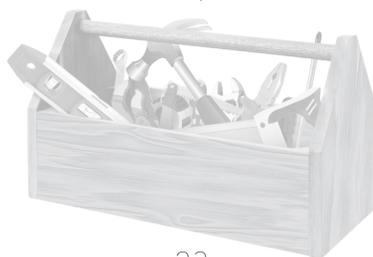
- When God filled Bezalel with the Spirit, what other gifts did he receive?
- Moses was given the enormous assignment of building the Tabernacle where the presence of the LORD would reside. How was the Spirit involved in this mission?
- Where do you need the supernatural presence of the Holy Spirit to help you with an assignment, a battle, or a huge challenge you’re facing? Make a list of where and how you need the Holy Spirit’s presence to show up. Ask for the help you need.

Let’s end this Solo Project by meditating on and personalizing a Psalm David wrote to God. David was a brave, young shepherd who slayed bears, lions, and even Goliath with a single rock. He was a valiant warrior and a King the people praised. David also lied, cheated, and murdered one of his own soldiers. Yet, God still called him a “man after My own heart” (1 Samuel 13:14). Like David, we’re not perfect, but we can ask God to purify our hearts.

- Read David’s plea for a Spirit-filled life and make it your own prayer.

*Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from Your presence and take not your Holy Spirit from me.
Restore to me the joy of Your salvation, and uphold me with a willing spirit.*

– Psalm 51:10-12



A special thanks to my awesome renovating, Holy Spirit-filled team!
I couldn't achieve my dreams without you. You make the fruit of the Spirit abound!

Love & Peace,
Laura

THANK YOU!

Thank you for taking this *Holy What?!* journey with me!

Small Group Teams: Leaders, thank you for being the hands and feet of Jesus to women!

THANK YOU RENOVATION TEAMS!

Content Team: Delmy Gonzalez, Mary Carol Kolbenschlag

Design Team: Stephanie Nedved, Chris Kolbenschlag

Editing Team: Tia Bach, Dan Busse

Flatirons Church Team: Mick Juarez, Heather Jackson, AV & Facilities Crew, ASL Interpreters

Strategy Team: Marianne Kranker, Stephanie Nedved, Mary Carol Kolbenschlag, Dan Busse

Thank You...

God - our Father, Jesus - our Savior, and the Holy Spirit - our Renovator!



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