

5. Reflect on your conversation in the last six months (inner or spoken).

6. On a scale of 1-10, where would you rate your passion to be godly (p. 10)?

7. Identify your formula for being transported above the “ordinary and ineffective” (p. 10). Is it a helpful formula?

8. Draw a time line of your Christian life (or spiritual journey, if you are not a follower of Christ). Mark some high or peak times and some rough times (p. 11).

9. The author raises some questions in the final paragraph of page 12. What is potentially tiring or draining for you? How were these issues faced by former travellers? Would their advice help you?

Chapter One / It's Got to Glow in You All the Time

1. What do you think of the author's use of the word passion in the context of athletic domination (pp. 13-14) or academic research (pp. 15-16)?

2. Identify several of the most passionate moments in your life.

3. Add to your list any passions that "provide fuel" for leaders in addition to power, notoriety, and raw achievement (p. 16).

4. What do you usually say about the passionate people in the main areas of your life, such as home, work, or church? Compare your answer with the paragraph at the bottom of page 17.

5. Memorize Paul's statement of passion in Philippians 3:13-14 (p. 18).

6. Find the author's sentence that summarizes his purpose for this book (p. 19). Rewrite it in your own words.

7. How does the mature Christian stance relate to a passionate style of life and thought (p. 19)?

8. Evaluate “inwardly” as the author suggests (p. 20). What characterizes your faith experience?

9. What two things can one do to restore spiritual passion (p. 22, 23)?

10. The author uses the strong words passion and glow to imply power. Write a challenge to yourself using these words.

Chapter Two / Doing More and Enjoying It Less

1. Is the author's observation in the first paragraph (p. 24) true in your recent conversations?
2. Give two examples that support the author's descriptions of loss of passion due to the "joyless merry-go-round of activity" (pp. 27-28).
3. If you are in salaried Christian ministry or are an active layperson, how are you dealing with negative inner messages when you relax from church activities (p. 28)?
4. One cause for weariness is the Christian media glut (p. 29). Suggest several ways in which you purposely or unconsciously "close out" stimuli to prevent overload.
5. What two things may occur as a result of a relentless flow of information, religious stimulation and opportunity (p. 30)?
6. Write a statement relating to religious activities based on the following verses on Jesus' lifestyle: Mark 1:12-20, 35, 45; 2:13, 15, 23; 3:7, 13, 19; 4:1, 10, 35; 5:21; 6:1, 30, 45-46; 7:24; 9:2; 13:3; 14:32.
7. Pose your own answers to the author's questions on page 32: Where does spiritual dullness come from? What are the consequences? What can we do about it? How might we avoid it?

Chapter Three / It's All Over!

1. Were you ever wise like the Boston runners (p. 35)? Did you ever gather energy or passion ahead, parcel it out slowly, or restore it later on? Write about this time.

2. Read about Christ's followers in Mark 6:31-37 (pp. 36-37). What emotions do you think they were experiencing?

3. List the author's seven passion-threatening conditions (subheads, chapters 3, 4, 5).

4. The author asks us how Elijah got "drained" on page 40. Make at least three observations about his condition (pp. 39-42).

5. Add one of your "emotional and spiritual hangover" times to those of General William Booth and Howard Guinness (pp. 43-44). What did you do for restoration?

6. The author suggests scheduling a period before and after an intense assignment for restoration (p. 44). What plan might work for you?

Chapter Four / Running on Empty

1. What is the difference between being “drained” and being “dried out” (pp. 47-48)?

2. Illustrate this difference from your personal experience.

3. Output without refuelling seems to be foolish (pp. 48-50). Why do you think people are foolish in this way?

4. Read the accounts of David which are referred to on pages 49-50:
 - a. His state before and during temptation (2 Samuel 11).
 - b. Nathan’s visit (2 Samuel 12:1-23).
 - c. Psalms of remorse (Psalms 32, 38, 40, 51, 61, 63, 116).

5. If you have a hymnal, look through the contents for selections that reflect an understanding of this dried-out condition. Make a list of some of the titles.

6. The author writes that more than two thousand persuasive messages are pressed at us each day (p. 52). Observe for one hour—either at your local shops or on television—for some attempts to distort the truth. Write your observations.

Chapter Five / Further Threats to Spiritual Passion

1. Read about David's devastated condition (p. 59) in 2 Samuel 15:12-18; 16:13, 14.
2. What resulted after a devastating moment in your life? Were you stronger or depleted (p. 61)?
3. If the devastating condition depleted you, how might you have prevented such?
4. The author exposed his occasional disillusionment when his great dreams were deflated (pp. 61-62). Recall one of your disillusionments.
5. Fill in the blanks with your imagination, as the author suggested, and record your conclusion about Moses' state of passion in Exodus 2:11-15 and 4:18-31 (pp. 62-63).
6. The defeated condition is introduced in the Luke 22:54-61 account of Peter's failure (p. 64). What were his feelings?
7. If "passion does not dwell in the heart of the defeated" (p. 64), what *does* dwell in the defeated heart?

Chapter Six / Those Who Bring Joy

1. The author described personal energy loss or gain due to interaction with people (pp. 70-71). Write briefly about a time when you gained energy in an interaction.

2. Now write briefly about a time when you lost energy in an interaction.

3. What are the five kinds of people that affect spiritual passion? (subheads, chapters 6, 7).

4. Monitoring the process of working with people means what two tasks (p. 72) ?

5. Examine the VRPs (pp. 72-75) in your life. Identify one or two and give some clues about their energizing role.

6. Who are the VIPs (pp. 75-77) who share your passion? What do you need to realize in order to minimize conflict?

7. Do you have, or could you nurture, a John Riland person (p. 76) to whom you could be accountable? Discuss any reservations which you have.

8. Write out and memorize 2 Timothy 2:2. Now place a few possible names of VTPs (pp. 77-78) with the verse.

Chapter Seven / The Happy and the Hurting

1. Write a short paragraph of challenge to VNPs (pp. 79-83) inviting them to a new level as VTPs.

2. Do you agree that “no one can remain forever in the presence of Christ and be a VNP” (p. 80)? Comment.

3. The author says that “most of our heavy expenditures are for the very nice people” in church life (p. 81). Evaluate that statement on the basis of your expectations for how the church should spend its money.

4. If you concur with the author’s social theory that people draw near to roles rather than to the person (p. 82), suggest some correctives in church teaching and behaviour.

5. What language have you used to identify the very draining people (p. 83)?

6. Can you discern any traits or relational patterns that might identify you as a draining person to another Christian (p. 84)?

7. Read:
 - a. 1 Corinthians 5 (the immoral church member).
 - b. Philippians 4:2-7 (Euodias and Syntyche).
 - c. Joshua 7:1-26 (Achan).
 - d. Nehemiah 13 (critics, slow movers, men with hidden agendas).
 - e. Judges 6 (Gideon).

8. What three important things must we understand about VDPs (p. 86)? Would you add to these or change any?

9. By making yourself continually available to the VNPs and the VDPs, are you teaching, feeding, and providing dependence, as the author suggests (pp. 87-88)?

10. Note the dilemma posed at the end of chapter 7. Why is it a good idea to “think twice” before turning your back upon a VDP (pp. 88-89)?

Chapter Eight / Friendly Fire

1. Restate the author's main point in your words from the account of Vietnam (pp. 90-91) and the story of Samson (pp. 91-92).
2. What is necessary to maintain or restore our spiritual passion (p. 92)?
3. Identify the four spirits that destroy spiritual passion (subheads, pp. 93-100). Can you add others?
4. In 3 John 9, what choice did Diotrephes make in relation to other workers (p. 94)? What was the result?
5. Passion can subside because of a competitive spirit, according to the author (pp. 95-98). List two of his five illustrations from human experience, and add one of your own.
6. The author tells about his experience with some missionaries in another country to illustrate "energy nullified by a critical spirit" (p 99). Can you add another dimension to this case? Can you support or rationalize the missionaries' behaviour with the use of Scripture?
7. Check some of your recent encounters with people. Write down any of your attempts to impress them (pp. 99-100). Assess whether these attempts may indicate a pattern of yours.

8. How can you avoid the vain spirit (p. 99)?

9. Locate some Scripture verses that support the author's statement that spiritual passion cannot coexist with resentments (p. 102).

10. Meditate on the image of the dispirited soldier (p.103). Do you see any likeness of yourself? Write a plan for dealing with the poisoned spirits you find within yourself.

Chapter Nine / He Knew I Couldn't Handle It!

1. The idea of original sin (p. 104) and its power in one's life is not popular. Write a brief argument, citing Scripture, to support the author's viewpoint that "weariness results from being constantly ambushed by that power."

2. The third origin of spiritual tiredness experienced by Bowen and Fenelon (p. 105) is warfare in the inner world of a person. Describe an experience you may have had that seemed like struggle from within.

3. Give several examples of *acceptable* ambition in the majority of vocations or jobs; in contrast, give some examples of unacceptable, ambition in the leadership in the church (pp. 106-107).

4. Shine the light on your inner world (p. 108). If ambition is lurking there, how does it show itself?

5. Personal ambition and the spiritually passionate desire to advance the interest of Christ are closely paralleled, according to the author (p. 107). How might one discern the difference? Further, how might healing come to the weary ambitious (pp. 108-110)?

6. Ambition's twin sister, pride, was recognized as a problem by the Bible teacher (p. 113). How does the author suggest that we deal with pride and ambition (pp. 111-112)?

Chapter Ten / It's What's Inside That Counts

1. Describe your observations about committed Christians who burn out (pp. 114-115). Why does the author propose that the wholesale fatigue among evangelicals may be a relatively new phenomenon?

2. What are some of the remedies many people prescribe for the epidemic described (p. 115)?

3. Why does a “wholesale exhaustion of the spirit” exist today (pp. 116-117)?

4. What insight does the author mention for discovering secrets to restore spiritual passion (pp. 116-117)?

5. Before continuing any further, write some ideas you might propose for restoring spiritual passion.

Chapter Eleven / Rack 'Em Up

1. Think of at least one biblical example of a dream developed and then dissipated (pp. 119-120).
2. State the author's key word for restoration (p. 121). Would you substitute a word that has more meaning for you?
3. What are the three major themes in which the recollection process happens (p. 122)?
4. The author offers answers in response to questions about the recollection process (pp. 122-123). State the answers in your own words.
5. How does your answer to question 4 compare with your answer to question 5, chapter 10?

Chapter Twelve / Safe Places

- I. What was David looking for in a safe place (pp. 125-127)? Recall some green pastures, or safe places, that you have experienced.

2. Do your safe places resemble an Eden (p. 127)? Write an invitation to a weary pilgrim to come to your Eden, and describe the difference or similarity..

3. Write briefly about three Old Testament accounts of safe places (pp. 127-129).

4. Safe places in biblical history are:
 - a. The Tabernacle (Exodus 26-30).
 - b. The Temple (1 Kings 5:3-8:21; Hebrews 9:1-10).
 - c. The Temple in Jerusalem (Matthew 17:24-27; Mark 11:15-19).

Read the accounts of these safe places and note if they describe places of protection, rest, or re-direction.

5. Expand the author's creative listing of safe places. He moves from cathedrals, churches, and hermitages (pp. 129-132) to momentary safe places (p. 134). Where are your safe places?

6. If you are drained and realize that you have no easily available safe place, how might you create an "instant" safe place (pp. 132-133)?

Chapter Thirteen / The Place of Secrets

1. What aspects of God's nature does David disclose in Psalm 63 (pp. 136-137)?
2. Describe times when you have felt need or stress to the degree which David expressed in Psalm 63.
3. In his sanctuary, David's fear was abated (p. 137). Describe what you think happens at such times.
4. Daniel 2:20-23 tells of Daniel's talk to God in his sanctuary (p. 139), and Acts 4:24-26 of Peter and John's talk to God in theirs (pp. 138-140). What relevance do their speeches have for us?
5. Memorize Jeremiah's words in Lamentations 3:23 (p. 140). Find the clue to a portion of David's secret.
6. Can you recall any "night room" helps (pp. 141-142) in your life?
7. What do wings (pp. 143-145) symbolize to you? What symbol of protection do you use? .
8. Have you known a strong hand (pp. 146-48) in your life as described in Psalms 18:35; 63:8; 73:23? Write about your experience. If you have not experienced a strong hand, imagine yourself reaching out to grasp God's hand (p. 148).

9. Name your personal safe place at home and your personal safe place at work (p. 149). If you haven't established these safe places, institute them for trial this week.

10. What surroundings (colours, items, structures) are best for you in your safe places at home and at work (p. 152)? Why?

11. What could you add to your sanctuary to enhance the feeling of safety?

Chapter Fourteen / The Still Times

1. Restate the author's "only answer to an exhausted, passionless life" (p. 155) to make it more personal.
2. How would you advise men and women who believe that "personal worth is built upon what they do rather than what they are" (pp. 156-157)?
3. Does the author have sound basis for concluding that God brought each phase of His work to completion with a still time to study and evaluate? Write his point (p.158).
4. How does observance of Sabbath guard against workaholism (p. 162)? What have you learned about this in your experience?
5. Do you agree or disagree with the author's assertion that "it is virtually impossible for a person to become an obsessive hoarder of material things when the tithe is built in as a discipline" (pp. 161-162)?
6. Interview a friend from another faith tradition about Sabbath observance (p. 163). Record your explanation of the *principle* of still time.
7. If there is a lesson in the entire household renouncing work on the Sabbath (p. 163), how can this lesson be applied to your present church? Suggest a specific plan of action.

8. Name some instances of times when you substituted amusement and leisure for genuine rest (p. 164).

9. Noting Ruth Graham's example (p. 166), what can you do to "create the Sabbath moment"?

10. Write a resolve for *your* life, for example: "Mark the map of your life with frequent safe places, and the calendar of your life with Sabbaths or still times."

Chapter Fifteen / Special Friends

1. Give an example, from your own experience or from the media, of people who drain each other (p. 169). Now, give an example of a group of special friends who support each other (p. 175). Make several observations about each group.

2. The author indicates that certain people are an indispensable part of the economy of spiritual passion (pp. 171-174). Who are these people? Comment on the accuracy of the author's observation from your personal experience.

3. How do you feel about having a sponsor in your spiritual journey (pp. 175-176)?

4. Do you agree that Mordecai was Esther's sponsor (pp. 176-177)? If you agree, what was specifically accomplished by this relationship?

5. Identify a New Testament example of sponsorship (p. 179) and elaborate on the outcome.

6. Write the author's definition of affirmation (p. 180). Now choose a Christian whom you know you should affirm. Keeping the definition in mind, make a list of things you could do and words you could say that would express caring and affirmation to this Christian brother or sister.

7. Fill in this Special Friends Inventory:
 - a. Your sponsor(s)
 - b. Your affirmer(s)
 - c. Someone to whom you are sponsor
 - d. Someone whom you affirm

Chapter Sixteen / More Special Friends

1. “No one grows where truth is absent” is the author’s premise for encouraging openness to rebuke and criticism (p. 185). How do you think *you* should respond to rebuke and criticism (p. 187)?
2. Isolate a time when you were rebuked. What resulted? Did your response fit the answer you gave to question 1?
3. List a few true friends who presently need your word of rebuke. Read Armstrong’s rebuke of the author (p. 187) and Edwards’ rebuke of Simeon (p. 188), and then write a gentle approach you might use for at least one of your friends.
4. Some anecdotes (pp. 189-192) are given to illustrate the importance of intercession. Write a few sentences about the importance of intercession in your life. Who are your intercessors?
5. Draw out of the material on partners various qualities or actions characterizing a vitalizing partnership (Hudson and Maria Taylor, p. 193; Hoste and Smith, p. 194; Paul and Barnabas, p. 195; Hopkins and Roosevelt, pp. 195-196).
6. What personal application do you feel you should make regarding intercession or partnership?
7. Write your story of a tender person who helped make sense out of your life (pp. 195-196).

Chapter Seventeen / Restoring Your Spiritual Passion

1. Note the title of this chapter. The *ing* indicates action and process. On a scale of 1-10, where would you rate your present level of spiritual passion? Read the dynamite box story (p. 199) for help in determining your rating.
2. How does the author distinguish weariness from stress or *burnout* (p. 200)?
3. Write a hypothetical description of a tired and weary fellow Christian. Now prescribe a specific safe place, a specific means for still time, and a specific special friend category for that person (p. 201).
4. The author asks what the spiritually passionate life looks like (p. 202). Write a paragraph in answer to his question.
5. Read the account in 1 Chronicles 11 about David. What three truths found in this story help put the Christian life in perspective (subheads, pp. 205-210)?
6. Reflect and write several one-sentence thoughts on the wishes of God (pp. 205-207). “The wish of God is ...” Include some of the author’s most helpful statements.

7. What were the actions chosen by John the Baptist, Peter, Paul, Mary, and General Booth (pp. 208-209)? Now identify a choice facing you out of your safe-place and still-time awarenesses.

8. How does the author relate the normal life experience of the first man and woman to the model life of spiritual passion (p: 210)?

9. Describe the kind of passion we need today (pp. 212-213). What changes will you effect in your own life to attain this passion?